

Koho loa

Ko e gagao hagahagakelea e koho loa (pertussis) to leva e koho mo e mukamuka ke fakapikitia falu. Ko e puhala ne mitaki lahi ke puipui a koe moe haau a magafaoa mai he gagao nai, ko e huki puipui- mua atu kia lautolu e tau fifine fatu, tau mukemuke, fanau ikiiki pihia mo e tau tagata motua.



Tau fakamailoga- tau mena ke kitia moe logona hifo e koe

To hagahagakelea e fafagu mo e to fai magaaho ka koho tumau ha ko e gagao koho loa. Falu a tagata to koho ke he loga e tau faahi tapu po ke tau mahina, ko e kakano haia ne fakahigoa ai falu a magaaho ko e 'koho 100 aho'.

Kaeko ka pikitia a koe he gagao koho loa, to kitia e tau fakamailoga ka mole mai taha e faahi tapu.

Ko e tau fakamailoga ka kitia fakamua ke he koho loa tatai ni mo e gagao fūlū. Ko e magaaho hanai ka mukamuka lahi ia koe ke fakatotolo e gagao.

Tau fakamailoga tatai ni mo e gagao fūlū tuga e:

- ponotia po ke tafe e tau pū ihu
- tihe
- tokoluga fakatote e fiva
- koho tūmau falu a magaaho.

Ka mole mai 1 e faahi tapu, pehē nai falu a fakamailoga:

- to levaleva fakatote e koho
- liga koho ti kōkō mo e māeke foki ke matefua
- matolu e tau kalu ti fia kōkō a koe po ke looa.

Falu a magaaho to pohī e leo ka uka ke fafagu. Ko e fakamailoga he koho loa a nai ka e nakai logona he falu a magaaho.



Kumi lagomatai mai he faahi malolō tino

Ka tuahā kua moua a koe po ke taha he haau a magafaoa he koho loa, kumikumi fakamafiti atu ke he toketā po ke kiliniki haau. Maeke ia lautolu ke taute taha kumikumiaga ke iloa tonu kua moua a koe he koho loa po ke nakai.

Kaeko ka lauia a koe po ke haau a tau fanau ke he falu a fakamailoga nai, vilo fakamafiti e numela III ke moua e emepelene po ke finatu ke he fale gagao ne tata atu ke he haau a nofoaga. Falu a fakamailoga:

- gagao lahi a koe
- uka ke fafagu
- loa e magaaho ka koho ti kōkō he magaaho fakamui
- faliu lanu moana e tino po ke nakai maeke ke fafagu.

Kelea lahi e gagao koho loa ke he tau mukemuke mo e to taatu foki a lautolu ke toka he fale gagao.



Tau fakailoaaga ma e tau mamatua

Hagahagakelea lahi e gagao koho loa ke he tau mukemuke mo e tau fanau ikiiki, mua atu kia lautolu i lalo hifo he 12 e tau mahina. Molea e hafa e numela he tau mukemuke ki lalo hifo he 12 e mahina ne moua he gagao koho loa ne taatu ai mo e toka he fale gagao. Liga 1 po ke 2 mai he 100 he tau mukemuke ne toka ai he fale gagao kua kaumahala ha ko e gagao nai.

Tokologa he tau mukemuke ne moua he gagao koho loa mena pikitia mai ia lautolu he loto kaina-falu he tau mukemuke nakai la maeke ia ke moua e huki puipui (lalo hifo 6 e tau faahi tapu).

Kaēke ka moua he koho loa e mukemuke haau, po ke mukemuke ne leveki e koe, ko lautolu ia to:

- nakai maeke ke kai fakamitaki
- uka ke fafagu, nakai maeke ke fafagu po ke faliu lanu moana e tino
- gagao lahi ti kua lata ke taatu ke he fale gagao
- moua he tau gagao kelea tuga e nimōnia po ke malona e uhoulu.



Heigoa e tau mena tutupu ka moua au he koho loa?

Ka moua a koe he koho loa:

- to moua e tau tegavai ke inu ki kaina ka iloa tuai kua gagao a koe- inu e tau tegavai ke oti ke mamate e tau moko mo e taofi atu ke ua fakapikitia falu foki
- to fakamaama atu he kiliniki haau e tau puhala ke leveki aki a koe, haau a tau fanau po ko lautolu ne leveki e koe.

Kaēke ke kito iloa kua moua a koe he gagao koho loa, to liga nakai foaki atu ha tegavai ke inu ha kua mole tai e tau magaaho ne maeke a koe ke fakapikitia falu, mo e to nakai maeke e tau tegavai nai ke lagomatai atu ke he tau fakamailoga gagao.

To fai magaaho a koe to liu malolō mitaki he mole mai e gagao koho loa- falu a tagata totou mahina to liu ke he tūaga tuai. Pete ni kua oti e koho, maeke agaia a koe ke liu koho kelea he falu a magaaho.

Tau mukemuke i lalo hifo he 12 e mahina kua moua he koho loa ne fa mahani ke toka mo e leveki ke he fale gagao. Kaēke ka moua he koho loa e mukemuke haau, po ke mukemuke ne leveki e koe, ti taatu a lautolu ke he fale gagao, fa mahani ke toka a ia tokotaha ke he taha poka. Ko e taute pihia ke ua fakatotolo e gagao ke he falu foki.



Tau puhala fēfē ne fakatotolo e gagao koho loa Mukamuka e gagao koho loa ke fakatotolo mai ka koho moe tihe

Mukamuka e gagao koholoa ke fakatotolo mai ka koho moe tihe.

Ko e tagata ne kua moua he gagao koho loa, to mukamuka a ia ke fakapikitia falu mai he taha e faahi to kamata a ia koho ke he 3 e faahi tapu he mole mai e kamataaga haana ke koho.

Ko e magaaho hanai ne mukamuka lahi ke fakatotolo e gagao nakai ke he falu a tagata foki.

Falu a puhala puipui ke ua fakatotolo e gagao koho loa, uufi e gutu mo e ihu ka koho po ke tihe, tolo kehe vao e pepa fagu ihu kua fakaaoga, mo e holoholo mo e fakamōmō e tau lima.



Tau puipuiaga

Ko e puhala ne mua atu e mitaki ke puipui a koe mo e haau a magafaoa mai he gagao koho loa ko e huki puipui.

Tau fifine fatu: to puipui he huki nai a koe mo e haau a muke, mua atu kia ia ha ko e moua la e huki he muke ka tū 6 e faahi tapu. Kakano ha ko e mena moua he muke haau e puipuiaga nai ki loto he fonua tama.

Nakai fai totogi e huki puipui nai ke he tau fifine fatu kamata mai he 13 e faahi tapu he fatu, ka e mitaki lahi kaeke kua huki he 16 e faahi tapu. Kua lata ke moua oti he tau fifine fatu e vai huki nai ke puipui e muke.

Tau tama mukemuke mo e tau fanau ikiiki: Hagahagakelea lahi e koho loa ke he tau fanau mukemuke- mua atu kia lautolu ne nakai la moua e huki puipui.

Nakai totogi foki e tau huki puipui kia lautolu i lalo hifo he 18 e tau moui. To huki a lautolu he 6 e faahi tapu, 3 e mahina, 5 e mahina, 4 e tau mo e huki fakalahi ki luga he mole e 11 e tau.

Mahuiga ke fakatumau ke moua e tau huki puipui ma e tau fanau ha ko e puhala ni a nai ne mua atu e mitaki ke leveki atu kia lautolu. Pete ni kua nakai huki e tama ka hoko e tau magaaho, nakai pehē kua tomui ke moua e tau huki nai.

Tau tagata motua: moua taha e huki nakai totogi kia lautolu 45 e tau ki luga kaeke ka nakai moua e lautolu ia fā e huki he tau tau i tua ne ha hā ki ai e vai ne higoa ko e tetanus. (Ko e mena lalafi ua e vai huki koho loa mo e tetanus i Niu Silani). Moua foki e lautolu 65 e tau ki luga taha e huki fakalahi ki luga.

Kua fakaohooho atu kia lautolu nai ke moua e huki fakalahi ki luga kaeke kua amanaki ke fanau he muke foou po ke gahua he tau fale ne ha hā ki e tau mukemuke/fanau ikiiki, ka e liga totogi to moua e huki nai. Hūhū atu kia lautolu he kiliniki haau ka manako ke iloa e tau fakailoaaga ke he huki nai. Loga e tau fale tala tegavai ne ha hā i ai e tau vai huki nai.

- Ha hā he kupega hila nai e tau fakailoaaga haggao ke he gagao koho loa [info.health.nz/whoopingcoughvaccine](https://www.info.health.nz/whoopingcoughvaccine)
- Kaeke ka nakai iloa tonu po kua huki a koe mo e haau a tau fanau, matūtaki atu ke he kiliniki haau ke tutala mo e tau nosi ne gahua i ai. Maeke foki ia koe ke vilo atu e laini telefoni Vaccination Helpline.
- Ke taute taha fakamauaga ke moua e huki, matūtaki atu ke he toketā po ke kiliniki haau, kumi atu ke he [info.health.nz/bookavaccine](https://www.info.health.nz/bookavaccine), po ke vilo atu e Vaccination Helpline numela telefoni **0800 28 29 26**, nakai fai totogi.



Ke moua falu a fakailoaaga foki:

- Health New Zealand | Te Whatu Ora info.health.nz/whooping-cough
- Vilo atu e laini telefoni Vaccination Helpline nakai fai totogi **0800 28 29 26** (8.30am–5.00pm Aho Gofua ke he Aho Falaile) po ke kumi atu ke he kupega hila info.health.nz/bookavaccine
- Kaeke kua tuli e tau teliga, uka ke logona po ke pouli e tau mata, kumi atu ke he matakau NZ Relay Services he e nzrelay.co.nz.



Tau lagomatai nakai fai totogi mo e falu a fakailoaaga

- Vilo atu e Healthline he numela **0800 611 116** ha magaaoho ni ka manako ke moua falu a lagomatai nakai fai totogi. Ka manako, maeke ia koe ke tutala atu mo e tagata ne vagahau Māori kaeke ka vilo atu a koe he tau tulā 8am ke he 8pm. Ha hā i ai e tau tagata fakahokohoko mo e NZ Relay ke lagomatai a koe.
- Kia lautolu ne nonofo he tau maaga mamao, matūtaki atu ke he toketā he tau magaaoho nakai gahua he Ka Ora Telecare he numela telefoni **0800 2 KA ORA (0800 252 672)** po ke kupega hila kaora.co.nz.



Tau lagomatai kia lautolu ne nakai katoatoa e tau tino/manamanatuaga

- Taha pauaki e laini telefoni ke lata mo lautolu ia, hafagi he Aho Gofua ke he Aho Falaile hola 8.00am ke he 5.00pm. Vilo atu e numela telefoni nakai totogi **0800 11 12 13** po text atu e numela **8988** ka manako lagomatai po ke falu a fakailoaaga.