

Tauhi e ngaahi lekootí

‘E fiema‘u ke fakahā e lekooti huhu malu‘i ho‘o tamá he feitu‘u ‘oku tokanga‘i ai e longá‘i fānaú, pe hū ki he kinitakāteni mo e ako‘angá. ‘E lava ‘e he ngaahi mātu‘á ‘o kole ha tatau ‘o e Fakamatala Hisitōlia ‘o e Huhu Malu‘i (AIR) ‘o ‘enau fānaú ‘i ha taimi pē (kimu‘a e hoko e ta‘u 14 ‘o ‘enau fānaú):

- ngāue‘aki ‘enau ‘akauni Medicare he ‘initaneti ‘o fakafou he myGov my.gov.au
- ngāue‘aki e polokalama ko e Medicare Express Plus App ‘i he humanservices.gov.au/individuals/subjects/express-plus-mobile-apps
- telefoni ki he Laine ki he Ngaahi Faka‘eke‘eke Fakalūkufua ‘a e AIR ‘i he 1800 653 809

Na‘a ke ‘ilo nai ‘oku
‘ova he peseti
‘e **94%** ‘a e fānau
‘i NSW kuo kakato
honau huhu malu‘i?

Fai ‘i fē ‘a e huhu malu‘i

‘Oku fakahoko ‘a e huhu malu‘i ‘i he ngaahi feitu‘ú ni:

- Ngaahi toketā fakafāmilí (GPs)
- Ngaahi kosilio fakakolo ‘e ni‘ihi
- Ni‘ihi ‘o e ngaahi senitā mo‘ui ‘a e komiuniti

Kapau ‘oku ‘ikai ke ke fakapapau‘i e ngaahi sēvesi ‘oku fakahoko ‘i ho feitu‘ú, ‘e lava ke ke fetu‘utaki ki he Senitā Mo‘ui ofi tahá ‘i he fika telefoni **1300 066 055**.

**TUKU PAU ‘A E ‘AHO
KE FAI AI E HUHÚ**

Ko e huhu taimi-totonú ko e founa lelei taha ia hono malu‘i ho‘o tamá mei he ngaahi mahaki fakatu‘utāmaki



Vakai‘i pe ‘oku fai ‘a fē
‘a e huhu ho‘o tamá

health.nsw.gov.au/vaccinate



NSW Health

Huhu malu‘i he taimi totonu

‘Oange ma‘a ho‘o
tamá ‘a e malu‘i
lelei tahá



‘Oua toloi e huhu malu’i

‘Oku malu ‘a e huhú pea ‘oku ne ‘omi ‘a e malu’i lelei taha ma’a ho’o tamá kapau ‘oku fakahoko ‘i hono taimi totonu ‘o fakatatau ki he Taimi Tēpile Huhu Malu’i ‘a NSW.

‘Oku fili fakalelei ‘a e taimi huhu malu’i kotoa pē ‘a e fānaú ‘e ha kau mataotao ke nau fakapapau’i ‘oku malu’i e fānaú ‘i he ngaahi ta’u motu’a ko ia ‘oku lahi ai pe fu’u fakatu’utāmaki taha ai e mahakí.

‘Oua toloi e huhu malu’i ho’o tamá kapau ‘oku hafu hono ihú pe ki’i fofonu. Fakatalanoa ki ho’o toketā pē neesí ke fakapapau’i ‘oku malu’i ho’o tamá ‘i he vave tahá.

Ko e hā ‘oku tau huhu malu’i aí

- Ko e huhu malu’i ko e founa lelei taha ia ke malu’i ho’o tamá mei he ngaahi mahaki fakatu’utāmaki
- Ko e huhu malu’i ‘oku ne malu’i ho’o tamá pea mo ho komiunití.
- Ko e huhu malu’i ‘oku ne tokoni ki hono ta’ota’ofi e ngaahi mahaki fakatu’utāmaki.

Taimi ke fakahoko ai e huhu malu’i

‘Oku tapou atu ‘e he Taimi Tēpile Huhu Malu’i ‘a NSW ke fakahoko ‘a e huhú ‘i he ngaahi ta’u motu’a ko ení:

- Fā’ele’i
- Uike 6
- Māhina 4
- Māhina 6
- Māhina 12
- Māhina 18
- Ta’u 4

‘Oku mahú’inga ke huhu taimi totonu ho’o tamá. Ko ia ai, puka leva kimu’a ha taimi pea mo ho’o toketā pē neesi pea tuku pau ‘a e ‘aho ke fai ai e huhu.

Hili ‘a e huhú

Ko e ngaahi faito’o huhu malu’i ‘oku malu pea ‘oku ola lelei ‘ene ngāué ‘i hono malu’i ho’o tamá mei ha ngaahi mahaki fakatu’utāmaki.

‘I he taimi ‘e ní’ihi hili ‘a e huhú ‘oku lava pē ke hoko ha fanga ki’i uesia iiki ki ho’o tamá ‘o hangē ko e mamahi, fufula pe kula ‘i he kongana’e fai ai e huhú.

Kapau ‘oku ke hoha’a kau ki ha ngaahi uesia ‘e ala hoko, fakatalanoa ki ho’o toketā pe neesí.

Huhu flu ta’e totongi ma’a e fānaú

Ko e huhu malu’i influenza (flu) ko e malu’i lelei taha ia ho’o tamá ki hono fakafepaki’i e flu ‘oku toe fefeka angé. ‘Oku ta’e totongi ki he fānaú māhina ‘e 6 ki he si’i ange he ta’u 5. ‘Oku fiema’u ke ‘oange ‘a e huhu flu he ta’u kotoa ke malu’i ia mei he fa’ahinga flu ‘oku lahi taha ‘ene hokó. Ko e huhu malu’i ‘oku ‘atā ke ma’u atu ia mei a kinautolu ‘oku nau fakahoko ma’u pē ho huhú.

Ki ha toe fakamatala vakai ki he uepisaiti health.nsw.gov.au/flu

MALU’I HO’O TAMÁ HUHU ‘I HONO TAIMI TOTONU

