

Niue



PREPARE
PACIFIC



KO E TOHI FAKAMAAMAAGA
KE HE HUKI KOVITI 19
KE LATA MAE TAU
TAGATA NIUE

TAGATA PASIFIKA TOHI FAKAMAAMAAGA
Updated 25th June, 2021

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KO E TOHI FAKAMAAMAAGA KE HE HUKI KOVITI 19 KE LATA MAE TAU TAGATA PASIFIKA

Iloa e mautolu liga tupetupe fakatote a koe hagaao kehe mouaaga he vai huki. Manako a mautolu ke tuku atu falu a fakailoaaga ke lagomatai aki a koe moe haau a magafaoa ke tauteute to hoko mai e magaaho ke huki ai a koe



Ko hai kua lata ke huki

Koe Fakatufono Niu Silani kua fakatokatoka ai ke huki fakamua a lautolu kua hagahaga kelea lahi neke moua he gagao Koviti 19. Moua e huki haau kehe magaaō nei kaeke ko koe:

- Tagata Pasifika kua tu poke molea e 16 tau he moui
- Tagata gahua tau faahi malolō tino mo e leveki atu kia lautolu ke he tau matakavi nonofo puipui poke tagata gahua ke he tau katofia he motu
- Tagata nofo ke he tau fale tau mamatua poke tagata gahua kehe tau fale he tau mamatua
- Hagahaga kelea ke gagao
- lahi kaeke ke moua he gagao Koviti 19

Maeke foki a koe ke huki kaeke kua nofo a koe ke he Faahi Toga i Okalana moe:

- fai lekua malolō tino (tuga e gagao iniini, gagao kehe atefua, gagao suka, gagao kehe māmā (lungs) poke gagao kehe tau fua ifi (kidneys)
- kokokoko (disability)
- fakafua-tama

Ko lautolu kua putoia ai kehe tau veveheaga tagata pehē nei to moua e fakailoaga kehe email poke text kehe telefoni haau poke Vaccination Helpline ke maeke ia koe ke fakamau hifo e aho moe magaaō ka manako a koe ke moua e huki haau. Kaeke ko koe poke taha mai he magafaoa haau ne nakai la moua e fakailoaga ti matutaki atu kehe Vaccination Helpline numela telefoni

vahaloto he matahola 8 he pogipogi kehe matahola 8 he afiafi,

0800 28 29 26

7 e aho he faahi tapu.

Tau loto kaina mo lautolu ne leveki atu ke he falu a tagata maeke ia lautolu ke moua e vai huki kehe magaaho nei

Kaeke ko koe ne nonofo auloa kehe taha e loto kaina poke tagata leveki atu ke he falu a tagata maeke foki a koe ke moua e vai huki.

Ko e hā ne kamata ai e huki fakagata ke he Faahi Toga i Okalana

Ko e gagao Koviti 19 i Niu Silani hoko mai ke he motu ha koe tau tagata o fenoga kehe tau malē vakalele (airports) moe tau uaafo (ports) ti tupu mai e hagahaga kelea kia lautolu ne gahua kehe tau matakavi pehē nei neke moua he moko (virus). Tokologa e tau tagata Pasifika ne gahua kehe tau matakavi pehē nei. Ko e malē vakalele lahi ha Niu Silani haia kehe Faahi Toga i Okalana ti hagahaga kelea lahi a lautolu ne gahua kehe matakavi nei ke moua he gagao Koviti 19(). Ko e lahi he tau gagao Koviti 19 ne tupu ai i Niu Silani kua kitia ai kia lautolu ne nonofo he Faahi Toga i Okalana



Ko e tau tagata oti 16 e tau ki luga i Niu Silani katoa moe tau tagata nakai nonofo—mau kua ataina ke moua e huki fakagata nei

Talahau mai e Fakatufono koe tau tagata oti ne nonofo i Niu Silani to maeke a lautolu ke moua e huki pete ni e nakai katoatoa e tau pepa ke nonofo he motu nei.

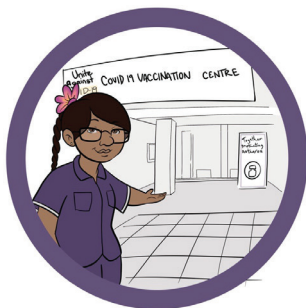
Ko e falu vala tala hagamāo kua koe (personal information) ka fakamau hifo ke lagomatai ke iloa ko hai a lautolu i Niu Silani kua fitā he moua e huki. Ko e tau vala tala nei puipui mau moe toka ai kehe tohi fakamau tagata huki Koviti 19 moe to nakai fakatoka atu kehe falu faahi gahua he fakatufono.

Ko lautolu ne kua 16 e tau tau ki luga. Nakai fai totogi e vai huki.

Ko e magaaho fē ka huki fakalaulahi atu kia lautolu ne toe

To kamata e huki kia lautolu ne toe i Niu Silani he mahina Iulai 2021.

Hahā i ai loga e tau vai huki ke lata ma e tau tagata oti i Niu Silani. Tomatoma atu kehe tau tagata Pasifika oti ne kua maeke ke moua e vai huki ke moua tuai e huki haau to kamata e fakaholoaga nei.



Ko e heigoa i loto he vai huki

Ko e huki ka moua e ko e huki Pfizer.

Ko e huki nei nakai koe huki moui (live vaccine) kakano he mena ia nakai fai moko (virus) ka huki kehe tino haau. Nakai moua e koe e gagao Koviti 19 ha ko e huki nei.

I loto he vai nei ka huki aki a koe e taha mena ne fakahigoa ai koe Messenger RNA. Ko e Messenger RNA nakai foou moe kua fitā he kumikumi ki ai ke he loga e tau kua mole ke lata ai mo e falu a gagao pikitia tuga e fulū fa mahani ki ai.



Muaatu e hagahaga kelea ke lata ma e tau matua fuakau

Ko e gahuahuaaga he vai huki

Ko e Messenger RNA ka fakaako e ia e tino haau ke talaga e tau proteins ke fakalagalaga aki e puipuiaga (antibodies) he tino haau. Koe tau puipuiaga nei ke lagomatai e tino haau ke totoko atu kehe moko (virus) kaeke kua pikitia a koe kehe gagao Koviti 19.

Nakai nofo leva e vai huki kehe tino haau – koe fiha ni e aho. Ka hoko atu e vai huki to fakailoa he vai huki kehe tino haau ke moua e puipuiaga to galo noa ai e messenger RNA.

Nakai maeke he vai huki ke moumou e DNA haau

Koe Messenger RNA nakai hu atu taha kehe uho he tau sela (cells) ne toka ai e DNA haau ti nakai maeke ke moumou e DNA haau.



RNA



DNA

Kua lata ia koe ke moua ua e fufuta he vai huki

- Kua lata ia koe ke moua lagaua e huki kehe vahalo to he 21 e aho (3 e faahi tapu).
- Ka oti e huki fakamua to fai puipui e tino haau kehe gagao Koviti 19.
- Ko e huki ke lagaua to malikiti hake e puipuiaga he tino haau ke totoko atu kehe (virus).
- Kaeke kua oti e huki haau to fai faahi tapu he mole to maeke he tino haau ke moua katoatoa e puipuiaga.



Kua lata ia koe ke moua lagaua e huki kehe vahalo to he 21 e aho



Ka oti e huki fakamua to fai puipui e tino haau kehe gagao Koviti 19



Ko e huki ke lagaua to malikiti hake e puipuiaga he tino haau ke totoko atu kehe (virus)

Haohao mitaki e vai huki fakagata

Iloa e mautolu kua mitaki e huki fakagata Pfizer ha ko e tau kumikumiaga tau mahina kua mole mo e putoia kehe molea e 40,000 tagata. Tali mai he magaaho ia, tokologa ke he tau miliona e tau tagata kehekehe he lalolagi kua moua e huki fakagata nei mo e kautu ai.

Mai he tau kumikumiaga nei iloa e mautolu kua haohao mitaki e vai huki moe tokolalo lahi e fakataitaiaga ke kitia e tau lekua hagahaga kelea lahi kehe tino haau ka oti e huki.

Kua lalafi atu e mautolu falu a puhala ke puipui e tau lekua kelea lahi

Ko e fakataitaiaga ka fai lekua lahi ka oti e huki uka lahi ke kitia ka kua fitā he fakaako tau tagata gahua ke iloa tonu ko e heigoa ka taute kaeke ke fai lekua.

Kua lata ia koe ke fakatali 20 tau minute ka oti e huki haau ke maeke ai he tagata gahua ke kikite atu kua mitaki a koe. Ko e tau tauteaga pehē nei kua fitā ni he fakagahua fakamua ke lata mo e falu a huki fakagata tuga e huki fulū.

Haohao mitaki e vai huki ke lata mo lautolu e tau mamatua moe tau tagata ne fai gagao tuai kehe tino

Kua mahuiga lahi kehe tau mamatua mo lautolu ne fai gagao kelea lahi ke moua e huki ha ko lautolu nei hagahaga kelea lahi ke moua he tau lekua ha koe gagao Koviti 19 fakatatai atu kia lautolu he falu a veveheaga tagata.

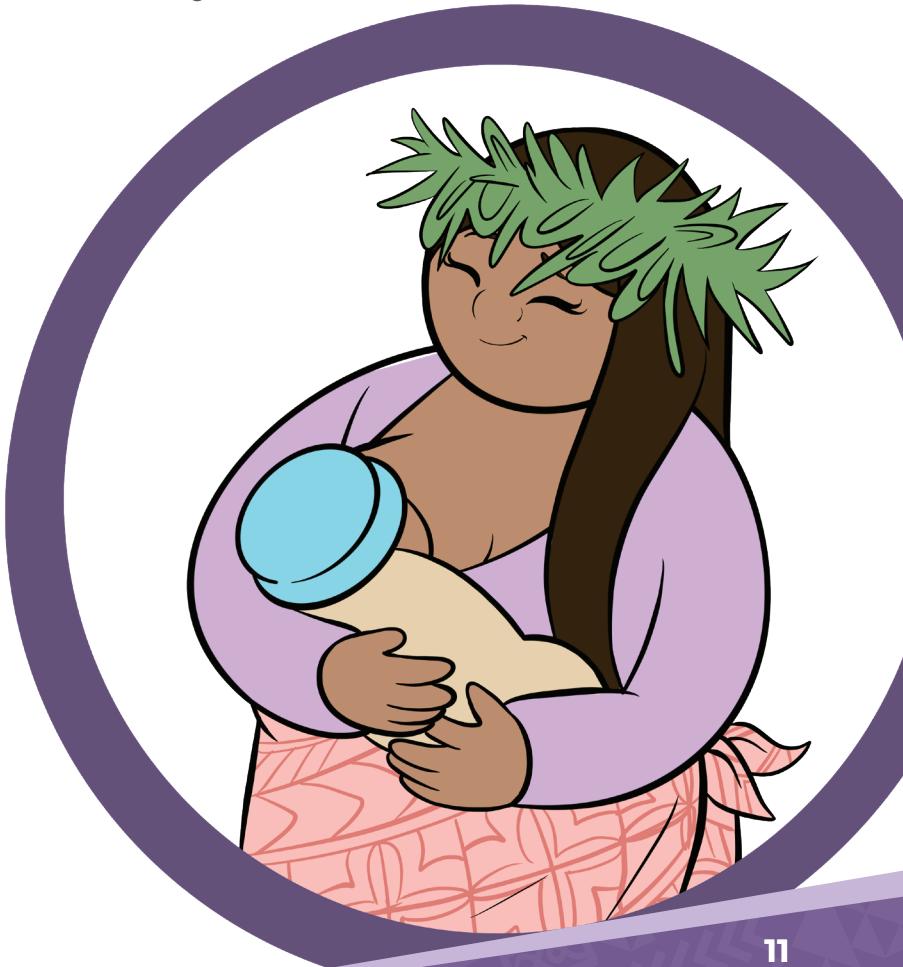
Toko gahoa foki a lautolu ka nakai moua e vai huki mo e to hūhū atu kia koe hagao ia kehe falu a lekua malolō tino haau moe tau tegavai haau fae inu to maeke a koe ke moua e vai huki haau.

Haohao mitkai e vai huki ke lata moe tau fifine fakafua tama

Kaeke kua fakafua tama a koe moe fifili ke moua e huki, maeke ia koe ke moua fakamua e huki haau. Kua lata ia koe ke tutala moe nosi poke ekekafo haau kaeke kua fai manatu tupetupe a koe ke lata moe haau a malolō tino.

Haohao mitaki e vai huki ke lata ma e tau mamatua fifine fagai huhu e tama

Nakai fai manatu tupetupe kua iloa ki ai mai ia lautolu e tau mamatua fifine fagai huhu e tama.



Fakakiteaga: Tau lekua ka ligaliga ke moua e koe teitei ni ke tatai moe falu vai huki fakagata

Ko e vai huki to huki ai ke he paka lima ki luga he lima haau. Lautolu kua fitā he moua e huki nei koe mamahi e lima mo e lolelole e tino.

Falu a lekua foki ne fakailoa mai e lautolu koe mamahi e tau fua pule (muscle aches), ko e fiva poke makalili mo e logona e nakai hagahaga mitaki e tino.

Ko e tau lekua nei nakai leva he logona e koe ti galo.



LIGALIGA KE LOGONA E KOE

E mamahi he mata huki, mamahi e ulu moe lolele e tino e tau mena fa talahau mau mai ki ai.

Mamahi tau fua pule (muscle aches), logona e nakai hagahaga mitaki e tino, makalili, fiva, mamahi tau tutaki hui moe lima, fia lua (fa logona tumau e lekua nei ka oti e huki ke lagauaaki)

KO E HEIGOA KE LAGOMATAI AKI A KOE

Tuku e kalaie pala moe momoko poke vala aisa (ice) kehe mata huki he paka lima haau ke fai magaaho to utakehe. Aua neke goigoi poke mulu e mata huki haau.

MAGAAHO FE KA KAMATA AI E TAU FAKAKITEAGA NEI

Vahaloto he 6 kehe 24 e tulā

Tuku e kalaie pala moe momoko poke vala aisa (ice) kehe mata huki he paka lima haau ke fai magaaho to utakehe. Aua neke goigoi poke mulu e mata huki haau

Kua lata ke okioki a koe moe inu fakalahi e tau vala vai. Inu e segavai paracetamol poke ibubrufen muitua kehe tau hatakiaga (instructions) ne tohi he pekete (packet) ne toka ai e tau segavai nei. Kumikumi atu ke moua falu a hatakiaga mai he tagata gahua malolō tino kaeke kua kamata ke kelea lahi e tau fakakiteaga (symptoms).

Vahaloto he 6 kehe 48 e tulā

* Ko e tau fakakiteaga nei ligaliga nakai lagākina ha ko e huki kae neke seki koe tau fakakiteaga ke lata mo e falu a gagao. Kumikumi atu ke moua taha lagomatai mai he ekekafo haau kaeke kua tupetupe a koe.

Kaeke ke nakai iloa mitaki e koe e tau fakakiteaga kehe tino haau (symptoms) ti matutaki atu kehe haau a ekekafo (GP) poke vilo kehe Healthline numela telefoni 0800 358 5453

Gahuahua mitaki e vai huki ke lata moe falu moko (current strains) ha Koviti 19

Ko e tau fakailoaga kehe magaaho nei haohao mitaki agaia ni e vai huki ke totoko atu kehe tau moko (strains) mai UK mo Afelika Tonga. Kaeke ke fai moko foou (new strain) to maeke ai ke hiki fakamafiti e talagaaga he vai huki ke maeke ke totoko atu kehe moko foou.

Gahuahua mitaki e huki ke lata moe gagao Koviti 19

Ko e tau kumikumiaga kua iloa ki ai koe huki Pfizer moua e puipuiaga koe 90 kehe 95 e pasene e gahuahua mitaki ke lata mo lautolu kua oti he huki.

Nakai la iloa ia ko e fiha e leva he huki nei ke puipui aki a ko e mai he gagao Koviti 19 kae amaamanaki ke hoko atu kehe valu e tau mahina.

To maeke ai he falu tagata ke moua e gagao Koviti 19 pete ni kua fitā a lautolu he moua e vai huki. Falu tagata kua fitā he moua e vai huki nakai hagahaga kelea lahi e tau fakakiteaga kehe tau tino ha lautolu mo e nakai ligaliga ke kumi atu kehe tau lagomatai fakafalegagao. Ko e tau fakamaamaaga pehē nei kua latatonu kehe tau mamatua mo lautolu ne hagahaga kelea lahi e tau malolō tino ke moua e vai huki.

Kaeke kua huki a koe to tukutuku hifo ai e hagahaga kelea ke fakapikitia atu he moko (virus) kehe haau a tau fakahale.

Ko e falu tagata to moua e meli hila(email) mai he ekekafo magafaoa ke fakamau hifo e magaaho ke moua e huki. Kaeke kua nakai fai ekekafo magafaoa a koe he magaaho nei liga ko e magaaho mitaki a nei ke finatu ke moua taha.

Fakamau hifo fefē ke lata mo e matakavi huki fakagata ma e tau tagata Pasifika

Hahā i ai ua e matakavi ke moua ai e huki.

Taha i Otara he Fale MIT, numela 5 Otara Road moe fale numela 7 Westgate Road, Westgate.

Ko e tau fale nei hahā i ai e tau tagata gahua Pasifika ne maeke ke vagahau atu kehe ha lautolu a vagahau motu moe maeke ke lagomatai a koe mo e haau a magafaoa kehe fakaholoaga huki.



Kaeke kua fakaatā a koe ke huki he magaaho nei, maeke ia koe ke moua e huki haau mai he taha he tau fale huki kua hafagi, kae kaeke kua manako a koe ke moua e huki haau kehe taha fale Pasifika maeke ia koe ke taute pehē nei:

1. To moua e koe taha text poke meli hila (email) ke fakamau e magaaho
2. Hafagi e link i loto he text poke meli hila (email) poke text
3. Fifili e matakavi ko Otara (Otara)
4. Fifili e aho mo e matahola
5. To fai fakailoaga ka moua e koe ke he text poke meli hila ke fakamoolimoe fakamau hifo e tau fakaholoaga ke lata mo koe

Ke fakamau hifo haau a higoa matutaki ke he numela 0800 28 29 26 mai he matahola 8 he pogipogi ke he matahola 8 he po, fitu e aho he faahi tapu

KE MOUA E FALU TAU FAKALAU LAHIAGA MAEKE IA
koe ke matutaki atu ke he
Haau a ekekafo fakamagafaoa
numela Healthline he **0800 358 5453**

Kupegahila he Prepare Pacific **www.preparepacific.nz**

Kupegahila ma e tau huki fakagata Koviti19:
**[www.covid19.govt.nz/health-and-wellbeing
/covid-19-vaccines](http://www.covid19.govt.nz/health-and-wellbeing/covid-19-vaccines)**

**This Resource was developed based on
the latest information available:
Updated 25th June, 2021**

Notes

Notes



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