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| Tāfeá mo e ngaahi mahaki fetuku ʻe he namú |
| Ngaahi fakamatala ki he founga maluʻi mei he ngaahi mahaki fetuku holo ʻe he namú hili ha tāfea pe ʻuha lōvai |
| Tongan | Lea Fakafonua  OFFICIAL |

Hili ha tāfea pe ʻuha lōvai, ʻoku fakafanau pea movete ʻa e fanga namú ʻi he ngaahi anoano vai ʻoku kei toe. ʻE lava ʻe fanga namú ʻo fetuku pea fakamovete ʻa e ngaahi mahakí kapau tenau uʻu koe.

**Ko e founga lelei taha ki hono maluʻi mei he ngaahi mahaki fetuku holo ʻe he namú ko e fakaʻehiʻehi mei hono kai ʻe he namú!**

Ko e ngaahi mahaki fetuku holo ʻe he namú ʻi Vikatōliá ʻoku kau ai ʻa e ngaahi vailasi Ross River, vailasi Barmah Forest, vailasi Murray Valley Encephalitis (MVE) mo e Japanese Encephalitis (JE). Ko e ongo vailasi JE mo e MVE ʻe lava ke na fakatupunga ʻa e puke lahi mo e mate he kakai ʻe niʻihi. ʻOku ʻatā ki ha faʻahinga makehe pē ke nau maʻu taʻetotongi ʻa e huhu maluʻi ki he JE, vakai ki hoʻo Toketaá kapau ʻokú ke kau ai. Fakamatala lahiange fekauʻaki mo e huhu maluʻi JEV ʻe lava ke maʻu [[heni](https://www.health.vic.gov.au/infectious-diseases/information-for-the-public-japanese-encephalitis-in-victoria)](https://www.health.vic.gov.au/infectious-diseases/information-for-the-public-japanese-encephalitis-in-victoria).

# **Maluʻi koe mei he uʻu ʻa e namú!**

* ʻUfiʻufiʻi ho sinó. Tui ʻa e vala lōloa, ngatōtō, pea lanu maama.
* Ngāueʻaki ʻa e meʻa tuli namu ʻa ia ʻoku ʻi ai ʻa e picaridin pe DEET.
* ʻOua naʻa ngalo ʻa e kauleká - vakaiʻi maʻupē ʻa e leipolo fakahinohino ʻi he meʻa tuli ʻinisēkité. Ko e pepeé, fana pe vali pē ʻa e meʻa maluʻí ʻi honau valá kae ʻikai ko honau kilí. ʻOua ʻe ʻai ki he nima ʻo e kiʻi pēpē pe ko e kiʻi leka valevalé.
* ʻOua te ke ʻalu ki tuʻa kapau ʻokú ke sio ʻoku namua ʻa tuʻa, tautefito ki he efiafí ʻo ka taaitō ʻa e laʻā mo e hengihengí, ʻa ia ko e taimi ia ʻoku lahi ai ʻenau uʻú.
* Mohe ʻi loto ʻi ha tainamu kapau ʻokú ke ʻi tuʻa pea ʻikai maluʻi ʻaki koe ha meʻa tuli namu.
* Ngāueʻaki ʻa e meʻafana langó, fakaʻahunamu, pe ko ha meʻa tuli namu ʻoku palaki ki he ʻuhilá ʻi he feituʻu ʻoku mou fakatahataha ki ai pe kai aí.
* Fakaʻehiʻehi mei he ʻēlia taanoano', pea nofo maʻu ʻi fale ka alalava.

# **ʻĀtakai ʻo ho falé**

* Fakamaha ʻa e vaí mo hiko e ngaahi koniteina vai ʻe lava ke fakafanau ai ʻa e namú kau ai ʻa e ngaahi kane, vaʻe meʻalele motuʻa, vai tauhiʻanga fanga kiʻi ika, ha tangikēvai ʻoku ʻikai silaʻi tāpuni, mo e ngaahi tukuʻanga poti ʻakaú.
* Ko e ngaahi koniteina vai ko ia ʻi he falé ʻoku totonu ke huaʻi maʻupē tuʻotaha ʻi he uike.
* Maluʻi kotoa ʻa e ngaahi matapā sioʻatá, matapā hūʻangá, fanga kiʻi avaava hūʻanga ʻea ʻi he falé, pe ko ha faʻahinga hūʻanga pē ʻaki ʻa e uaea namú.
* Hiko ʻa e vevé pe ʻakau ʻoku tupu ʻi he ngaahi fakatafengá.
* Fakasiʻisiʻi ʻa e ngaahi tokaʻanga vai takatakai ʻi he ʻapí.
* Vakaiʻi maʻu pē ʻa e ngaahi meʻa sivi maluʻi ʻo e tangikē vaí pe ʻoku kei malu pea fetongi ʻa e uaea ʻoku maumaú.

# **Feituʻu ʻe maʻu mei ai ʻa e tokoní**

Kapau ʻoku ʻi ai hao faʻahinga tuʻunga fokoutua fakaesino, sio ki hoʻo Toketā, pe tā ki he Nurse-On-Call ʻi he 1300 60 60 24. ʻI ha meʻa fakatuʻupakē, tā ki he 000. Ki ha tokoni kehe, fetuʻutaki ki he kaunisolo ʻi hoʻo feituʻú.

Ke maʻu ʻa e fakamatala ko ení ʻi ha founga ʻatā mo faingofua, ʻīmeili [pph.communications@health.vic.gov.au](mailto:pph.communications@health.vic.gov.au)

