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| Motuhia ʻa e maʻuʻanga ʻuhilá hili ha tāfea |
| Ko e ngaahi fakamatala ki he motuhia ʻa e ʻuhilá hili ha tāfea |
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Mahalo pē ʻe kiʻi fuofuoloa pea toki fakahoko atu ʻa e ʻuhilá hili ha tāfea. Ngāueʻaki ʻa e ngaahi fokotuʻu fakakaukau ʻi laló ʻi ha ngaahi meʻa ʻe lava ke ke fai kapau ʻoku motuhia atu ʻa e maʻuʻanga ʻuhilá.

# **Ngaahi fokotuʻu fakakaukau ki hono tauhi hoʻomou meʻatokoní ke malu**

* ʻE lava ke hoko ʻa e motuhia ʻa e maʻuʻanga ʻuhilá ke uesia hoʻomou meʻatokoní, manatuʻi ke:
* fetukutuku ʻa e meʻatokoní mei he ʻaisi fakamokomokó ki he filisá.
* tauhi hoʻomou meʻakaí ki he momoko taha ʻe ala lavá ʻaki hano ʻai ʻa e ngaahi kofukofu ʻaisi pe ʻū kafu matolu ʻi he ngaahi meʻatokoni ʻoku fakapēketí
* kapau ʻoku kei momoko ʻa e meʻakaí ʻi hoʻo ala ki aí (siʻi hifo ʻi he tikilī ʻe 5 °C), ʻoku malu ke ngāueʻaki
* kapau ʻoku ʻikai kei momoko ʻa e meʻakaí ʻi hoʻo ala ki aí, ʻe lava ke tauhi pea kai ʻo aʻu ki he houa ʻe fā pea kuo pau ke fakaʻauha ia pe ko hono kuki pea toki kai
* kai ʻa e meʻakaí ʻi loto ʻi he houa ʻe fā mei he ʻene kei velá, pe ko hono ʻave ʻo fakaʻauha
* kapau ʻe moʻui ʻa e ʻuhilá lolotonga ʻoku kei poloka ʻa e meʻatokoní, pea ʻoku kei saipē ʻa e meʻatokoní ke toe faʻo ki he filisá.

# **Ngaahi fokotuʻu ki hono ngāueʻaki ʻo ha mīsini ʻuhila senoleita**

* ʻOku anga-maheni ʻaki hono ngāueʻaki ʻa e senoleitá ʻi he taimi ʻoku motuhia ai ʻa e ʻuhilá. Ngāueʻaki e ngaahi fokotuʻu fakakaukaú ni ki muʻa ke ke ngāueʻaki ha senoleita:
* fakapapauʻi ʻoku tuʻu ʻa e mīsni ʻuhila senoleitá penisini pe tīsoló ʻi ha feituʻu ʻi tuʻa ʻoku ʻatā e ʻeá he ʻe lava ke ne fakatupunga ha kāponi monoʻokisaiti kona ʻa ia ʻe lava ke ʻai koe ke ke puke lahi
* ko e mīsini senoleitá ngāue ki tuʻa pe ʻave holo ke ʻoua naʻa ngāueʻaki ʻi fale he ʻe lava ke ne fakatupunga ʻa e kona mei he kāponi monoʻokisaiti , soki ʻe he ʻuhilá pe vela
* fokotuʻu ha mīsini senoleita tuʻu maʻu he ko e lelei taha ia ki he maʻuʻanga ʻuhilá talifakí
* tauhi hoʻo senoleitá ʻi ha feituʻu ʻoku mātuʻu. ʻOku totonu ke ke tauhi ʻa e penisiní ʻi ha feituʻu ʻoku malu
* ʻai ke mātuʻu ho nimá ki muʻa peá ke toki ala ki he senoleitá
* tomuʻa vakaiʻi ʻoku tonu pea ʻikai ke maumau e ngaahi kofutuʻa ʻo e uaea ʻi he mīsiní ki muʻa pea ke toki fakamoʻui iá
* tamateʻi pea tuku ke mokomoko ʻa e senoleitá ki muʻa peá ke toki ʻutu. Ko e penisini ʻoku mahua ʻi ha konga ʻo e mīsini ʻoku kei velá ʻe lava ke ne fakatupunga ha vela
* palaki hoʻo ngahi naunau fakaʻuhilá ki he senoleitá ʻo ngāueʻaki ʻa e uaea taki volota māʻolunga (heavy duty)
* ʻoua ʻe feinga ke fakaʻuhila kotoa ho falé ʻaki hano tau hangatonu ʻa e senoleitá ki he laine tefito ho falé.

# **Kumi tokoni**

* Ki ha fakamatala lahiange fekauʻaki mo e founga malu hono ngāueʻaki ʻa e kasá pe ʻuhilá fetuʻutaki ki he Energy Safe Victoria ʻi he 9203 9700 pe ʻaʻahi ki he: [www.esv.vic.gov.au](http://www.esv.vic.gov.au)
* Ke līpooti ka mama ʻa e kasá tā ki he 132 771.

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)