

Ka fatu a koe, ko e magahala aia ke malolo lahi a koe



Ula Tapaka moe
Nakai Inu Kava



Malolo E Loto
Manamanatu



Tau Huki



Takoto
fakatila



Kai kua
lata ke
Malolo





Ula Tapaka moe Nakai Inu Kava

**Age ke he tama mukemuke haau e
Nakai Ula Tapaka moe nakai inu kava he
kamataaga he haana a moui.**

KO E HA?

Ka ula a koe kae kua fatu ko e tau kiva moe tau kona kua age e koe kehe tama mukemuke i loto he manava haau. To lalahi e tau kelea ka moua tuga e fanau tuai kae nakai la hoko e magahala tonu, poke fanau tuai ti tote lahi e tino he tama. Ti lafi ki ai foki e mafiti ke mate fakaofo e tama kae mukemuke agaia (ne fakahigoa ko e mate he moheaga tama).

Ka inu kava kae fatu a koe to fai kelea e talagaaga he uho ulu he tama mukemuke. Tuga e tau kelea ke uka ke iloa e tau mena fakaako poke moua e tau mahani kelea ti to uka ke leveki. Tau kelea ka moua he tama mukemuke ha ko e tau kava ne inu to fakakelea aki e tama he mouiaga katoa ki mua haana.

MOUA FEFE E TAU LAGOMATAI

Matutaki ke he LMC haau (ko e nosi lagomatai fifine fatu poke toketa lagomatai he tau fifine fatu moe mogo faanu tama) poke toketa tumau haau. Na fai fakaholoaga ke nakai ula ka fatu fai tama ke lagomatai a koe ti to moua e koe e laupepa tupe \$350 mai ia Countdown poke Warehouse ke lagomatai aki a koe he fanoaga ke nakai ula tapaka. Kumi atu ke he matakau Mau Tumau Fakaoti (Ready Steady Steady Quit) he numela telefoni 0800 500 601, meli hila info@readysteadyquit.org.nz poke tohia e

higoa haau i loto he pepa hila readysteadyquit.org.nz.

To atu he LMC poke toketa haau e laupepa fakaataaga ke moua aki e tau vai lagomatai ke oti e manako haau ke ula tapaka tuga e tau pili mae tau mata motu, pili lole poke segavai ke tului e kakia fufula mamahi.

Matutaki atu kehe magafaoa moe tau kapisiga haau ke lagomatai a koe ke kamata e tama mukemuke haau he mouiaga nei moe malolo katoa e tino moe loto manamanatu haana. Ko e mena mitaki lahi mae moui haau moe tama mukemuke ke nakai fakaatā e ula tapaka he kaina haau. Kaeke ko e fai tagata he magafaoa haau poke haau a tau kapitiga kua loto ke fakaoti e ula tapaka, kua lata tonu e fakaholoaga Mau Tumau Fakaoti (Ready Steady Quit) mo mutolu ti maeke foki a lautolu ia ke moua e tau laupepa tupe ke lagomatai e fenoga ki mua ke nakai ula tapaka.

Ka manako lagomatai a koe ke fakaoti e inu kava he magahala kua fatu, matutaki moe LMC poke toketa haau he maeke a lautolu ke matutaki a koe ke he tau matakau lagomatai poke telefoni a ko e ke he Alcohol moe Drug Helpline he numela 0800 787 797 poke tohi ki ai he foni utafano numela 8681.

USEFUL LINKS

- **Ready Steady Quit:**
www.readysteadyquit.org.nz, 0800 500 601,
info@readysteadyquit.org.nz
- **Alcohol Drug Helpline:**
www.alcoholdrughelp.org.nz
0800 787 797, Free text 8681
- www.alcohol.org.nz/alcohol-its-effects/alcohol-pregnancy





Malolo E Loto Manamanatu

Tau levekiaga ke malolo e loto manamanatu haau ko e taha mena mahuiga ke leveki aki e tama mukemuke haau.

KO E HA?

Ko e magahala fanau tama to moua e tau fiafia lahi kae fa fai kelea foki ni ne tupu. To fai hikihihiaga moe lafi ki luga falu fakalavelave he tau magahala ne fatu fai tama ai.

Ko e mena mua ke tumau e malolo moe mitaki he haau a loto manamanatu he magahala ne fai tama i loto he manava ti pihia ka oti e fanau.

LIMA E PUHALA KE MOUA E TAU MALOLO

Kaeke ke lalafi atu e koe e tau puhala nei ke he mouiaga haau, to moua e koe moe tama mukemuke e tau mitaki loga.

Kumi ki loto ia koe – matakaki e haau a tau manamanatuaga ti lata ke iloa e koe nakai kelea kaeke kua nakai malolo a koe he tau magaaho oti. Muiua kehe haau a tau uho manatu ti kumi lagomatai kaeke kua lata.

Fakaalaala – taute falu mena fakaalaala tino he tau aho oti, tuga e fano hui fakakū poke fano kehe mai he pasi to hoko kehe tuaga tata kehe kaina haau ko e falu puhala ke fakaalaala aki e loto haau. Ka fakaalaala e tino haau to moua e tau mitaki mae tino moe moui haau. Matutaki ke he LMC haau (ko e nosi lagomatai fifine fatu poke toketa iloa he

lagomatai e tau fifine fatu moe mogo faanu tama) poke toketa haau ke iloa e tau mena fakaalaala kua lata mo koe.

Matutaki moe tau kapitiga moe magafaoa –

Falu mogo to lagomatai e tau mena kua manamanatu a koe ki ai ka eke ke fe lafi aki ti tutala e tau mena ne nakai mitaki ne kua fakatoka ki ai.

Falu magaaho 'ma haaku ni' – ko e gahua lahi e leveki he tama mukemuke. Fakaaoga falu magaaho he tau aho oti ke okioki a koe. Nofo i loto he pa koukou vai mafana, totou taha pepa, fanogonogo ke he pepa hila poke fano hui ke evaeva viko i fafo.

Kitia taha mena foou – fano fakakū ke aahi atu ke he tau kapisiga, fano ke he taha male foou poke fale koloa inu kofe - fakaaoga e magaho nei ke kumikumi moe matutaki ke he tau mena foou.

KAEKE KUA LOTO A KOE KE LAGOMATAI FALU MENA

Ole ke lagomatai a koe, talaage ke he tagata ne mafana e loto haau ki ai. Na mitaki e tau fakanogonogo he tau magafaoa moe tau kapitiga, fai fuga tukeua ke fakatakoto aki e ulu haau, poke tau lima foou ke lagomatai e tau mena fakaalaala.

Kaeke ke tōhifo e tau manamanatuaga haau tutala ke he nosi lagomatai fifine fatu poke toketa haau. To maeke a lautolu ke tutala mo koe haggao ke he haau a tau mena ne manamanatu ki ai ti maeke foki ke matutaki moe falu tagata kua maeke ke lagomatai a koe. Na mahani moe iloa he tau tagata nei e tau lagomatai kua lata mae tau fifine kua amanaki ke fanau tama ha kua loga e tau mena ne tupetupe ki ai, nakai mitaki e tau manamanatuaga, ti maeke foki ia lautolu ke fakamatutaki a koe ke he tau matakau kehekehe ke lagomatai a koe.

USEFUL LINKS

- **Mental Health Foundation:**
www.mentalhealth.org.nz
- www.depression.org.nz
- www.beatingtheblues.co.nz
- Try a meditation app such as CALM



Tau Huki

Huki ke malolo ke totoko atu ke he koho loa (Pertussis) moe fulū (gagao he fafaguaga) he tau MAGAHALA OTI ka fatu fai tama. Nakai fai totogi e tau huki nei.

KO E HA?

Ko e tau huki he magahala ka fatu fai tama a koe ka puipui aki a koe moe tama mukemuke he haana tau mahina fakapa he moui nei ke nakai moua e tau gagao koho loa moe fulū.

Kua lata a koe ke fakaaoga e tau HUKI NOA nei he tau magahala takitaha ka fatu a koe.

KOHO LOA

Ko e gagao koho loa (Pertussis) ko e gagao kelea lahi ha ko e koho kelea lahi moe uka lahi ke fafagu. Na kelea lahi e gagao nei ke he tau fanau ikiiki i lalo hifo he tau 1 ti fuafua ko e toko 7 mai he 10 e tau tama mukemuke ne uta ke he tau fale gagao ke lagomatai ke fagai moe maeke ke fafagu. To mamate e tau fanau he kelea lahi e gagao nei. Ko e magahala kua mole ne tupu lahi e gagao nei i NZ, ti 3 e tama mukemuke ne mamate ha ko e gagao koho loa nei1.

Maeke ke huki ka hoko e veveheaga ke ua poke poke tolu he tupuaga he tama mukemuke i loto he manava. Lata ke huki tuai he kamataaga he fatu (ka mole e 16 e faahi tapu he fatu) ke maeke e vai ne huki ke fano ke he tama mai he nofoaga tama ke puipui aki e tama to lahilahi ke he ono e faahi tapu to maeke ke fai malolo aia ke puipui aki aia. Ko e huki nei ka fatu a koe to maeke ke tō hifo 91 e pasene to moua he tau tama mukemuke e gagao koho loa nei.

GAGAO UTAFANO

Ka moua e gagao nei (ko e fulū) he magahala ne fatu e fifine to fai kelea ka lauia a koe moe tama mukemuke. To lahi e kelea he gagao fulu nei mae tau fifine he magahala ka fatu ai tuga e nimonia (kelea lahi e fatafata fafagu) ti mafiti ke mamate ka fakatatai ke he tau fifine ne nakai fatu. Ko e tau kelea ka moua e fulū he magahala ne fatu ai ko e fanau tuai e tama poke to nakai lahi mitaki e tama. Ko e tau fifine kua fatu ti huki ke puipui mai he fulū nei to nakai mamate e tau tama mukemuke to fanau.

Ko e huki nei ke lagomatai aki a koe ke nakai moua e gagao fulū nei. To hoko e puipui nei ke fakamalolo aki e tama mukemuke ke nakai moua foki e gagao fulū nei.

KO E MOUAAGA HE TAU HUKI

HUKI NOA nakai totogi e tau huki nei ke lata moe tau fifine fatu KATOATOA.

Ko e tau huki nei mai he toketa haau (GP) ke nakai moua **gagao koho loa** to HUKI NOA nakai totogi he magahala ke ua moe tolu e fanoaga he fatu haau.

Moua e huki **fulū** kamata ia Apelila kia Tisema he tau tau oti. HUKI NOA nakai totogi e tau huki nei ka taute he toketa (GP) haau poke tau fale vai tului gagao he ha magahala kua fifili e koe.

Mitaki e tau huki nei he magahala ka fatu a koe. Matutaki moe toketa haau poke LMC (ko e nosi lagomatai fifine fatu poke toketa lagomatai he tau fifine fatu moe mogo faanu tama) ke lata moe tau huki ka fatu a koe.

USEFUL LINKS

Moua mai foki falu fakailoaaga ke he tau huki nei ka fatu a koe mai he pepa hila

- www.health.govt.nz/your-health/healthy-living/immunisation/immunisation-pregnant-women
- www.waitematadhb.govt.nz/hospitals-clinics/clinics-services/maternity-services/immunisation-and-pregnancy
- www.healthed.govt.nz/resource/immunise-during-pregnancy

¹ www.health.govt.nz/your-health/conditions-and-treatments/diseases-and-illnesses/whooping-cough



Takoto fakatila

Ka okioki, mohe fakaku poke mohe loa, lata ke takoto fakatila, ti mua atu ke takoto pihia ke kamata mai he 28 e faahi tapu ki mua he fatu a koe

KO E HA?

Ka mohe fakatila a koe kamata he 28 e faahi tapu he fatu a koe, to lagomatai ke tō hifo ke hafa e tau kelea ke mate e tama mukemuke to fanau mai ki fafo. Ko e kakano, ka takoto fakahako a koe he tua haau ka mohe, ko e mamafa he tama to peehi atu e tau vaka toto lalahi haau ti nakai holo mitaki e tau toto i loto he tino haau ne fano foki ke he tama muke. To tote moe uka e toto moe tau matagi moui mitaki ke holo atu ke he tama mukemuke.

Ka takoto fakatila ke he faahi matau poke faahi hema ka mohe a koe, ko e tonuaga aia to moua loga he tama mukemuke haau e tau matagi moui.

KAE FEFE KA ALA AU KUA TAKOTO TEI HE TUA?

Fa hikihihi tuai ni pihia e tau takotoaga he tagata ka mohe. Ko e mena lahi ke taute mua to mohe a koe ke takoto fakatila ti liu ke takoto fakatila kaeke ke ala a koe kua takoto he tua. Ko e tau puhala nei ke lahi aki e mohe fakatila haau.

Manatu ko e tau hatakiaga nei mae matua fifine he magahala fatu aia. Ka fanau mai e tau tama mukemuke, kia fakamohe fakahako he tua a lautolu i loto he tau mohega kua lata moe tau tama fanau foou (tuga e kato lalaga, kato tia aki e tau vala akau ikiiki poke moheaga taute aki e tau palasitiki) ti toka he poko ne mohe ai a koe.

USEFUL LINKS

- www.sleeponside.org.nz
- www.sleeponside.org.nz/assets/downloads/CK-Sleep-safe-leaflet.pdf





Kai kua lata ke Malolo

**Ko e tau mena kai mitaki ko e tau
fakamaloloaga haau moe tama mukemuke**

KO E HA?

Ko e tau mena kai mitaki moe kua lata tonu ke kai he magahala ne fatu a koe to moua e tau malolo mitaki ma haau moe tama mukemuke ke loa e tau momoui.

Fakatumau ke kai e tau mena kai tuga e tau fua lakau moe tau kai ne tutupu mai he fonua tuga e tau polo kae tiaki e kai lahi he tau keke, paka falaoa keke moe tau tipi. Ko e tau kai ne lahi e suka to mukamuka ke moua e gagao hake lahi he suka ti mukamuka e tama haau ke gako kelea e tino ka lahi hake. Mitaki lahi ke inu tumau e tau vala vai kae tiaki e tau inu humelie tuga e cola, tipolo, fua lakau moe tau inu fakamalolo (ne fio aki e tau kofe ke inu tose he magahala ka fatu).

Fua e mamafa haau he kamataaga he fatu a koe ti matutaki moe LMC (ko e nosi lagomatai fifine fatu poke toketa lagomatai he tau fifine fatu moe mogo faanu tama) ke iloa ko e fiha e mamafa haau kua lata ke hake ki luga. Ti lali ke tumau e mamafa nei. Kaeke ke hake lahi e mamafa haau he magahala kua fatu to uka lahi ke to hifo ka oti e fanau e tama mukemuke.

Tau kai moe tau inu kua lata to lagomatai a koe ke mitaki e tau nifo moe tau tuaga nifo he magahala ka fatu a koe. Ko e mitaki he tau nifo ko e mena lahi ke fakamalolo aki a koe moe tama mukemuke.

USEFUL LINKS

- www.health.govt.nz/your-health/pregnancy-and-kids/pregnancy/helpful-advice-during-pregnancy/eating-safely-and-well-during-pregnancy
- www.mpi.govt.nz/food-safety/food-safety-for-consumers/food-and-pregnancy
- www.nzda.org.nz/public/your-oral-health/pregnancy



For healthy pregnancy
advice visit
www.pregnancysmile.nz



Waitematā
District Health Board
Best Care for Everyone

