

# Vai-huki COVID-19: Ka mole-atu e huki haau

Heigoa, ka logona e koe	Heigoa ka lagomatai	Kamata, he magaaho fe
Mamahi e mata-huki, mamahi e ulu, logona e lolole mo e mategugu. Ko e tau mena lalahi hanai ne kua talahau ko e tau logonaaga kua kehe.	Tuku-aki taha mena momoko po ke kalaie pala po ke ice-pack e mata-huki ke he magaaho ku ni. Ua, fota po ke mulu e mata huki.	Vahaloto he 6 ke he 24 e tula
Mamahi e tau fua-pule (muscles) logona e lolole, makalili, mamahi e tau tutaki-hui/lima moe lialia-pou e ulu, falu a ia he tau mena ka logona ka mole-atu e huki.	Okioki ti inu fakalahi e vala-vai po ke juice. Inu e Palasitamolo (Paracetamol) po ke Ipupulufene (ibuprofen) ti maitau ke he tau fakamaamaaga ne tohi ai. Kumikumi e tau hatakiaga mai ia laurtolu e tau Pulotu Malolo Tino.	Vahaloto he 6 ke he 48 e tula

Ke tuga e falu vai-lakau po ke tau segavai to, haha iai ni falu a tagata kua logona e kehe, ke he tau tino. Pe he nai e logonaaga he tino haau mo e iloa ai kua gahua e vai-huki.

Ko e tau logonaaga kehe, (side effects) ke he tino falu kua nakai hagahaga-kelea lahi mo e nakai leva, nakai ko e mena ia ke, nakai huki a koe ke lagaua-aki mo e nakai taofi foki a koe ke he haau a tau fai-fanoaga.

Ko e tau logonaaga kehe, to logona foki e koe ka mole-atu e huki ke lagaua-aki.

To, moua e koe falu logonaaga-kehe kua hagahaga-kelea kakoe tau mena nakai fa mahani ke tutupu tumau. Ko e tau tagata huki a Niu Silani kua fakaako ke onoonoke he tau mena nai. Falu a logonaaga-kehe to lauia faka-ku e puhala fakaholo motoka haau mo e fakaaogaaga he tau matini gahua. Kaeke kua tupu e tau faga mena pe he nai, tutala atu ke he Pule Gahua haau.

Kaeke kua logona e tau fakamailoga kua lialiga ko e COVID-19 tuga e koho tumau, tokoluga e velavela/fiva, po ke galo e logonaaga he tau mena kai mo e manogi, nofo he kaina ti fano ke tivi e COVID-19.

Kaeke kua fai mena kua kehe, ke he huki COVID-19 haau, ko e tagata huki po ke pulotu malolo tino ka hokotaki atu ke he Centre for Adverse Reactions Monitoring (CARM).

Maeke foki a koe ke hokotaki atu ke he puhala onolaini ke he uepesate ha CARM [otago.ac.nz/carm](https://otago.ac.nz/carm)

Ka, nakai maama ke he tau fakamailoga haau po kua holo-ki-mua e kelea, tutala atu ke he GP po ke hea atu e Healthline ke he **0800 358 5453**.

Ka, tupetupe lahi ke he haau a haohao mitaki ti vilo mafiti atu ke he **111** ti tala-age ki a lautolu kua fita a koe he huki COVID-19 ke maeke ia lautolu ke fuafua fakamitaki a koe.

Lagomataiaga he tau vai-huki e tau tagata oti ke puipui mai he falu a gagao pikisia tuga, e misele po ke fulu.

Tutala atu ke he health provider haau kua maopoopo mo e katoatoa e tau huki oti haau mo e magafao katoa. Finatu ke he [health.govt.nz/immunisation](https://health.govt.nz/immunisation) ma e falu a fakailoaaga foki.

**Kua lata ia koe ke fakatali ke mole ua e faahi tapu he mole-atu e huki ke lagaua-aki he COVID-19 to moua foki e falu a huki.**

**New Zealand Government**

Unite  
against  
COVID-19

 **MINISTRY OF  
HEALTH**  
MANATŪ HAUORA