

# Moua e koe e huki COVID-19: heigoa kua lata ke moua

Ko e, huki ko e taha puhala ke tau-atu ke he COVID-19 mo e puipui e tau momoui tupu-olaola he tau maaga ha tautolu.

## Puipuiaga

Ko e huki COVID-19 ko e mena moua noa ti maeke ke moua he tau tagata oti a Niu Silani.

Puipui he vai-huki e malolo tino haau mo e taofi e tau gagao ka fakafehagai mo e tino haau mo e mautali ke tau-atu ke he tau moko gagao ka feleveia mo koe.

Ko e vai-huki COVID-19 gahua ke fakalagalaga-aki e immune system haau ke talaga e tau moko mitaki mo e tau toto mitaki ke tau-atu ke he moko gagao ko e COVID-19.

Ko e mouaga he vai-huki COVID-19 ko e lakaaga mahuiga ke puipui -aki a koe mai he tau moko gagao.

Kaeke kua oti e huki haau, matutaki ke puipui mo e taofi e uta-fanoaga he COVID-19. Holoholo mo e fakamomo fakamitaki e tau lima haau. Koho mo e tihe ke he ao-tuli-lima, ti nofo he kaina ka nakai malolo. Ko e puhala nai ke lagomatai ke puipui-aki a koe, magafaoa haau mo e falu foki.

Fakatumau ke fakaaoga e COVID-19 tracer app haau, fakamoui e Bluetooth ti fakaaoga e uufi-mata po ke pa-gutu.

## Haohao mitaki

Ko e Medsafe kua maeke ni ke talia e vai-huki ke fakaaoga i Niu Silani kaeke kua hagahaga mitaki mo e haohao mitaki ke fakaaoga. Ko e tau vai-huki COVID-19 oti to, muihua ni ke he taha e puhala ke kitia kua haohao mitaki mo e tu tokoluga e tau talahauaga ki ai.

## Vai-huki ko e Pfizer

To nakai atu he vai-huki nai e COVID-19 ki a koe. Kua lata ke moua e koe ua e huki, lata mo e 3 e faahi-tapu he vahaloto. Ke moua e koe e tau puipuiaga kua mua-atu e mitaki kua, lata ia koe ke moua ua e huki.

Ka, nakai fakamooli e aponimene haau, liu ke fakamau foki fakamafiti.

## Tau mena kua lata ke onoono ki ai fakamua to moua e huki

Kaeke kua fai logonaaga a koe kua kehe ke he tino hakoe tau vai-huki fakamua, fakamolemole tutala atu ke he Pulotu Huki haau.

Kaeke, kua inu a koe ke he tau segavai faka-ale-ale toto, po ke taha gagao toto, tutala-atu ke he Pulotu Huki haau.

Kaeke, kua fakafua-tama a koe po kua fatu, tutala atu ke he Pulotu Huki haau po ko ia e Fifine faka-fanau (midwife) haau.

Nakai la foaki ia e vai- huki Pfizer kia lautolu i lalo hifo he 16 e tau-tau momoui.

Kaeke, kua moua e koe e tau fakamailoga COVID-19, fano ke moua e huki po ke nofo he kaina to moua e tali ke he tivi haau. To huki a koe kaeke kua moua e tivi haau kua nekativi.

**New Zealand Government**

Unite  
against  
COVID-19



## Heigoa ka tupu kaeke kua mo le-atu e huki haaku?

Kua lata a koe ke fakatali ke molea e 20 e tau minute ka oti e huki , ke maeke he tau tagata gahua malolo tino ke kitia kua nakai fai kehe e tino haau.

To maeke a koe ke loaloa e fakatali haau kaeke kua fai logonaaga kua kehe ke he tino haau hakoe vai-huki po kua mamao e fanoaga haau ke he kaina.

## Tau logonaaga kua kehe kua ligaliga ki ai

Ke tuga e falu vai-lakau po ke tau segavai to, haha iai ni falu a tagata kua logona e kehe ke he tino. Nakai, foou e tau logonaaga nai, to nakai logona foki ke leva mo e to mole vave foki, nakai pe he e mena ia ke nakai moua e koe e huki haau ke lagaua-aki.

Ko e, logonaaga kua kehe ke he tino ka moua mai he mole e huki ko e, mamahi e mata-huki, mamahi e ulu , lolole e tino mo e mategugu.

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 m,ena ka logona ka mole-atu e huki. Kitia he mena nai kua gahua e vai-huki. Kitia lahi e tau mena nai he mole atu e huki ke lagaua-aki.

Falu he tau logonaaga nai to lauia faka-ku e fakaholo motoka haau, po ke fakaaogaaga he tau matini gahua.

Falu a logonaaga foki (side effects) hagahaga-kelea ka e gahoa lahi, nakai tupu tumau. Kua fakaako a lautolu e tau pulotu Huki ke mailoga e tau mena nai.

## Falu a lagomataiaga mo e tau fakailoaaga

Kaeke kua fakafehagai a koe mo e tau fakamailoga COVID-19 tuga e, koho-loa, tokoluga e fiva po kua galo e hohogo mo e manogi, nofo he kaina ti fano ke moua e huki COVID-19 haau.

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

Kaeke kua tupetupe lahi hakoe haohao mitaki haau hea-atu ke he **111** to, tala-age ki a lautolu kua lagaua tuai e huki COVID-19 ke maeke ia lautolu ke fuafua fakamitaki a koe.



## Mahuiga lahi ke moua e tau fakailoaaga kua hako.

Mataala ke he tau fakailoaaga kua nakai hako mai he tau social media mo e falu a mouaaga tala foki.

Moua e koe e tau fakailoaaga kua hako mo e tonu mai he:

[covid19.govt.nz/vaccine](https://covid19.govt.nz/vaccine)  
[health.govt.nz/covid-vaccine](https://health.govt.nz/covid-vaccine)

po ke hea-atu ke he Healthline **0800 538 5453**.