

## Fakaaogaaga he vai lagomatai ko e Tamiflu: ke lata mo lautolu ne nākai maeke ke inu e tau segavai pauta (capsules)

Kua foaki atu ki a koe e vai lagomatai ko e Tamiflu ha kua moua a koe he gagao fulū po kua fai tagata ne leveki e koe kua moua ke he gagao nai. Maeke he vai lagomatai ko e Tamiflu ke taofi mo e tukutuku hifo e magaaho he gagao nai. Manako e faahi malolo tino ko e Ministry of Health ke inu e koe po ke tagata ne leveki e koe e tau segavai pauta (capsules) kua foaki atu kia koe. Ko e vai tului ha ha i loto he segavai pauta, mo e kona foki ka inu e koe.

Kaeke ke nākai maeke ia koe po ke tagata ne leveki e koe ke folo e segavai pauta, kua lata ia koe ke hui taha vai humelie to inu. Ha ha i ai e tau fakamaamaaga ke he laupepa nai.

### 1. Tau mena haau ka tauteute

- Ko e fuafuaaga ke he taha e segavai pauta
- Taha e sipunu ti (tsp) kai fakalahi ke he tau mena Tamiflu kai humelie (mitaki lahi ka humelie) fakatai pehē:
  - Siamu humelie (mitaki e siamu suka)
  - Tau fua lakau pukepuke huhua (mitaki e tau tiamu suka)
  - Fakaaoga e suka (taute aki e taha e sipunu suka moe vala vai fakatote)
  - Fakaaoga e golden syrup
  - Fakaaoga e huhu humelie ko e highlander
  - Fakaaoga e hani pukepuke – **Fakamolemole aua neke age e hani nai ke he tau fanau ikiiki i lalo hifo he taha e tau, ha koe tau puipui aga ke he gagao botulism.**
- **Ua fakaaoga e sokoleti humelie** (neke tafe mai e puke kona he segavai pauta).

### 2. Tau tauteaga he vai

- Holoholo ti fakamōmō e tau lima haau.
- Tuku taha e sipunu ti (tsp) kai fakalahi ke he mena kai humelie ki loto he sipunu meā.
- Hafagi fakaeneene e segavai pauta Tamiflu ti liligi hifo ki loto he mena kai.
- Kilukilu fakamitaki ke taha e minute ke oti e pauta.

### 3. Foaki-age e vai

Ka oti e tauteuteaga he vai ti age fakamafiti ke inu, maeke e vai he inu ti kai fakalataha mo e mena kai.

Tau fānau hogofulu malima ki lalo e kilo mamafa, age ni e 1/3 he vai, ti ua liu fakaaoga e vala ne toe.

Tau fānau ne hogofulu-malima ke he fagofulu e kilo mamafa, age ni e 2/3 he vai ti ua liu fakaaoga e vala ne toe.

Ko lautolu ne molea e fagofulu ki luga e kilo mamafa, foaki age oti e vai.

Magaaho fakamui age e inu humelie lahi ke uta kehe aki e kona he vai.

### Foaki age oti e vai

Taute e vai ti age lagaua he aho ke he lima e aho he katoa. Mamafa lahi e fekau nai ki a ko e mo e tagata ne leveki e koe ke inu e vai ke oti, pete ni kua logona e koe kua malolo e tino haau

Ko e fakafouaga he tau fakailoaga nai mai he aho 27 Aokuso 2009

**Tauteuteaga nai mai he New Zealand Ministry of Health, mo e fakakatoatoa mai he Medsafe, New Zealand Medicines Safety Authority.**

**Kumi atu falu fakailoaga ke he [www.moh.govt.nz](http://www.moh.govt.nz) po ke [www.medsafe.govt.nz](http://www.medsafe.govt.nz)**