

# Mouaaga he huki COVID-19 haau: Ko e heigoa kua lata ke iloa mo e mailoga

Ko e tau huki nai ko e taha puhala ke totoko atu ke he gagao kelea nai ko e COVID-19, ke puipui mo e levekiaki e tau momoui he tau tagata oti.

## Puipuiaga

Nakai fai totogi e tau vai huki COVID-19 ti maeke ke moua oti he tau tagata i Niu Silani.

Mahuiga e tau vai huki ke maeke ke puipuiaki mo e levekiaki haau a tino ke aua ia neke moua e tau gagao. Maeke he tau vai huki nai ke lagomatai e tau moko he tino haau ke totoko atu e tau moko kelea, kaeke kua fai fakafetuiaga a koe mo lautolu kua iloa kua moua he gagao.

Ko e vai huki COVID-19 gahua ka fakaaoga he tau antibodies he tino haau mo e tau hoko toto cells ke totoko atu ke he moko COVID-19.

Mahuiga lahi ke fano ke moua e huki COVID-19 ke puipuiaki a koe mai he tau moko kelea he gagao nai. Ka e mailoga foki, ko e magaaho nai, nakai la iloa tonu ia ko e maeke nakai ia koe ke pikitia he gagao nai kaeke kua oti e moua e koe e huki.

Ko e magaaho ka oti e huki haau, mahuiga lahi ke tumau ke muiua ke he tau hatakiaga ke taofi e gagao COVID-19 ke ua tupu mo e totolo. Holoholo fakamitaki e tau lima. Koho mo e tihe ke he tuli ao lima haau, ti nofo i kaina kaeke kua nakai malolō haau a tino. Ko e lagomataiaga nai ke puipuiaki mo e levekiaki a koe, haau a magafaoa mo e falu tagata foki.

Tumau ke fakaaoga e COVID tracer app, fakamoui e Bluetooth he telefoni utafano haau, ti tui e tau pa gutu mo e tau pa ihu.

## Haohao mitaki

Fakaatā la he kautaha Medsafe ke fakaaoga e vai huki i Niu Silani kaeke kua iloa mooli mo e kua fakamooli kua aoga mo e gahua mitaki e tau vai huki nai. Ko e tau vai huki COVID-19 kua amanaki ke muiua ke he tau fakaveaga fakataitai ke iloa moolioli kua mitaki ke fakagahua e tau huki nai.

## Huki Pfizer

Ko e huki nai, nakai moua e koe e COVID-19. Ko e 2 e huki haau ka moua kua lata mo e 3 e faahi tapu he vaha. Ke moua e tau puipuiaga kua mitaki, kua hataki atu ke moua ua e doses he huki nai. Ka nakai maeke ia koe ke moua e appointment nai, liu ke matutaki ke moua foki e taha appointment fakamafiti.

## Falu a tau mena kua lata ia koe ke mailoga to fano ke moua e huki

Kaeke kua fai lekua e tino haau (allergic) ha koe tau vai huki kua taute ai he tau magaaho kua mole, fakamolemole fakatutala mo ia e pulotu huki poke haau a ekekafo.

Kaeke kua fakaaoga a koe he tau vai huki ke fakaaalealeaki e toto (blood-thinning) haau po ke fai lekua ke he toto he haau a tino (bleeding disorder), fakamolemole tutala ke he pulotu huki poke haau a ekekafo.

Kaeke kua fatu a koe mo e amanaki ke fanau e muke foou poke fakahuu tama, fakamolemole tutala ke he pulotu huki, haau a ekekafo poke midwife.

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Kaeke kua fakaaoga a koe he vai cancer Keytruda, Opdivo, Yervoy, poke Tecentriq, tutala ke he pulotu ekekafo haau ko e mitaki nakai a koe ke moua e vai huki.

Nakai fakaatā he magaaho nai e vai huki Pfizer ke lata mae tau fanau i lalo hifo he 16 e tau tau moui ato fai fakailoaaga kehe, kua moua mai.

Kaeke kua logona e koe mo e kitia e tau fakamailoga COVID-19, fano ke moua e tivi, ti nofo i kaina ato moua e koe e tau ola hokotaki. Maeke ia koe ke moua e huki kaeke kua nekativi e tau ola hokotaki huki haau.

## Ko e heigoa ka taute ka oti e moua he vai huki?

Mahuiga ke fakatali a koe ke molea 20 e minute ka oti e huki, ke maeke he tau pulotu huki ke kitia kua nakai fai lekua (allergic reaction) ke he tino haau he oti e huki.

## Falu a tau lekua ne maeke ke moua ha ko e vai huki

Ko e lekua ne laulahi ke moua he tau tagata ka oti e huki, ko e mamahi e vala he tino ne huki ai, mamahi e ulu mo e lololole.

Falu magaaho mamahi e tau masolo he tino, mategugū, makalili, tokoluga e fiva mo e hahālua. Ka pihia kua pehē a ia kua gahua e vai huki.

Tuga ni falu a tau vai huki foki, maeke he huki nai ke fai lekua ka moua he falu a tagata (side effects). Nakai foou e mena nai mo e laulahi he tau tagata fa magaaho ku ni ka logona e tau fakamailoga nai mo e nakai leva. Maeke agaia ni a koe ke moua e dose ke uaaki he huki nai.

Falu a tau lekua (side effects) falu magaaho ke nakai fakaatā a koe ke fahakolo e peleofa ka oti e moua he huki.

Ko e tau lekua lalahi (side effects) maeke ke tupu kae toko gahoa ni e tau tagata ne moua. Kua fitā e tau pulotu huki ha mautolu he fai fakaakoaga (training) ke mautali ke lata mae tau lekua pehē nai.

## Falu a lagomatai mo e tau fakailoaaga

Kaeke kua fai logonaaga a koe ke he tau fakamailoga ke he COVID-19, tuga e koho, fiva tokoluga, poke kua nakai magalo e tau mena kai, nakai manogi, ti nofo he kaina mo e tivi ke he tau tiviaga he COVID-19.

Kaeke kua nakai iloa mitaki e koe e tau fakamailoga he COVID-19, poke kua une ki mua haau a nakai malolō, vilo atu e Healthline – **0800 358 5453**.

Kaeke kua fai mena kua tupetupe lahi a koe ki ai ke he haohaoaga mitaki ke he haau a moui ti vilo e numela 111, mo e talaage ki a lautolu kua huki a koe ke he huki COVID-19, ke maeke ia lautolu fakatutala mo e moua falu a kumikumiaga kua mitaki.

**[www.health.govt.nz/covid-vaccine](http://www.health.govt.nz/covid-vaccine)**