

|  |
| --- |
| Tāfea - ngaahi fakatuʻutāmaki mei he fanga monumanú mo e fanga ʻinisēkité |
| Fakamatala ki he founga ʻo e fekuki mo e fanga monumanú mo e fanga ʻinisēkité ʻi he hili ha tāfea  |
| Tongan | Lea FakafonuaOFFICIAL |

ʻI he toe foki ki ha feituʻu naʻe uesia ʻe he tāfeá, mahalo pē naʻa ʻoku moʻu nofoa ha fanga monumanu kaivao, kau ai ʻa e fanga kumā, ngata pe hina, ʻi ho ʻapí, fale ngāue (seetí) pe ngoué.

# **Fekuki mo e fanga ngatá**

* ʻI tuʻa:
* tui ha puti ʻoku malu, kofunima mo e talausese lōloa ke maluʻi ho vaʻé
* mātuʻaki tokangaʻi ʻaupito ho ongo nimá mo ho ongo vaʻé lolotonga hoʻo fakamaʻa hili ha tāfea
* kapau te ke sio ki ha ngata, holomui ki mui pea fakaʻatā ke ʻalu ki he feituʻu ʻoku ʻalu ki aí - ʻoua naʻá ke ala ki ai
* fakatokangaʻi ʻa e fanga ngata ʻoku nau kakau ʻi he vaí
* ʻoku totonu ke ke hiko ʻa e veve ʻi he ʻātakai ofi ʻo ho falé koeʻuhí ʻe lava ke ne tohoakiʻi mai ʻa e fanga ngatá, fanga hiná mo e fanga kumā.
* Kapau te ke maʻu ha ngata ʻi ho falé, ʻoua te ke loto puna, holomui māmalie ki mui pea fakaʻatā ia ke ʻalu ki he feituʻu ʻoku ʻalu ki aí. ʻOua naʻá ke ala ki ai. Tā ki he Potungāue ʻo e ʻĀtakaí, Fonuá, Vaí mo e Palaní ʻi he 136 186 ki ha lisi ʻo e faʻahinga ʻoku nau puke ʻa e fanga ngatá ʻi ho feituʻú.
* Kapau ʻe uʻu koe ʻe ha ngata:
* ʻoua naʻá ke fufulu ʻa e kili takatakai ki he feituʻu naʻe uʻú
* ʻoua ʻe toe ngaue pea feinga ki ha tokoni fakafaitoʻo fakavavevave ʻaki ʻa e tā ki he 000
* tokoto ki lalo pe taʻutu pea ʻai ʻa e feituʻu naʻe uʻú ke maʻulalo ange ʻi he lēvelo ho mafu.
* ʻufiʻufiʻi ʻa e feituʻu naʻe uʻú ʻaki ha meʻa haʻihaʻi lavea maʻa mo mōmoa. Kapau ʻoku faingamālie, ʻoku toe fokotuʻu atu ke haʻihaʻi maʻu/lalava ʻaki ha meʻa haʻihaʻi lavea ʻa e ʻēlia ko ia naʻe uʻú
* fakaʻilongaʻi ʻa e taimi naʻe uʻu aí pea mo e taimi naʻe lalava aí
* ʻoua naʻa ʻai ha meʻa haʻi taʻofi fānoa toto (tourniquet), tafaʻi ʻa e feituʻu naʻe uʻú ke tukuange ʻa e huhuʻa koná pe feinga ke komo ʻa e huhuʻa koná mei he mataʻi laveá.

# **Fekuki mo e fanga hiná**

* Kapau ʻe uʻu koe ʻe ha hina:
* fufulu ʻa e ʻēlia naʻe uʻú pea ʻai ki ai ha ʻaisi ke tokoni ki he mamahí
* ʻoua naʻá ke lomiʻi tataʻo
* fekumi ki ha tokoni fakafaitoʻo fakavavevave kapau naʻe uʻu koe ʻe ha hina tuʻa kulokula.

# **Fekuki mo e fanga kumā mo e fanga ʻinisēkité**

* Ko e fanga kumā ʻe lava kenau fetuku holo ʻa e ngaahi mahaki. ʻOku totonu ke hiko ʻo ʻave ʻa e ʻū toenga meʻakaí mo e ngaahi meʻa kehe ʻa ia ʻe lava ke nofo ai ʻa e fanga kumaá.
* Fakaʻauha ʻa e vevé pea ʻai ha tāpuni ʻi he kapa vevé. ʻAi ha tauhele kumā ʻi he ngaahi feituʻu mōmoá kapau ʻe fiemaʻu.
* Fakamamaʻo mei he anoano vaí ʻoku fakafanau ai e fanga namú. ʻUfiʻufiʻi ho sinó ʻi he lahi taha ʻe ala lavá pea ngāueʻaki ha meʻa tuli namu.
* ʻOku fetuku ʻe he fanga langó ʻa e mahakí. Fakamaʻa ʻa e keikeinangá he vavetahá he ko ha fakafanauʻanga ia ʻa e fanga langó.
* Kapau ʻe uʻu pe fakalaveaʻi ʻe ha monumanu pe huhu ʻe ha ʻinisēkite kumi ki ha faleʻi mei hoʻo toketaá pe tā ki he NURSE-ON-CALL houa ʻe 24 he ʻaho, ʻaho ʻe 7 ʻi he uike ʻi he 1300 60 60 24.

Ke maʻu ʻa e tohi ko ení ʻi ha founga ʻatā mo faingofua, ʻīmeili pph.communications@health.vic.gov.au

