



Preventing Rheumatic Fever

Lakahaga o te fiva liumatika

**Tamaiti, talanoa ki
ō koutou mātua pe
he tino matua kāfai
to fāi e tigā**



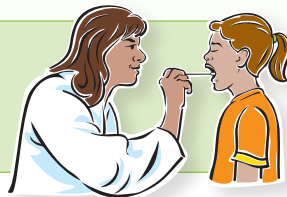
**Tino mātutua
kikila ki nā āuga o
te fāi tigā**

- e faigatā o na folo
- e faigatā o na kai pe inu

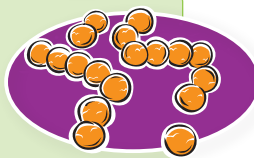
Fāi tigā

Hiakiga o te fāi tigā

Fano loa ki te fōmai pe ko he tauhi tauale ke hiaki to fāi i hō he taimi e tigā ai.



Ko te fāi tigā pe ko te 'strep throat' e māfua mai ihe hiama pe ko he meaola e taku ko te Group A Streptococcus.



Ko te togafitiga o te strep throat - e fakaaoḡā na vailākau i ni aho e hefulu. E tāua lele ke fakauma lelei na vailākau kua tuku atu kia te koe.



Tāofi ai te strep throat ma te fiva liumatika.

**E ola mālōlō koe,
oi hatalatala
kāfai to fatu
e mālōhi**



Ko nā fāi e tigā kae hē hiakia

E hē fano koe ki te fōmai pe ko te tino tauhi tauale ke hiaki to fāi tigā. E tūmau foki to hē mālōhi.



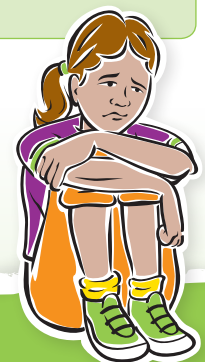
Einā ko te 'step throat' kua tigā ai to fāi.

Kāfai e hē togafitia i na vailākau e tāmāte ai te step throat.

E mafai ke tupu mai te fiva liumatika.

E mafai ke nauātia koe i te fiva liumatika. Kua vāivāi to tino, kua tigāḡā ma fulafula na hokogā tulivae, tulilima, hokoga tapuvae ma na taumoa.

**E faitauale oi vāivāi i
ni fakafitāuli tau te fatu
- te tauale ko te
fatu liumatika**



Fiva liumatika ma te fatu

Fiva liumatika

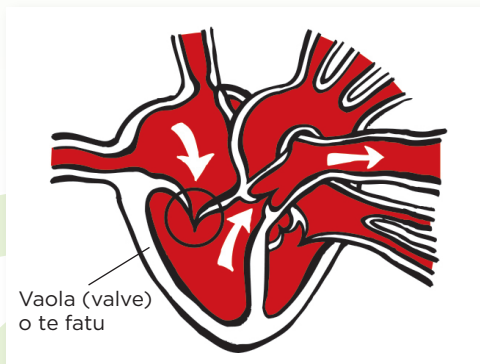
Kāfai tau tamaiti e maua i te fiva liumatika ei ā tupu mai ai he afāinaga tūmau mo tona fatu. E taku tenā ko te tauale fatu liumatika.

Ko na vaola (valves) o te fatu e vēia ko ni faitotoka e matala itu tahi. E fakamautinoa ai ko te toto e pāmu e te fatu e āgai lava ki he itu e fokotahi. Kāfai he vaola (valve) e fakahētonu pe kino e mafai ai loa ke mama oi:

- faigatā ke manava
- fai ma mea ka ola vāivāi ai tau tamaiti i taimi uma.

Ko tō fatu

Ko te muhele o tō fatu e fakapitoa ke ia pāmua te toto fakatakamilo i to tino. E fakahoa e te toto te okehene ma nā mea e fafaga ai te tino. Kāfai ni vāega e fakahētonu i to fatu, e mafai ke lavea ai ni etahi vāega o to tino. Ko tenā e tatau ai ke tauhi fakalelei tō fatu.



Na tuhia te ata tenei e te Heart Foundation NZ.



E vēfea ona fai na galuega a toku fatu?

Ko to fatu e maua ki lalo o te faga ivikahokaho i lototonu o te fatafata, i te va o to māmā taumatau ma to māmā tauagavale.

Ko na pā muhele e ta pe memeki fakalauhoholo lava. Ko te auala ia e hoholo ai te toto kina vāega uma o te tino.

Ko te fatu o te tino matua e ola mālōlō e tāli vēia ko te moto o he lima o he tino matua. E mafai ke fuaefa atili kafai e maua koe i nā tauale o te fatu.



**STOP
SORE THROATS
HURTING HEARTS**

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