

# Niuean general flu resource 2021

**Ko e inifulūenesa, “ko e fulū”, ha he tau mena oti. Mafiti lahi ke moua mai he koho mo e tihe. Kelea atu e inifulūenesa ke he tatalu kolu.**

Ko e falu tagata to lauia kelea lahi ka moua he fulū. Ko lautolu ia ko e tau fanau ikiiki, tau mukemuke, tau fifine fatu mo e tau momotua. Pihia, mo e tau tagata gagao iniini po ke moua he suka.

Lata e falu ne moua he fulū ke toka ke he falegagao. Fai tagata ke mate ai ha ko e fulū.

Tokologa ne nakai iloa kua moua he fulū he nakai gagao e tino. Maeke agaia ni a lautolu ia ke age e moko ke fakagagao lahi aki e falu.

Ko e puhala mitaki lahi ni ke puipui aki a koe ke huki fulū he tau tau oti. To puipui ai he huki fulū e tino haau ke he gagao fulū. To puipui a koe, magafaoa haau mo e tau tagata katofia mo koe ka huki fulū a koe.

- AI TOTOGI e tau huki fulū ma e tau tagata 65 e tau ki luga
- AI TOTOGI e tau huki fulū ma e tau fifine fatu.
- AI TOTOGI e tau huki fulū ma lautolu i lalo he 65 tau ne moua he suka, kelea e ate po ke māmā mo e falu gagao foki.
- AI TOTOGI e huki fulū ma e tau fanau i lalo hifo he 5 tau kua fa uta falegagao ha ko e iniini po ke fa kelea e fafagu.
- Huhū ke he ekekafo po ke nosi ke huki fulū he aho ia. Neke teki AI TOTOGI foki a koe.
- Fakamafana e magafaoa haau ne AI TOTOGI e tau huki fulū ke o ke he ekekafo po ke nosi.
- Ai puipui he malolo mo e makaka a koe ke ua moua he fulū.
- Ai moua a koe he fulū mai he vokesini.
- Lata a koe, lagataha he tau ke huki fulū to hoko e vaha makalili ke moua mitaki e puipuiaga.

**fightflu.co.nz**  
**0800 466 863**

 **The Immunisation  
Advisory Centre**

 **MINISTRY OF  
HEALTH**  
MANATŪ HAUORA

**Treasure  
our  
Whānau**