

## HOW CAN I STOP MY CHILD FROM GETTING STREP THROAT?

- Teach your children to tell you when they have a sore throat.
- Teach your children to cover their nose and mouth when coughing or sneezing.
- Make sure your children wash their hands regularly, particularly after going to the toilet and before eating.

## AU NA TAROVA VAKACAVA NA MOSI NI TILOILO ME TAUVI LUVEQU?

Vakatavulica na luvemu me:

- tukuna ni mosi noa I tilotilo
- me tabonaka na ucuna kei na gusuna ena gauna e vu se suru kina
- me dau savata vinaka na ligana ni oti na veitavi kece e cakava.

## MAIN APNE BACCHON KO STREP THROAT KI CHAPET MEIN AANE SE KAISE ROK SAKTA HOON?

- Apne bacchon ko sikshit karen ki weh aapko bataein jab unke gale mein dard ho.
- Apne bacchon ko sikshit karen ki weh khaste ya cheekte samay apne naak aur mooh dhak lein.
- Yah dhyaan dein ki aapke bacchein har kaaryewaai ke baad apne haath dhoyein.

## MY CHILD HAS A SORE THROAT. WHAT DO I DO?

If your child or anyone in your family gets a sore throat:

**TAKE THEM TO A DOCTOR OR NURSE AND ASK ABOUT STREP THROAT.**

## E TAUVI MOSI NI TILOILO NA LUVEQU. NA CAVA ME'U CAKAVA?

Ke tauvi mosi ni tilotilo na luvemu se dua tale na leweni nomu matavuvale:

**RAICI VUNIWAI SE NASI KA TAROGA BALETA NA MOSI NI TILOILO KA VAKAVUNA NA MANUMANU NI MATE KA VAKATOKAI NA (STREP)TOCOCCUS.**

## MERE BACCHE KE GALE MEIN DARD HAI. MAIN KYA KARUN?

Agar aapke bacche ya pariwaar ke kisi vekti ke gale mein dard hai toh:

**KISI DOCTOR YA NURSE KO DEKHEIN AUR UNSE STREP THROAT KE BAARE MEIN POCHEIN.**

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## DID YOU KNOW?

# A SORE THROAT CAN KILL YOUR CHILD

## INFORMATION FOR PARENTS & CAREGIVERS

Each year, more than 60 Fijians die as a result of Rheumatic Heart Disease – and it all starts with an untreated sore throat.

Ena dua na yabaki e sivia na 60 na lewei Viti era mate mai na mate ni uto ka vakatokai na Rheumatic Heart Disease; ia e tekivu main a mate oqo main a mosi ni tilotilo ka sega ni qaravi vakavuniwai.

Har saal, 60 se zyada Fijians ki maut Rheumatic Heart Disease yani bimaari se hoti hai- aur woh gale mein dard theek na hone se shuru hoti hai.



## HOW CAN A SORE THROAT HARM MY CHILD?

If your child has a sore throat, it may be caused by a Group A Streptococcal infection, sometimes called Strep throat.

If the infection is not treated, it can cause Rheumatic Fever – a very serious illness that can cause long-term damage of the heart valves and can lead to early death.

## E RAWA NI VAKAVULEOA VAKACAVA VUA NA LUVEQU NA MOSI NI TILOILO?

Na mosi ni I tiloilo nei luvemu e rawa ni vakavuna na manumanu somidi ka yacana na Group A Streptococcus. E na so na gauna e dau vakatokai me Strep throat.

Kevaka e sega ni qaravi vinaka vakavuniwai e na rawa ni vakavuna na Rheumatic Fever – e dua na mate dredre ka bibi ka rawa ni vakavuna na vakacacani ni I curucuru kina veitikina e loma ni uto ka vakavuna na mate dole vei ira e tauvi ira.

## GALE MEIN DARD MERE BACCHE KO KAISE HAANI PAHUNCHA SAKTA HAI?

Agar aapke bacche ke gale mein dard hai, toh woh Group A Streptococcal sankraman se hota hai, jise kabhi-kabhi Strep throat bhi kaha jata hai.

Agar is sankraman ka ilaaj nahi huwa, toh usse Rheumatic bukhaar ho sakta hai – ek gambhir bimaari jisse lambe samay tak hirday yaani heart ko kshati pahunch sakti hai aur usse kam umar mein maut ho sakti hai.

## WHAT ARE THE SYMPTOMS OF RHEUMATIC FEVER?

Symptoms of Rheumatic Fever can include: sore or swollen joints (knees, elbows, ankles and wrists); skin rash; fever; tiredness; jerky or uncontrolled movements (chorea); shortness of breath; damage to your child's heart.

## NA CAVA SOTI NAI VAKATAKILAKILA NI MATE NA RHEUMATIC FEVER?

Nai vakatakilakila eso ni Rheumatic Fever sai koya na: Sasala se mosi ni vei sema lelevu ni yago me vaka na duru, qurulasawe, duruduru ni liga kei nai lalabe ni ika; katakata; oca ni yago; ceguoca; so nai vukivuki sega ni lewa o koya e tauva me vaka na daradara yame se bobo mataidua (chorea); vakadidike e dusia tiko ni sa leqa na uto.

## RHEUMATIC FEVER YA BUKHAAR KE KYA LAKSHAN HAIN?

Rheumatic Fever ya bukhaar ke lakshano mein shaamil hain: jodon mein dard ya sujan (ghutnon, kuhani, gutika aur kalaai); twacha par daane ubhar aana; bukhaar; thakawat; chalte waqt dagmagana (chorea); saans lene mein dikkat; aapke bacche ke hirday ya heart ko kshati.



Image: Strep throat, courtesy of Centers for Disease Control and Prevention (CDC)

## WHAT IF MY CHILD GETS RHEUMATIC FEVER?

If your child gets Rheumatic Fever they will need to be admitted to hospital to have their blood tested and their heart checked.

They will also need three- or four-weekly antibiotic injections for at least ten years to prevent them from further attacks of Rheumatic Fever.

## E VAKACAVA BEKA KEVAKA SA TAUVI LUVEQU NA RHEUMATIC FEVER?

Kevaka e tauvi luvemu na Rheumatic Fever sa dodonu ga me laurai vei vuniwai, curu ki valenibula me rawa ni vakadikevi na nona uto ka na tauri talega na nona dra me la'ki vakadikevi.

E na gadrevi vakabibi na nona cula e na vei 3 se vei 4 na macawa ena penisilini me tini na yabaki me taqomaki koya mai na tauvi Rheumatic Fever ka vakauasivi ena taqomaka na nona uto.

## KYA KAREIN AGAR MERE BACCHE KO RHEUMATIC FEVER YA BUKHAAR HO GAYA HAI?

Agar aapke bacchon ko Rheumatic Fever ya bukhaar ho gaya hai, toh unhein aspataal mein bharti karna aawashyak hai taaki unke khoon tatha hirday ka parikshan ho sake.

Unhein sapta mein teen-ya chaar antibiotic sui bhi lagwana hoga jo kam se kam das saalon tak jaari rahega taaki unhein bimaari se bachaaya jaa sake.