



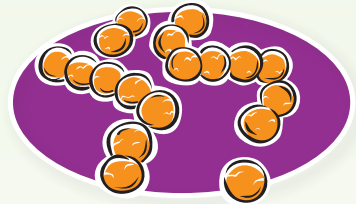
Preventing Rheumatic Fever

Kato 'mae mo te lumatika fiva (rheumatic fever)



Ko nai fakatonutonuga mo fakamatalaga mo kaiga, tino, matua, mo tino tausi e uiga mo te kato 'mae mo te lumatika fiva (rheumatic fever).

Lumatika fiva (rheumatic fever) se masaki lasi tena fakamasei i loto i tou fakapotopotoga tela e mafai o pokotia a tamaliki Māori mo te Pasifika (4 ki te 19 tausaga te ma'tua), kae maise loa se tino i te kaiga ne pokotia foki i ei muamua. Lumatika fiva (rheumatic fever) e kamata mai i te kato 'mae, tela e iloa me se 'kato logo sala' ('strep throat') – se kato ko pokotia mai i siama io me se manu masaki tela e taku Group A Streptococcus. Kafai te kato logo sala (strep throat) e 'se fakatogafitigina ki vailakau, (antibiotics) e mafai loa o pokotia ne te lumatika fiva (rheumatic fever).



Sea te kato 'mae?

Te kato 'mae e 'mae io me se lagona tela e logo sala i te kato kae fai foki ne ia te kato ke fula. Ka se mafai ne tau tamaliki o folo, io me kai, io me inu ona ko te 'mae i tena kato. E 'mae malosi loa mafai tau tama e isi ne ana mea e folo. Kato 'mae e pokotia mai i siama (virus) io me se 'kato logo sala' ('strep throat') (fakamafua mai i siama (bacterial), io me se 'manu masaki' (bug) tela e taku Group A Streptococcus).

E tau o fakamaina fakalei ki tau tamaliki te tulaga o logo 'mae o te kato e oko ki ei. Fai ki tau tamaliki ke fai atu ki a koe mafai e 'mae tena kato, kae matemate fakalei foki mafai e isi se faigata i te folo, i te kai io me inu.





Sea tau mea e fai mafai tau tamaliki ko 'mae tena kato?

I taimi katoa e iloa i tau tamaliki e 'mae tena kato ave fakavave loa ke asi tena kato. Ave ki te Tokita io me ki te Nesi, io me i te akoga kola e isi ei ne Nesi me mafai loa o talavai i ei. Sa fakatali ke fai pela me ke tai feoloolo tena kato. Me mafai loa o pokotia ne te kato logo sala ('strep throat'), kae e tau loa o fakatogafitigina fakavave. I te fakatogafitigina fakavave o kato 'mae, e mafai ei o fakagata te tupu ake o te lumatika fiva (rheumatic fever).

Te Tokita io me ko te Nesi, e asi ne ia te kato kae kafai se kato logo sala (strep throat) a tau tamaliki, ko tau o inu ne ia vailakau (antibiotics) ki te 10 o aso. E 'taua ko tau tama ke toaga o inu ana vailakau katoa (antibiotics). Ko te mea ke fakaseai te masaki kae fakagata foki i te pokotia ne te lumatika fiva (rheumatic fever). Kafai foki loa te kato o tau tama ko tai feoloolo, e tau loa o inu ana vailakau (antibiotics) ke palele. Kafai a te kato koi 'mae kae ko palele a vailakau, (antibiotics) e tau loa o toe ave ke talavai i te Tokita io me ko te Nesi.

Kaia e 'taua ke asi faeloa a kato 'mae?

Kafai e se ave ke asi te kato 'mae o tau tamaliki e mafai loa pokotia ne te kato logo sala (strep throat) tela kafai e 'se fakatogafitigina, e mafai o pokotia ne te lumatika fiva (rheumatic fever). Ka mafai o uke koga 'mae i te kato o tau tamaliki, tela e tau loa mo koe o ave tau tamaliki ke asi fakavave i taimi katoa e 'mae ei tena kato.

E fakatauagina ke mo'a e tuku tiaki te kato 'mae me i te lumatika fiva (rheumatic fever) ka mafai o fai ne ia tau tamaliki ke 'se malosi.



Sea te lumatika fiva (rheumatic fever)?

Lumatika fiva (rheumatic fever) se masaki e lasi tena fakamasei, tela se masaki e lasi te logo sala tela ka afaina te fatu, soko'ga ivi (tulilima mo tulivae) faiai mo te pakili ke fulafula kae logo 'mae. E mafai o oko ki te masaki fatu lumatika (rheumatic heart disease) tela e fakamafua me fakalavelave ki te fatu.

Ko kamatamataga o iloa te lumatika fiva (rheumatic fever) o tupu ake

Group A Streptococcus 'strep throat'
Kato logo sala (strep throat)...

Sea vaega lagona 'se masani o fakalogo i te foitino o tau tamaliki
Tela ka tupu ake ei te...

Lumatika fiva (rheumatic fever)
tela ka mafua ei...

Masaki o te fatu lumatika (rheumatic heart disease)



Ko Failoga

Kafai ko teka ne nai vaiaso kae ne pokotia tau tama ne te kato logo sala (strep throat), ka mafai o tupu ake:

- 'mae kae fula a soko'ga ivi (tulivae, tulilima, soko'tapuvae mo soko'galima). Soko'gaivi ka faka velavela, ke oko ki nisi soko'gaivi valevale ka mafai o logologo sala i aso valevale
- se fiva ka fakatumau kae leva ki ne aso.

Kafai ko isi ne failoga konei ko matea i tau tamaliki ave fakavave loa ke asi ne te Tokita io me ko te Nesi. Me e mafai foki loa o maua:

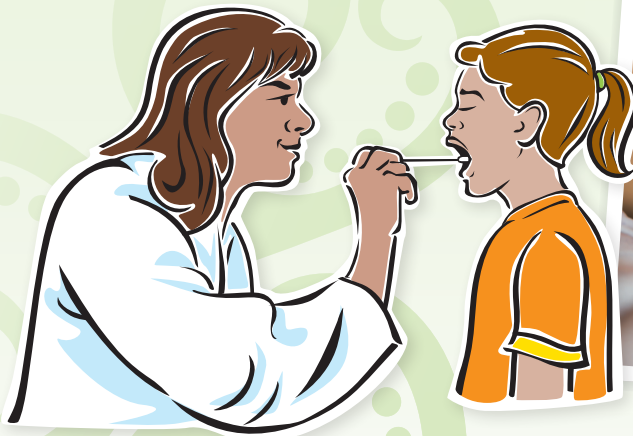
- tinae 'mae
- lagona loa te fi'ta
- totino
- ko isi mafunafunaga kese i pakili o te foitino, lima mo vae.

E pefea o pokotia te lumatika fiva (rheumatic fever) ki te fatu?

Kafai tau tamaliki ko pokotia fakafia ne te lumatika fiva (rheumatic fever), ka mafai o tupu ake te masaki ko te fatu lumatika (rheumatic heart disease). Kae ka mafai o fakatupu a fakalavelave e uke kae fakamasei katoatoa te fatu o tau tamaliki tela ka iku ke tipi o tena fatu. Ka tau foki o fai faeloa ana suki (antibiotic injections) o puipui ei tau tamaliki i te toe poko ne te lumatika fiva (rheumatic fever).

Te masaki fatu lumatika (rheumatic heart disease) se masaki e taku 'autoimmune disease' tela ka fakalavelave ne te immune system (totoga tela e galue o teke keatea te masaki). Te immune system (totoga tela e galue o teke keatea te masaki) ko sela (cell) mo totoga kola e puipui te foitino ke mo'a e pokotia kae afaina.

Te masaki fatu lumatika (rheumatic heart disease) e mafai o tupu manafai te immune system (totoga tela e galue o teke keatea te masaki) ko 'tau 'se ki te fatu o tau tama i lo te 'tau atu ki siama o te masaki.



Nisi taimi te Tokita io me ko te Nesi ka asi te kato o tau tamaliki ki se 'vae tela fakapatele/salu ki tena kato.

Sea tena uiga mafai ko taku tamaliki ko pokotia ne te lumatika fiva (rheumatic fever)?

Kafai tau tamaliki ko iloa me ko pokotia ne te lumatika fiva (rheumatic fever) e tau loa ke lava te fakamalolo, ke 'se akoga kae ke ave ki te fakaimasaki. Tau tamaliki ka taofi i te fakaimasaki mo nai vaiaso. Ka iloilo fakalei, asi ana toto ke fakamautinoa me pefea te tulaga ko oko ki ei.

Lumatika fiva (rheumatic fever) ka mafai loa o afaina te ola lei o tau tamaliki, ka faka faigata mo ia o tafao i tafaoga io me i nisi mea fai ona ko se lasi tena malosi.



Sea te mea a koe e fai ke fakagata te lumatika fiva (rheumatic fever)?

Fakailoa ki tou Tokita io me ko tino galue i te ola lei mafai e isi ne tamaliki io me ne tamaliki ma'tua'tua i loto i tou fale ko iloa e maua ne te kato 'mae, ona e manako ke asigina.

Ko te fakagata te kato logo sala (strep throat) i te pisi, ko tau tamaliki ke ufiufi tena gutu mafai e taletale io me mafatua. A tamaliki e mafai foki loa o tale kae mafatua ma fai foki loa e to olotou moe. Fesilisili ki tino galue i te ola lei ke fakasino atu auala e mafai ei o puipui te pisi o siama ki tamaliki kae koi moe.

Nea a fakamatalaga a fakapotopotoga e uiga mo te lumatika fiva (rheumatic fever)

Muna a Tavita “kafai e mafai ne tatou o puipui a tou tamaliki mo tatou i te pokotia ne te masaki tenei, ka mafai o ‘se mafatia mo te ‘se faka ‘mae tou loto”. Ona la mua e seki iloa lei me sea te lumatika fiva (rheumatic fever) kae ona ko te iloa fou tenei ko fakamalosigina a ia o mafaufau loto ki te ola lei o ana tamaliki. Ko iloa nei ne au me i te lumatika fiva (rheumatic fever) se masaki e lasi tena fakalavelave. Ona i ana muna me i nisi taimi a failoga e pela fua me moko io me flu, kae tela la e lasi loa tena afaina.

Matua

I te ukega o tausaga ne faiakoga ei a Peni, e toko tolu tamaliki i tena vasega e pokotia ne lumatika fiva, tela ne fakaulu ki te fakaimasaki kae talavai faeloa i te uke o tausaga. Ne afaina ki a latou, olotou taumafaiga i te akoga. Ne galo loa latou ki se taimi leva. E pela foki loa me ave katea, e ui foki loa e akoga e lagona loa ne latou te fita. Se ma’tua fakalavelave.

Faiakoga Lasaga Muamua

Ne fatoa iloa i te tamaliki a Moana tela ko iloa te masaki tela ne fia iloa atili i te lumatika fiva (rheumatic fever). “Ana muna, ko fatoa kamata au o tai ata onoono fakalei ki taku tamaliki ko te mea ke mo’a e sona fai ki tena ola. Lumatika fiva (Rheumatic fever) ka lalo i taku kilokiloga. Te fakamataku o mea konei e tau loa o ata fakaataata fakalei manafai se tino e alofa io me atafai mafai ko maua ne ia, kae ko te lumatika fiva (rheumatic fever) e ‘se tau loa o fakatali ki ei.”

Matua



Sose taimi e maua ne tau tamaliki a te kato 'mae, ave fakavave loa ki te Tokita io me ko te Nesi.

Sa fakatali, ona e mafai loa tau tamaliki o pokotia ne te lumatika fiva.

Mo nisi fakamatalaga

Telefoni ki te laina o te Ola Lei **0800 611 116** io me asi mai matou i te tau itaneti www.health.govt.nz/rheumaticfever



**STOP
SORE THROATS
HURTING HEARTS**

Preventing Rheumatic Fever