Ko hono faka‘aonga‘i ‘o e hina tafenga ‘ea pe ko e sipeisa (spacer)

Kapau ‘oku ke ngāue‘aki ha pamu (MDI inhaler) mo hano mita fua, ‘e tokoni ‘a e sipiesa (spacer) ke a‘u ‘a e lahi totonu ‘o e faito‘ó ki ho ma‘ama‘a pea lelei ange ‘e ne ngāue. ‘E ma‘u atu ta‘etotongi ‘a e sipeisa mei ho‘o toketā. Manatu‘i ke ‘oua na‘a toe ngāue‘aki ‘a e sipeisa ‘e ha taha kehe pea ke ‘eke ke ‘oatu ha sipeisa fo‘ou he ta‘u kotoa pe.

1. Puke‘i hangatonu ‘a e pamu pea ke lulu‘i lahi.
2. Fakahū ‘a e ngutu‘i pamu helá ki he ava ‘o e sipeisa (spacer).
3. Fakahū ki ho ngutu ‘a e ngutu‘i sipeisa, pea puke ma‘u ‘aki ‘a ho loungutu ke malu. Lomi‘i tu‘o taha ‘a e pamu.
4. Mānava māmālie ‘aki ho ngutú ki loto mo tukuange ki tu‘a ‘o tu‘o 6. ‘Oua na‘a ke to‘o ‘a e sipeisa mei ho ngutú lolotonga ‘a ho‘o mānava‘aki ia.
5. To‘o ‘a e sipeisa mei ho ngutu. Fa‘ifa‘itaki ki he sitepu 1-4 ‘i he kaha‘u.



- ‘E fiema‘u ‘e he fānau iiki ke tokoni‘i kinautolu ke nau lava ‘o muimui ki he fakahinohino
- ‘E lava ke faka‘aonga‘i ha ‘ufi‘ufi mānava (mask) fakataha mo e sipeisa.

Ko e founga ke tauhi‘aki ‘a ho‘o sipeisa

1. Veteki ‘a e sipeisa (ko e sipeisa lahi mo e si‘i ‘oku na fakatou konga 2 kapau ‘e veteki).
2. Fufulu‘aki ‘a ho‘o sipeisa ha vai māmāfana mo ha koa fuluipu.
3. ‘Oua na‘a ke holomātu‘u. Tuku lōua ‘a e ongo konga ke mātu‘u.
4. Toe hoko‘i ‘a e ongo konga ‘o e sipeisa.



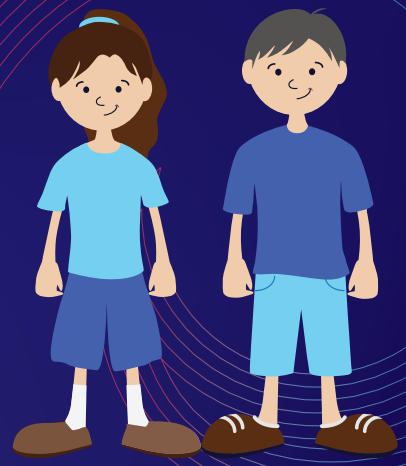
Cardiac + Respiratory FOUNDATION NZ

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July 2026

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Ko e Fakahinohino ‘a e Me‘a Ke Fai ‘e he Fānau Hela



Hingoa:

Cardiac + Respiratory FOUNDATION NZ

Ko e Fakahinohino Ki Hono Tauhi ‘o ho‘o Hela

Hingoa

‘Aho na‘e fa‘u ai

Fakamo‘oni hingoa ‘a e Toketā

Ke toe vakai‘i fakalelei ‘a e Fakahinohino (Plan) kapau ‘e liliu ‘a e faito‘o

ONGO‘I SAI PE



‘I he taimi ‘oku ou sai ai:

- ‘Oku ‘ikai teu tale
- ‘Oku ou va‘inga ‘o hangē pe ko e fānau iiki kehe
- ‘Oku ou faka‘aonga‘i ‘a e pamu fakanonga ‘o tu‘o 2 pe, pe si‘i hifo ai ‘i he uike

Ko e pamu ‘oku ou faka‘aonga‘i ko e:

Pamu tauhi mo ta‘ota‘ofi (preventer):

‘Oku ou faka‘aonga‘i ia ‘i he ‘aho kotoa pe lolotonga ‘a ‘eku sai.

Ko e hingoa ‘o ‘eku pamu tauhi faka‘ehi‘ehi ko _____

‘Oku lanu _____ ‘Oku ou pamu tu‘o _____ he pongipongi pea tu‘o _____ he po‘uli ‘o faka‘aonga‘i ‘a e sipeisa.

Pamu fakanonga fakavavevave (reliever):

‘Oku ou toki faka‘aonga‘i pe ia ‘i he taimi ‘oku ou fiema‘u ia.

Ko e hingoa ‘o ‘eku pamu fakanonga fakavavevave ko _____ ‘Oku lanu _____

‘Oku ou pamu tu‘o _____ ‘o faka‘aonga‘i ‘aki ‘a e sipeisa ‘i he ‘eku ongo‘i fakatau e mānava, tale pe ongo‘i faingata‘a‘ia ke mānava.

Kapau ‘oku faingata‘a ‘a ‘eku mānava lolotonga ‘a ‘eku fakamālohisino, pea kuo pau ke u: Pamu tu‘o _____ ‘aki ‘a e pamu fakanonga fakavavevave.

FAKA‘AU KE KOVI ANGE



‘I he fakalalahi mai ‘a ‘eku ongo‘i puke:

- ‘Oku ou tale mo feinga fakatau ‘a e mānava pea faingata‘a ke mānava lelei, pe
- ‘Oku ‘ikai te u lava ‘o mohe koe‘uhi ko ‘eku puke he hela, pe
- ‘Oku ou tale mo feinga fakatau ‘a e mānava lolotonga ha‘a ku va‘inga, pe
- Fie faka‘aonga‘i ‘a e pamu fakanonga fakavavevave ke u ma‘u ai ha nonga mei he hela ‘o laka hake he tu‘o 2 ‘i he uike

Kapau ‘e fakalalahi mai, kuo pau ke u:

Hokohoko atu ‘a hono ngāue‘aki ‘a e pamu tauhi mo ta‘ota‘ofi (preventer) he ‘aho kotoa pe pea ke pamu tu‘o _____ fakahoua ‘e 4 pea kapau ‘e ‘ikai ke holo hifo ‘a e mahaki ‘i hono fai eni, kuo pau ke ‘u ‘alu ki he toketā ‘i he ‘aho ni.

Fetu’utaki:

HOHA‘A MO MANAVASI‘I



‘Oku ou hoha‘a mo manavasi‘i ‘i he ‘eku puke ‘o kapau:

- ‘Oku ‘ikai ‘asi mai ha ‘aonga ‘o e pamu fakanonga fakavavevave, pe
- ‘Oku ou faingata‘a‘ia ke u mānava lelei, pe
- ‘Oku hapotupotu ‘a ‘eku mānava, pe
- ‘Oku mingi ki loto ‘a e uoua ‘i hoku palalulu mo hoku monga, kapau te ke huke‘i hake hoku kofu ‘o sio ki ai.
- ‘Oku ou ongo‘i vaivaia mo fotunga taka‘uli
- Fakatangutu au mo feinga‘i ke ‘oua na‘a lelea ‘a hoku lotó
- ‘Omai ‘a e pamu fakanonga fakavavevave mo e sipeisa ke u pamu tu‘o 6 mo mānava ki loto tu‘o 6 ‘i he fo‘i pamu takitaha
- **Kapau ‘e ‘ikai ‘asi mai ha faka‘ilonga ‘oku faka‘au ke sai, ‘e fiema‘u leva ke tokoni‘i au he taimi ni**

FIEMA‘U TOKONI FAKAVAVEVAVE

Telefoni 111 ‘o kole ha ‘amipulani ke lele atu ‘o ‘ave koe

LOLOTONGA ‘A HO‘O TALI KI AI:

- Feinga ke nonga mo tangutu hangatonu
- Pamu tu‘o 6 ‘o fakavaha miniti ‘e 6 ‘aki ‘a e pamu fakanonga pea ke toutou manava ki tu‘a ‘o tu‘o 6 ki he fo‘i pamu tu‘o 1, kae‘oua kuo toki a‘u atu ‘a e ‘amipulani