Fakahinohino ki he ngaahi faka‘ilonga

Ko e taimi lahi ‘oku ‘ikai ‘asi ha faka‘ilonga ‘o ho‘o hela, ka ‘e ‘i ai ‘a e ngaahi me‘a ‘e hoko ke ne kamata‘i ‘aki ‘a ‘ene fakalalahi.

Faka‘aonga‘i ‘a e tohinoa ni ke tokoni atu ke ‘ilo‘i ai ‘a e ngaahi me‘a te ne kamata‘i ‘a e fakalalahi, fakataha ia mo e Fakahinohino ki he Me‘a Ke Fai (Asthma Action Plan) mo tokoni atu ke ke ‘ilo ‘a e taimi ke liliu ai ‘a ho faito‘o angamaheni.

Ko e ngaahi me‘a ke fakatokanga‘i ‘oku kau ai ‘a e: tale, feinga ke fakatau ‘a e mānava, faingata‘a‘ia ke mānava, ‘ikai lava ‘o va‘inga he founga angamaheni, pea mo hono faka‘aonga‘i ‘o e pamu fakanonga fakavavevave ‘o laka hake he tu‘o 2 ‘i he uike.

Faka‘ilonga‘i ‘i ho‘o siate ke ‘ilo‘i ai ‘a e fakalalahi ‘o e ‘asi mai ‘a e faka‘ilonga ‘o ho‘o hela pea ke faka‘aonga‘i ‘a e fakahinohino (key) ‘i lalo:

Faka‘ilonga	Sai/‘Ikai ke puke	Faka‘au ke lahilahi e faka‘ilonga	Hoha‘a mo manavasi‘i	Fiema‘u tokoni fakavavevave
Na‘a ke tale he ‘aho ni?	‘Ikai, ‘ikai ‘aupito	Io na‘a ku tale he taimi ni‘ihi	‘Io na‘a ku tale he konga lahi ‘o e ‘aho ni	‘Oku ou tale mo ongo‘i faingata‘a‘ia ke mānava
Na‘a ke fiu feinga ke fakatau ‘a ho‘o mānava he ‘aho ni?	‘Ikai	‘Io na‘a ku fiu feinga ke u mānava lelei he taimi ni‘ihi ‘i he ‘aho ni	‘Io na‘e tu‘o lahi ‘a ‘eku feinga ke u mānava lelei he ‘aho ni	‘Oku ou lolotonga feinga ke u mānava lelei pea ‘oku ou faingata‘a‘ia ke u mānava
Na‘e hoko ‘a ho‘o helá ke ne uesia ho‘o ngaahi me‘a ‘oku ke angamaheni ‘i hono fai?	‘Ikai	‘I he taimi pe ‘oku fakahoha‘asi ai au	Na‘e ‘ikai lava ke u va‘inga pe fai e ngaahi me‘a ‘oku ou anga ki ai	‘Oku ou ongo‘i faingata‘a‘ia Feinga fakatau ‘a ‘eku mānava ‘Oku ou vaivaia mo fakalongolongo
Na‘a ke ‘ā ‘anepō koe‘uhi ko ho‘o ongo‘i puke?	‘Ikai, na‘a ku mohe lelei pe	‘Io he taimi ni‘ihi	‘Io he taimi lahi	Na‘e fu‘u kovi ‘aupito ‘a e helá pea na‘e ‘ikai lava ‘o mohe
Na‘e tu‘o fiha ‘a ho‘o ngāue‘aki ‘a e pamu fakanonga fakavavevave?	‘Ikai ke faka‘aonga‘i ia	Fiema‘u ke tu‘o 2	Fiema‘u ke tu‘o 6	Na‘e ‘ikai pe ke u sai au ki hono ngāue‘aki ‘o e pamu fakanonga fakavavevave?

Ko hono fakatokanga‘i ha hela ‘oku fakalalahi



Faka‘au ke kovi ange

- ‘Oku ou tale mo feinga fakatau ‘a e mānava pea faingata‘a keu mānava lelei, pe
- ‘Oku ou ofo he po‘uli koe‘uhi ko ‘eku puke helá, pe
- ‘Oku ou tale mo feinga fakatau ‘a e mānavá he taimi ‘oku ou va‘inga ai, pe
- ‘Oku fiema‘u ke faka‘aonga‘i ‘a e pamu fakanonga fakavavevave ‘o laka hake he tu‘o 2 ‘i he uike



Hoha‘a mo mānavasi‘i

- ‘Oku ‘ikai ke kei ‘aonga ‘a 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 vaivaia mo fakalongolongo

- Fakatangutu au mo feinga‘i ke ‘oua na‘a lelea ‘a hoku loto
- ‘Omai ‘a e pamu fakanonga fakavavevave pea mo ha 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 (AMBULANCE) ke lele atu ‘o ‘ave koe LOLOTONGA ‘A HO‘O TALI KI AI:

- Feinga pe keu nonga mo tangutu hangatonu
- Pamu tu‘o 6 ‘o fakavaha miniti ‘e 6 ‘aki ‘a e pamu fakanonga pea ke toutou mānava 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

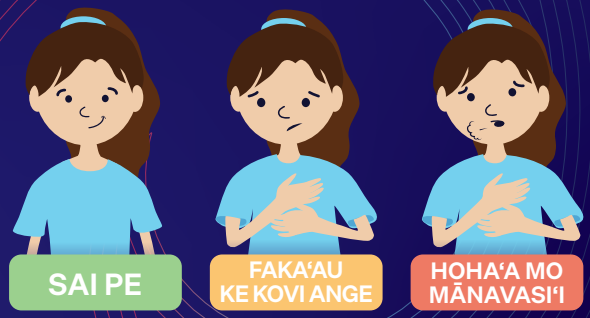
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Ko e Tohinoa ‘a e Fānau ‘Oku Hela



Hingoa:

Cardiac + Respiratory FOUNDATION NZ

Ko e Tohinoa ‘a e Fānau ‘Oku Hela

Toketā:

Pamu tauhi mo ta‘ota‘ofi (preventer):

Pamu fakanonga fakavavevave:

Vakai ki he ngaahi fakahinohino ki he faka‘ilonga (symptoms key) ke tokoni atu ki hono fakafonu ‘o e tohinoa ‘i lalo. Ngāue‘aki ‘a e Tohinoa ‘o e Ngaahi Faka‘ilonga (Symptom Diary) fakataha pea mo e Fakahinohino ki he Mea ke Fai (Action Plan).

SAI PE

Kapau ‘oku ke tiki‘i pe ‘a ngaahi tapafā lanu mata, pea ‘oku mahino ‘oku sai pe ‘a e me‘a kotoa.

FAKA‘AU KE KOVI ANGE

Kapau ‘oku ke tiki‘i ha ni‘ihi ‘o e tapafā engeenga, pea ke fakalahi mai ‘a ho‘o faito‘o ‘o fakatatau ki he Fakahinohino ‘a e Me‘a ke Fai. Ka fakautuutu ai pe ‘a ho‘o puke, talatala ki ho‘o toketā he ‘aho ni.

HOHA‘A MO MĀNAVASI‘I

Kapau kuo ke ‘osi tiki‘i ha taha ‘o e tapafā lanu moli, ‘e fiema‘u ke ke ‘alu ki ha toketā ‘i he ‘aho ni.

FIEMA‘U TOKONI FAKAVAVEVAVE

Kapau kuo ke ‘osi tiki‘i ha tapafā lanu kulokula ‘e taha, ‘e fiema‘u ke telefoni 111 ke lele atu ha amipulani.

Kapau ‘oku ke mānavasi‘i pe ilifia ‘i ha fa‘ahinga taimi pe, telefoni ki he 111

‘Aho	Na‘a ke tale he ‘aho ni?	Na‘a ke feinga ke ke mānava lelei he ‘aho ni?	Na‘e uesia ‘e he hela ‘a ho‘o ngaahi ngāue angamaheni?	Na‘a ke ofo he po‘uli koe‘uhi ko ho‘o ongo‘i ho‘o hela?	Na‘e tu‘o fiha ‘a ho‘o faka‘aonga‘i ‘a e pamu fakanonga fakavavevave?	Ko ha‘o lau