

# Ko e tauhi `oku taau pea fe`unga mo koé

Tauhi ki he mo`ui lelei, ma`á u pē, ma`á  
ho kāingá pea ma`á ho komiunitii.



**Ma`u atu ha  
tokoni meí he  
feitu`u totonú`**

Tauhi lelei koe mo ho kāingá `aki ho  
`o `ilo `a e feitu`u ke ma`u mei ai ha  
tokoni `i he taimi `okú ke ongo`i puke  
aí pe `i ha`o lavea.



## Toketā fakafāmilí

Sio ki ho`o toketā fakafāmilí  
ki ha ngaahi `uhinga  
fakaemo`ui-lelei `oku `ikai  
fiema`u fakavavevave.

- Ngaahi mahaki tauhi
- Leva`i `o e langá  
(pain management)
- Fofonu mo e tale `oku  
faingata`a ke matafi



## Healthline (Laine Tokoni ki he Mo`ui Lelei)

Telefoni ki he 0800 611 116  
ki ha fale`i ta`etotongi meí  
ha neesi.

- Faingamālie `i he houa  
`e 24, `aho `e 7 `i he uike
- `I ai `a e kau fakatonulea
- Fale`i ki he mo`ui lelei meí  
ha neesi



## Accident and Medical (A&M) (Va`a ki he Ngaahi Fakatu`utāmaki mo e Fiema`u Fakafaito`ó)

Kapau `oku `ikai `atā pe  
faingamālie ho`omou toketā  
fakafāmilí, `alu atu ki he  
kiliniki A&M ofi taha atú.

- Ngaahi lavea ki he matá
- Ki`i helehela `a e mānavá
- Lavea tupu meí ha sipoti
- Puke



## Falemahaki

Kapau ko ha fakatamaki  
fakatu`upakē `e ala  
matu`utāmaki ai ha mo`ui,  
telefoni ki he 111.

- Langa `a e fatafatá
- Lavea ki he `ulú
- Lahi e toto kuo molé
- Fakatu`utāmaki lahi

# Ngaahi tokoni `aonga

## Ha tokoni! `Oku ou ongo`i puke, te u `alu ki fē?

`Oku mahu`inga `a e fatongia `o ho`omou toketā fakafāmilí `i hono tauhi ke mo`ui lelei ho familí. Telefoni ki ho`o toketaa`ki ha fale`i ki he mo`ui lelei mo `ai ha `apoinimeni.

## `E fēfē kapau `oku `ikai ha`á ku toketā fakafāmilí?

Faka`eke`eke ki ho ngaahi kaungāme`á , fāmilí mo e ngaahi kaungā`apí pe `e lava ke nau fokotu`u atu ha toketā ofi atu. `E toe lava foki ke ma`u atu ha toketā fakafāmilí (mo vakai`i `enua totongi) `i he [www.healthpoint.co.nz](http://www.healthpoint.co.nz)

## `Oku `ikai ke u lava `o `alu ki he toketaá, ko e hā `a`aku `e fai?

Ke ma`u atu ha fale`i ki he mo`ui lelei `i he taimi pē ko íá, fetu`utaki ki ho`omou toketā fakafāmilí pe ko e Healthline `i he 0800 611 116 ke ke lea ki ha neesi. `Oku ta`etotongi `eni pea `atā atu `i he houa `e 24/`aho `e 7. Kapau `oku `ikai ke ke lea faka-Pilitānia, `oku `i ai `a e kau fakatonulea te nau lava `o tokoni atu.

## `Oku `ikai ke u lava `o sio ki he toketaá `i he taimi `oku ava ai `a e kilīnikí, te u `alu nai ki fē?

`Oku ava ho`omou kilīniki Accident and Medical (A&M) `i he taimi `oku tāpuni ai `a e kilīniki `a ho`o toketaá ka `okú ke fiema`u ha tokoni fakavavevave. Ke `ilo `a e kilīniki A&M ofi taha atu kiate koé, vakai ki he `emau uepisaití `i he [countiesmanukau.health.nz](http://countiesmanukau.health.nz)

## Ko e fē `a e taimi ke u `alu ai ki he falemahaki?

Kapau ko ha fakatamaki fakavavevave `e ala matu`utāmaki ai ha mo`ui, telefoni ki he 111. Ko e Va`a Ngāue `a e Falemahaki Middlemore ki he Ngaahi Mahaki Fakavavevavé (Middlemore Hospital Emergency Department) `oku fakataumu`a ia ki he ngaahi mahaki `oku ala mole ai ha mo`ui.



**`ikai ke ke fakapapau`i pe te ke `alu ki fē?**

Telefoni ki he **0800 611 116** ki ha fale`i ta`etotongi mef ha neesi.