



# Palani ke matala mai te fakaimasaki

Tino galue o te fakaimasaki e manako ke matala koe kae malamalama faka'lei fakatasi mo tali ki sose fesili mai ia koe. Te pepa tenei ka fesoasoani. Nisi mea kaati ko oti ne faipatigina kia koe kae e mafai se aogā. E isi ne avanoaga manafai koe mo tou kāiga e manako o tusi a fakamatalaga ki lalo.

## 1 Fakatokakaga ke matala

- Kafai e isi ne ou manavasega io me ne fesili seki tali e uiga ki te tausiga o tou ola'lei, faipati ki tau tokita io me ko te nesi.
- Fakamau ki lalo a igoa mo fesokotakiga o tino e manako koe o fesokotaki e uiga ki te tausiga o tou ola'lei ma matala koe mai te fakaimasaki.

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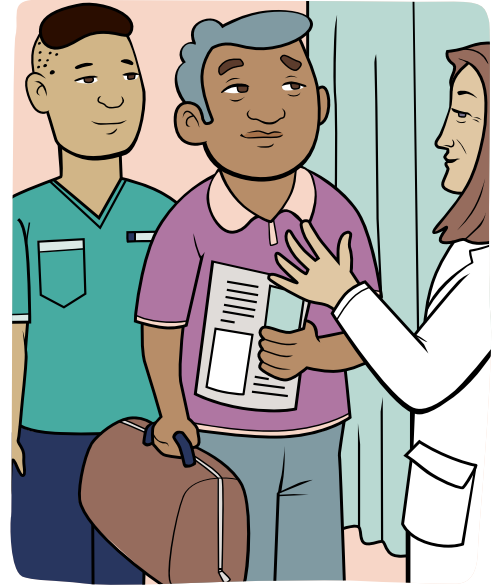
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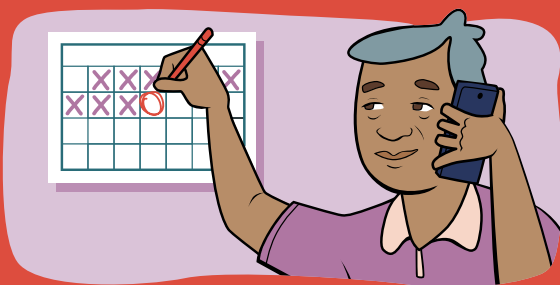


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## 2 Toe fai asiga

- Asi ki tau tokita io me ko te nesi manafai e 'tau koe o toe fai au asiga io me ko nisi sukesukega, kae manafai e isi me fai i fea (pela i te fakaimasaki io me i tau tokita).
- Kafai koe e manako ke fetau mo tau tokita ma tiakina ne koe te fakaimasaki, taumafai ke eiloa ne koe mafea kae manatua o fakatonu tau asiga.
- Kafai koe e fakatalitali ki te ikuga o tau sukesukega, fesilisili me maua ne koe pefea (pela se tino ka telefoni atu io me ko koe e telefoni).




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### 3 Vailakau

- Fakamau so se vailakau e inu ne koe, e inu mafea, mo a vailakau kona kae e mafai o isi ne pokotiaga.
- Taumafai koe ke malamalama ki fakamafulifuliga ne fai ki au vailakau masani (normal medicines) (manfai e isi).
- Kafai e isi ne ou vailakau fou, ke iloa ne koe me e mafai o isi se 'togi.

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### 4 Tausiga o koe ma matala koe

#### Kaati e 'tau koe o fesilisili:

- mea kola e 'tau mo koe o onoono ki ei ma matala mai te fakaimasaki (pela manavase ki fakaasiga (worrying symptoms) pela mo te maluga o te vela, mae malosi io me toto)
- so se fakatonuga fakapitoa ne fakatonu atu (pela e uiga me ko mafai o galue, fakateletele io me apapai)
- nea au mea e 'tau o fai ke tumau tou ola' malosi (pela au meakai, fakamalosilosi foitino io me fakamalōlō)
- mafea e mafai i ei koe o foki ki au faifaiga masani
- nei so se mea e fai ne koe ko 'tau o fakakese.

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