



**STOP
SORE THROATS
HURTING HEARTS**

Preventing Rheumatic Fever

Kamatamataga o te 'lumatika fiva' (rheumatic fever)

**Tamaliki fakailoa ki
lua matua io me se
tino matua mafai e
'mae tou kato**



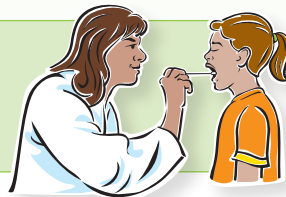
**Tino ma'tua e
matea te kato 'mae**

- ko faigata o folo
- fakalavelave i te kai io me inu

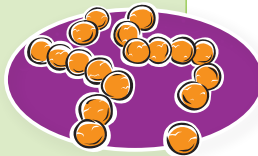
Kato 'Mae

Ko kato 'mae e asi

Fano tonu loa ki te Tokita io me se Nesi ke asi tou kato 'mae.



Kato 'mae se kato logo sala (strep throat) (fakamafua ne siana io me se manu masaki e taku Group A Streptococcus).



Kato logo sala (strep throat) e mafai o fakatogafitigina - e inu vailakau (antibiotics) ki te 10 o aso. E fakatauagina ke inu loa ke oti a vailakau (antibiotics).



Ke fagata te kato logo sala (strep throat) mo te lumatika fiva (rheumatic fever).

**Ola lei kae kau
malolo mo te
fatu malosi**



Kato 'mae tela e 'se asi

Ko te 'se fano ki te Tokita io me se Nesi o asi te kato 'mae e tumau loa te 'se lei.



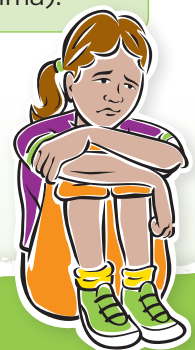
Kato 'mae e mafai se kato logo sala (strep throat).

Kato logo sala (strep throat) kae 'se fakatogafitigina ki vailaku (antibiotics).

Lumatika fiva (rheumatic fever) ka kamata o tupu ake.

Ka masaki malosi mai i te lumatika fiva (rheumatic fever) - Fakafi'ta, logo 'mae kae fakafulafula a soko'ga ivi, (tulivae, tulilima, soko'ga vae mo soko'ga lima).

**'Se malosi mo te fi'ta mo
te uke o masaki i te fatu
- se masaki fatu lumatika
(rheumatic)**



Lumatika fiva (rheumatic fever) mo fatu

Lumatika fiva (rheumatic fever)

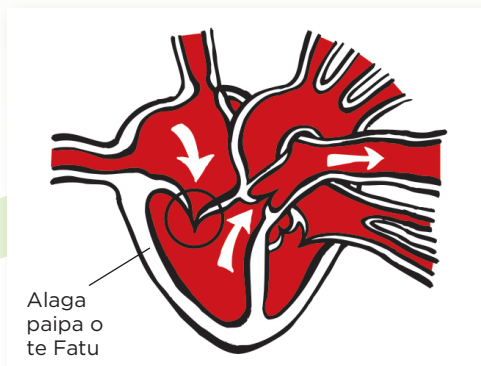
Kafai tau tama ko poko ne te lumatika fiva (rheumatic fever), e mafai o tumau te fakama'sei ki ala paipa o te fatu. E taku te mea nei ko te 'masaki fatu lumatika' (rheumatic heart disease).

A te alaga paipa o te fatu tela e galue pela me se auala tasi. E tau loa o fakamautinoa te pamuga o te toto ne te fatu ke sali i te auala loa e tasi. Kafai la te alaga paipa o te fatu ko pokotia kae masaki, e mafai o mama kae:

- ka faigata o manava
- fakamafua ne ia tau tamaliki ke lagona ne ia te fita i taimi katoa.

Tou fatu

Te totoga tela ko te fatu se vae'ga totoga fakapitoa tela e pamu ne ia toto ki tou foitino. Te toto e fakatoka ne ia te 'ea (oxygen) mo niutulini (nutrients). Kafai la e isi se mea e faka 'se tonu i tou fatu e mafai o afaina vaega o te foitino. Tela se mea e pito sili i te 'taua ke atafai a tou fatu.



Fakasino fakalei mai loa ne te Matagaluega Fakavae o te Fatu o NZ.



E galue pefea toku fatu?

Tou fatu e tu mai lalo o te sokoga o ivi kasokaso i te koga loto o tou fatafata i te va o tou feitu fakatamai mo te feitu fakamaui o te mama.

Ko kano konei e galuelue io me mafutifuti faeloa. E pamu te toto ki feitu katoa o te foitino.

Te masani, a te fatu malosi o te tino ma'tua e fakatusa ki te pukupuku o se lima kumi o se tino ma'tua. Kae kafai, e isi ne masaki i te fatu e mafai o fai ne ia te fatu ke fete.



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