

Ma'i o le Māmā poo le Alaea

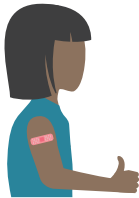
Puipui lou soifua maloloina i lenei vaitau



Ia tumau le ola maloloina ma tausī le saogalemu o isi.

✓Fai le tui puipui o le fulū. ✓Fai sou tui puipui o le KOVITI-19. ✓Fai se tui puipui o le RSV, pe a agavaa.

Ma faata'ita'i tulaga faasoifua maloloina masani e fesoasoani ai e taofi le pipisi o siama ma puipui mai ma'i o le māmā poo le alaea:



Ia lata mai le faiga o tui puipui.



Nofo i le fale pe afai e te ma'i ma valaau lau fai auaunaga tausī soifua pe faasolo ina leaga aua ma le lei fo'i o ni suiga.



Fufulu ou lima. Faaaoga le vailaau aveese ai siama o lima (ia le itiiti ifo ma le 60% le vailaau alcohol) pe a le maua se fasimoli ma le vai.



Pupuni lou tale ma le mafatua i se solo pepa poo lou tulilima.



Fai laasaga e faamama ai le ea.



Faamama luga o meafaitino i taimi uma.

O i latou e iai mai tumau ma mai ogaoga e tatau lava ona vaai lelei o latou soifua maloloina.

- O tamaiti e laiti atu i le 5 tausaga (aemaise lava i latou i lalo atu o le 2 tausaga).
- Tagata matutua e tai 65 tausaga ma luga atu
- Tamaitai maitaga.
- O tagata o loo iai ma'i tumau e pei o le sela, ma'i suka, poo le ma'i tau fatu..

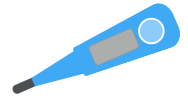


Afai e te faalogo atu e te ma'i, nofo i le fale.

Ia nofo mamao mai ma isi seia mae'a le 24 itula talu ina:



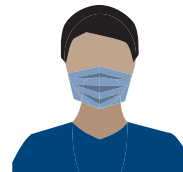
Faasolo ina lei ni ou aua.



Alu ese le fiva e aunoa ma le faaagaina o fualaau.

Ia fa'aeteete atili mo le isi 5 aso.

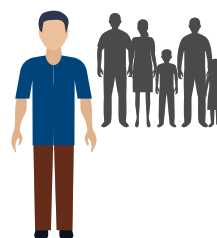
O nisi laasaga e nofo saogalemu ai:



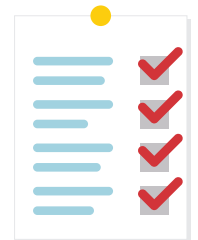
Fai le tali fofoga.



Fai sau siaki.



'Alofia avanoa tumutumu.



I tulaga tau tausī soifua maloloina, mulimulita'i ta'iala faatulagaina.

Samoa
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E maua nisi faamatalaga i le tpchd.org/protect pe vili le (253) 649-1412.



Tacoma-Pierce County
Health Department
Healthy People in Healthy Communities