



‘OKU FU‘U MAHU‘INGA ‘AUPITO KI HE KAKAI LALAHÍ ‘I HE TA‘Ú NI ‘A E HUHU MALU‘I KI HE FULUÚ

Ko e hā ‘oku mahu‘inga ai ke ma‘u ha huhu malu‘i ki he fuluú?

Ko e fuluú ko ha mahaki tu‘u lavea ngofua ia ki he kakai matu‘otu‘á.

- ‘Oku fakafuofua ‘i he Centers for Disease Control and Prevention (Senitā ki hono Tokangaekina mo e Faka‘ehi‘ehi mei he Fokoutuá (CDC)) ko e 70 – 85% ‘o e ngaahi mate koe‘uhí ko e fuluú ko e kakai ‘oku nau ‘i he ta‘u motu‘a ko e ta‘u 65 mo lahi ange. Ko e tokolahi taha ‘o e kakai ‘oku fakatokoto ‘i he falemahakí ko e kaunga ki he fuluú ‘oku nau ‘i he ta‘u motu‘a ko ‘ení.
- Ko e suká, mahaki mafú, helá pea mo e ngaahi tu‘unga fakafaito‘o kehé ‘oku nau toe tokoni foki ki ho‘o tu‘u lavea ngofua ke ma‘u ‘a e fuluú.

‘Oku tokoni ‘a e huhu malu‘i mei he fuluú ke ne malu‘i koe mei he ngaahi fokoutua fakatu‘utāmaki pea mo e ngaahi faingata‘a‘iá.

- Kuo ‘osi ma‘u pea mei he ngaahi fakatolól, kapau ‘e ma‘u ha taha kuo ‘osi huhu malu‘i mei he fuluú, ‘e si‘isi‘i ange ‘ene puké pea ‘e si‘isi‘i ange mo ha faingamālie ‘a ‘alu ai ‘o tokoto falemahaki.

‘E tokoni atu ‘a hono ma‘u ‘o ha huhu malu‘i mei he fuluú ke faingofua ange ‘a ho‘o ngāue fakataha mo e kau ngāue tokanga‘i ‘o e mo‘ui lelei ki hono filifili ha founa ke tokoni‘i koe ‘i ha fa‘ahinga puke ‘oku mafola holo ‘i he fa‘ahita‘u momokó.

- ‘Oku lahi ‘aupito ‘a e faitatau ‘o e ngaahi faka‘ilonga ki he fuluú pea pehē foki ki he ngaahi faka‘ilonga ‘o e COVID-19. Kapau ‘okú ke ma‘u ha fa‘ahinga faka‘ilonga mo e pea kuó ke ‘osi huhu malu‘i mei he fuluú, ‘e tokoni lahi e fakamatala ko iá ke tokoni ki hono fili ‘a e sivi lelei taha ke tokoni‘i ‘aki koé.

‘I he ta‘u ní, ‘oku ‘i ai ha huhu makehe ‘oku toe mālohi ange ki he fuluú ‘okú ne toe ‘omi ha malu‘i ‘oku toe mālohi ange ma‘á e kakai ‘oku ta‘u 65 pe toe lahi angé.

- ‘Oku fie ma‘u ‘e he kakai ‘i he kulupu ta‘u motu‘a ko ‘ení ha huhu malu‘i mālohi angé koe‘uhí ‘oku ‘ikai ke lahi ‘a e ivi tākiekina ‘oku ‘omi mei honau sisitemi malu‘i ‘i hono ma‘u ‘o e huhu malu‘i angamahení.

Ko e fē ha feitu‘u te u lava ‘o ma‘u mei ai ha huhu malu‘i?

- Te ke lava ‘o ma‘u ha huhu malu‘i mei he fuluú pea mei he ngaahi kiliniki lahi, pe ko e taha ‘o e ngaahi me‘alele/feitu‘u kiliniki huhu fakataimi ‘oku fakapa‘anga ‘e he potungāue mo‘ui lelei. Lomi‘i ‘i heni ke ke ‘alu ki he saiti Mo‘ui ‘a e Kakai ke vakai‘i ‘a e ngahai me‘a ke ke fili mei ai ‘oku ‘atā atu ma‘aú: https://kingcounty.gov/depts/health/communicable-diseases/immunization/~/_media/depts/health/communicable-diseases/documents/immunizations/free-flu-vaccine-clinics-TO.ashx
- ‘Oku totongi 100% ‘e he Medicare mo e Medicaid ‘a e fakamole ki ho‘o huhú. Tatau ai pē kapau ‘oku ‘ikai ke ‘i ai hao malu‘i fakafaito‘o, te ke kai lava pē ‘o fili mei he uepisaití ‘a e huhu ta‘etotongi.

‘Okú ke fie ma‘u tokoni ‘o fakafou ‘i he telefoní ke kumi ha huhu malu‘i ma‘aú?

- Telefoni Community Living Connections (<https://www.communitylivingconnections.org/>) ta‘etotongi ki he 1-844-348-5464 ke nau tokoni atu ‘i hono kaumi ha fale talavai pe kiliniki huhu malu‘i ofi atu kiate koe. ‘E fanongo ‘a e ni‘ihi ko ia ‘oku nau telefoní ki ha lekooti ‘i he lea faka-Pilitāniá pea mo e lea faka-Sipeiní. ‘E lava ‘a e ni‘ihi ‘oku telefoní ‘o lomi‘i ‘a e fika 6 ki ha tokoni ‘i he lea faka-Sipeiní pe ko ho‘o tatali pē ‘i he lainé ke ‘eke ha fie ma‘u tokoni liliu lea ‘i he lea fakafonua kehe. ‘Oku ta‘etotongi ‘a e telefoni kotoa pē pea ‘oku ‘ikai fakahāhāholo.

‘Okú ke fie ma‘u tokoni ke ke ‘alu ai ki ha kiliniki huhu malu‘i pe ko ha fale talavai?

- ‘Oku ‘omi ‘e he kautaha Hyde Shuttle ha fefononga‘aki me‘alele mei he ‘api-ki-he-‘api ‘i he ngaahi komiuniti lahi ‘i he King County ma‘á e kakai lalahi ta‘u 55 pe motu‘a angé pea pehē foki ki he ni‘ihi ‘oku faingata‘a‘ia fakaesinó.
 - Koe ha tokoni ki he fefononga‘aki ‘aki ‘a ho‘o telefoni ki he 206.727.6262, lomi‘i ‘a e 1 pea talitali ‘i he lainé ke kole ki he taha liliu lea ‘i ha lea fakafonua kehe.
 - Pe lēsisita ‘i he ‘initanetí ‘aki ‘a ho‘o lomi‘i ‘i heni: <https://hydeshuttle.org> pea lomi‘i leva ‘i he *Request a Ride* (Kole ha Tokoni ki he Fefononga‘aki) (ko e ‘initanetí ‘oku ‘i he lea faka-Pilitāniá pē).
- Kapau ‘okú ke faingata‘a‘ia fakaesino pea ‘oku ‘ikai ke ke lava ‘o ‘alu ‘i he pasí pe lēlué, te ke malava ‘o lēsisita ki he Access Metro Transportation. Lomi‘i ‘i he fehokotaki‘anga ko ‘ení ke ke lava ‘o hū ki he uepisaití: <https://bit.ly/2GRuWLK> (‘i he lea faka-Pilitāniá pē). Fetu‘utaki ki he Access Metro Transportation Senitā Telefoní ‘i he 206-205-5000 ki ha

tokoni. Ki he lea faka-Sipeiní lomi'i 'a e 2, ki he ngaahi lea fakafonua kehé, lomi'i 'a e 1 ki he lea faka-Pilitāniá, pea fili 'a e fika 2 ki ha taha ke ne tali 'a e telefoní. 'I he lolotonga ní, ko e ni'ihí faingata'a'ia fakaesino ko ia 'oku nau malava 'o 'alu pē 'iate kinautolú, 'oku 'ikai fie ma'u ia ke nau lēsisita ki ha tokoni mei he Access.