

Inu kava mo e
tama muke haau

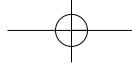


ALCOHOL ADVISORY COUNCIL OF NEW ZEALAND
Kaumihera Whakaturanga Waipiro o Aotearoa



Ka manako fakailoaga foki,
UI KE HE NUMELA 0800 787 797

Niuean FLN/Oct03



INU KAVA MO E TAMA MUKE HAAU

Manako oti a tautolu ke he tama muke malolo mitaki. Taha puhala ke moua e tama mitaki pehe nei ko e nakai inu kava he magaaho ka fatu ai.

KO E HA KIA?

Ka inu kava a koe, to inu kava foki e tama haau.

Uta he toto haau e kava, ki loto he fonua.

To malona tukumalagi e uho ulu he tama haau kaeke ke inu kava a koe he magaaho ka fakafua tama ai.

Ko e malonaaga nei kua fakahigoa ai ko e Gagao Kona he Kava (Fetal Alcohol Syndrome) po ke fakaku ko e FAS. To tutupu hake e tau tama muke gagao FAS ke eke ia mo e tau tagata lalahi kua uka he ako mena mo e mahani uka foki ti ko e laulahi ha lautolu nei kua leveki atu ki ai tumau, tukumalagi.

Ne fai lekua falu tama muke, ka e nakai moua katoatoa he gagao. Ko lautolu a nei kua fakahigoa ko e fai vala gagao FAS. Ka to tatai ni e vala gagao nei mo ia kua lauia katoa ke he gagao FAS.

KA E MAEKE NAKAI AU KE INU?

Pete ni he 1 po ke 2 e kalase kava, to lauia agaia ni e tau puhala fakaako he tama muke haau. Ti ka to lahi atu foki e inu kava haau, to to lahi atu foki e matematekelea he tama.

Nakai fai kehe kaeke ko e inu a koe he pia, uaina, sipili po ke tau inu fio tuai – ha hā i ai oti e kava malolo.

Pete ni kua nakai tupu tumau e matematekelea nei ka inu kava e matua fifine (tuga e falu a tau mamatua fifine fa inu kava ka e nakai lekua ha lautolu a tau tama muke), uka lahi ke iloa ko e magaaho fe ka tupu ai e matematekelea nei.

Ko e mena ia, kaeke ke nakai inu kava a koe, kua iloa maali e koe to nakai fai matematekelea FAS e tama muke haau.

KA E FEFE KIA E FAKAHUHU HE TAMA MUKE?

Fano e kava ke he tama mai he huhua huhu he matua fifine, fakahauhau mo e fakafi aki e tama. Ko e mua atu ni ka nakai inu kava a koe he magaaho ka fakahuhu tama ai.

KO E HEIGOA HAAKU KA TAUTE?

Ka tuaha po ke iloa kua fatu a koe, ua inu kava ato oti e fakahuhu tama haau. Kaeke kua inu kava a koe he magaaho ne fatu ai, kia fakaoti a he magaaho nei e inu kava haau. Nakai la tomui lahi ia he magaaho nei ka fakaoti e inu kava haau ke lagomatai aki e tama muke ke malolo ka fanau mai. To mahuiga lahi e malolo tino he tama haau ka tuku fakaku e inu kava haau.

Kaeke ke uka e inu kava haau he taofi, liga mitaki ke tutala a koe mo e taha tagata kua falanaki a koe ki ai. Po ke ui atu ke he matakau Alcohol Helpline 0800 787 797. To fakanogonogo fakamitaki a lautolu mo e tuku atu falu puhala lagomatai ma haau. Ha hā i ai foki falu fakailoaaga ke he www.alcohol.org.nz.

Maeke foki he magafaoa po ke tau kapitiga ke lagomatai atu ke he haau a fifiliaga ke fakaoti e inu kava he magaaho ne fatu ai a koe.

