

Puipui oe

O le matuā vevela o le tau e mafai ona mata'utia

E tatau ona e:



Inu vai

Ta'i 15-20 minute uma a'o galue.



Siaki le lanu o lau feau lata (urine)

E tatau ona sesega pe lanu sāmasama vāivai.



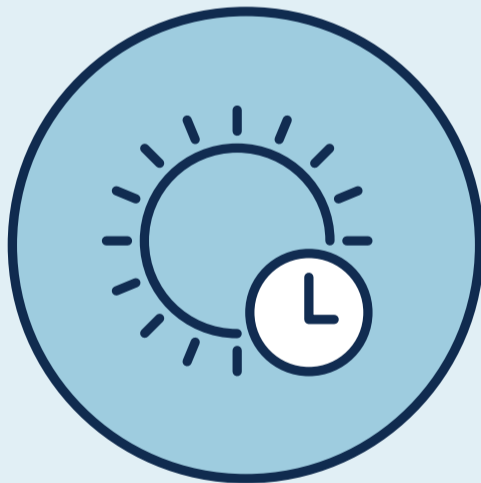
Fa'aaoga puipuiga mai le la

Laei māmā, pulou, SPF 30+ kulimi puipui mai le la, mata tioata.



Mālōlō ma fa'amālū

Ia fai ni mālōlōga i le paolo ma fa'amālū i ni solo susū po o le taele.



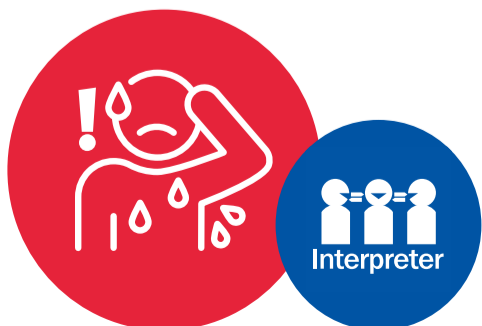
Galue i itula mālū

Afai e mafai, galue i le vaveao po o le afiafi.



Ia saogalēmū le teuina o vailā'au ma mea tāumafa

Teu i se nōfoaga malū, mātūtū, mamao 'ese ma le lāina.



Afai ua lē lelei le fa'alogona i le vevela, ia vave ona fa'amālū!

Heatstroke ua lē mafai e lou tino ona maua le malū. Ua tulaga tūgā. Sā'ili vave se fesoasoani fa'afoma'i pe vala'au **Triple Zero (000)**. E mafai ona e fesili mo se fa'aliliu'upu e leai se totogi.



Queensland Government

Ia iloa fa'ailoga o **Heatstroke**



Ole heatstroke ua lē mafai e lou tino ona fa'amalū.

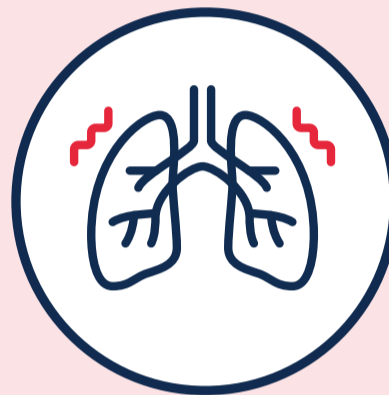
Atonu e te:



Lē mautonu
lagona



Tauivi
e tautala



Vave le
mānava



Ua vave le
tātā o le fatu

Afai e te lagonaina le ma'i i le vevela:



Fai se
mālōlōga



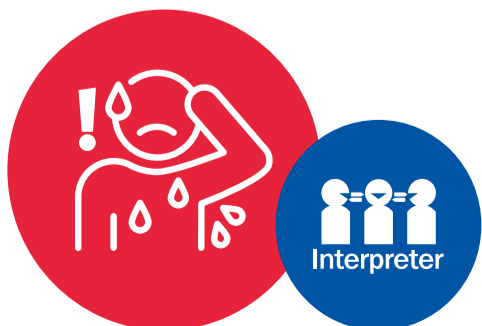
Su'e le paolo



Inu vai



Fa'amalū
pe ta'ele



Afai o lagona pea le ma'i, vala'au le Triple Zero (000)!

E tūgā le heatstroke. Sā'ili fesoasoani fa'afoma'i
I se taimi vave pe vala'au le **Triple Zero (000).**

E mafai ona e fesili mo se fa'aliliu'upu e leai se totogi.



**Queensland
Government**