

Malu'i koe

'Oku fakatu'utāmaki e taimi 'oka mātu'aki vela 'aupito ai e 'ea

Totonu ke ke:



Inu vai

He miniti 15-20 kotoa pe lolotonga ho ngāue.



Vakai'i e lanu ho'o tu'uofi

'Oku totonu ke lanu vaivai pe engeenga vaivai.



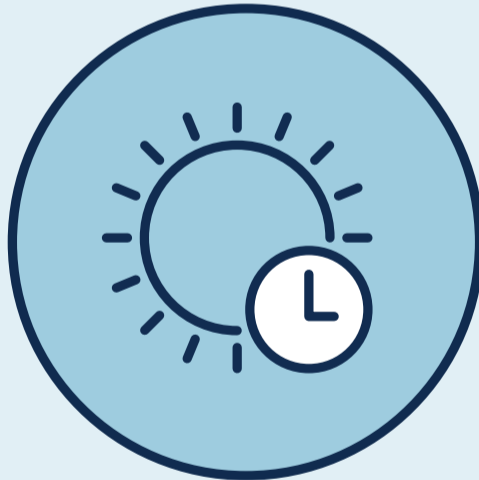
Ngāue'aki e kilimi malu'i mei he la'aa

Vala fakamokomoko, tataa, kilimi malu'i mei he la'aa SPF 30+, matasi'oata la'aa.



Mālōlō mo fakamokomoko

Mālōlō ki ha feitu'u malumalu pea ngāue'aki ha taueli viviku pē kaukau ke ke mokomoko.



Ngāue he ngaahi houa 'oku mokomoko ange

Kapau 'oku malava, ngāue he taimi hengihengi pe ko e malu efiafi.

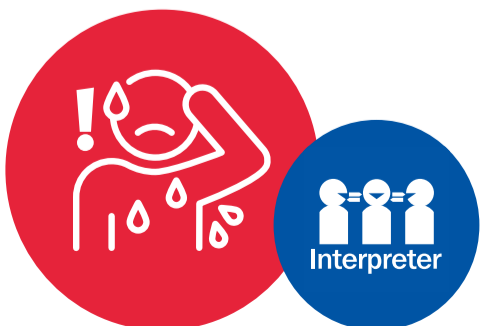


Tauhi e faito'o mo e me'akai ke malu

Tuku 'i ha feitu'u 'oku mokomoko mo mātu'u pea mama'o mei he la'aa.

Kapau 'oku ke ongo'i puke he fu'u vela e 'ea, feinga ke ke fakamokomoko he vave taha!

Ko e Tā 'a e velā ko e taimi 'oku 'ikai malava ai ho sino ke fakamokomoko. 'Oku mātu'aki mahu'inga eni. Feinga leva ki ha tokoni fakafaito'o he vave tahaa pē ko ho'o taa **ki he Triple Zero (000)**. 'Oku malava ke ke kole ha tokotaha fakatonulea 'oku ta'etotongi.



‘Ilo ki he ngaahi faka’ilonga ‘o ha

Tā ‘a e velā



Ko e Tā ‘a e velā, ko e taimi ‘oku ‘ikai malava ai ho sino ke fakamokomoko.

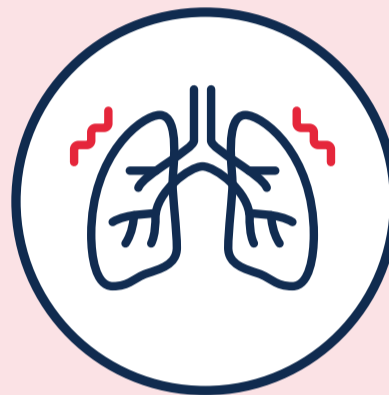
‘E malava ke ke:



Ongo’i puputu’u e fakakaukau



Faingata’a’ia e lea



Vave e manava

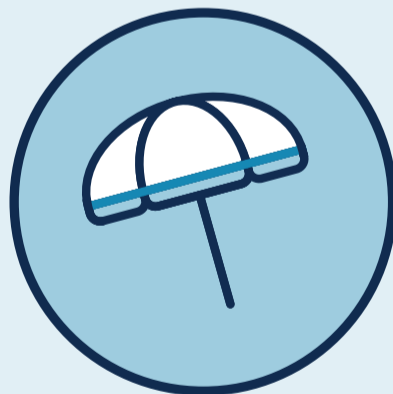


Vave taa e mafu

Kapau ke ongo’i puke he vela e ‘ea:



Mālōlō lelei



Kumi ha feitu’u malumalu



Inu vai



Kaukau ke ke mokomoko

Kapau ke kei ongo’i puke pē, taa ki he fika Triple Zero (000)!

Matu’aki fakamaatoato ‘aupito e tā ‘a e velā.

Kumi tokoni fakafaito’o he vavetahaa pe taa **ki he Triple Zero (000).**

‘Oku malava ke ke kole ha tokotaha fakatonulea ‘oku ta’etotongi.

