



Preventing Rheumatic Fever

**Ngaahi Tokoni Fakakaukau
Mahu'inga ke toe Māfana mo
Mātu'u ange 'a ho Nofo'anga'**



Key tips for a warmer, drier home

This toolkit was created with a range of health and social service providers and Māori, Tongan and Samoan communities.

These tips will help you to shape your conversations with families, empowering them to keep their homes warmer and drier and prevent germs from spreading.

You can choose which tips to share, depending on the families you work with, and the relationships you have with them. If you feel any of the tips are inappropriate for the family,

please feel free to leave them out of the conversation. The information on the back of each tip is to guide your discussions with families and can be adjusted to suit different situations.

If families choose to follow even just a couple of these key tips, they may be able to make their home significantly warmer, drier and more comfortable to live in. They may also reduce the likelihood of a family member contracting rheumatic fever or other respiratory illnesses.

Why?

In a warm, dry home the family may have more space to spread out around the home, rather than having to crowd in the same room. Having more warm rooms and more sleeping spaces available means germs such as strep throat, which can lead to rheumatic fever, are less likely to spread.



Preventing Rheumatic Fever

Tēnā koutou, Talofa, Mālō e lelei

Keeping your family healthy this winter means keeping your home warm and dry.

Three wonderful families generously welcomed us into their homes to share some of the most important things they do to achieve that.

It's all part of stopping sore throats hurting hearts.

We asked each of the families this question

“What does family mean to you?”



Margaret and Haki (4 children)

“Everything together, all as one”



Sili and Langi (7 children)

“My Aiga means my heart”



Noelini and Paul (4 children)

“Fāмили to me is everything”

Tēnā koutou, Talofa, Mālō e lelei

Meet the families that helped us to create
this resource to share with you.



Margaret and Haki (4 children)



Sili and Langi (7 children)



Noelini and Paul (4 children)

Ko e hā 'oku mahu'inga ai ke māfana mo mātu'u 'a ho nofo'anga?



Ka māfana mo mātu'u 'a ho nofo'anga, 'e faingata'a ange ai ki he ngaahi siemu 'o hangē ko e siemu 'oku' ne fakatupu 'a e monga mamahi' (strep throat) ke mafola. Pea ka tuku ta'efaito'o 'a e monga mamahi', 'e lava ke hoko ia ko e mahaki fakatu'utāmaki 'oku ui ko e mofihui' (rheumatic fever).



Kapau te ke faka'aonga'i ha ni'ihī pe 'o e ngaahi tokoni fakakaukau' ni, 'e lava ke toe ma'ama'a ange ai 'a e fakamole ke māfana mo nonga ange ho nofo'anga', pea 'e tokoni eni ke mo'ui lelei 'a ho fāmili' mo nau hao mei' ha ngaahi mahaki fakatu'utāmaki.

'Oku ke ilo?

Kapau 'e mātu'u ho nofo'anga' 'e vave mo faingofua ange ke fakamāfana'i pea si'isi'i ai mo e fakamole'.

Ko e hā 'a e mofihui (rheumatic fever)?

Ko e mofihui' ko e mahaki fakatu'utāmaki 'aupito ka 'oku lava pē foki ke fai ha faka'ehi'ehi mei ai. Ko e fuofua faka'ilonga 'o e mahaki' ni ko e monga mamahi 'a ia 'oku ui ko e "strep throat".

Ko hai 'e lava ke puke 'i he mofihui?

'I Nu'usila', ko e fānau mo e to'utupu Pasifiki mo Maui ta'u 4 ki he ta'u 19 'e ngali ma'u kinautolu 'e he mahaki' ni pea tautautefito kapau kuo 'osi puke ha taha 'o e fāmili' 'i he mahaki' ni. 'Oku kau mai foki ki ai mo kinautolu 'a e ngaahi fāmili 'oku fu'u tokolahi 'a 'enau nofo 'i ha fale nofo'anga si'isi'i.

Why is it important to keep your home warm and dry?

What is rheumatic fever?

- A serious disease that can damage the heart, and it starts with a type of sore throat called a strep throat.
- Most sore throats aren't strep throat and will heal naturally, but a strep throat needs to be treated with a full course of antibiotics to stop it turning into rheumatic fever.
- In a small number of people, an untreated strep throat leads to rheumatic fever 1 to 5 weeks later. This can cause the heart, joints, brain and skin to become inflamed and swollen.
- The more untreated strep throats someone has, the higher their risk of getting rheumatic fever.
- In New Zealand, Māori and Pacific children and young adults aged 4 to 19 years are more likely to get rheumatic fever – especially if they have other whānau who have had it. Overcrowded homes put people at higher risk.
- Rheumatic fever can lead to rheumatic heart disease. This is where there is scarring of the heart valves. This stops valves from working properly.
- Children who have had rheumatic fever will need to get monthly injections for at least 10 years, and may need heart valve replacement surgery.
- For a child, it may also mean they aren't able to play sport or do other things that put a strain on their heart.

Ke māfana ange ‘a ho nofo’anga



ME’A KE FAI’:

Fakaava ‘a e matapā sio’ata´ ‘i ha ki’i taimi si’i pē ke hū atu ha ‘ea fo’ou.

‘E hū mai ‘a e māfana´ ki fale lolotonga e ‘aho´ pea ka toho ‘a e puipui´ ke mapuni kimu’a pea tō e la’aa´, ‘e nofo leva e māfana´ ‘i fale kae momoko ‘a tu’a.

Keeping your home warm



TIP: Open your curtains during the day and close them at night.

Discuss why:

- ↑ Sunlight warms your home during the day, but the night air can make your home colder
- ↑ Curtains will keep the heat in and the cold out at night
- ↑ There might be a curtain bank in your area where you may be able to get curtains for free
- ↑ If you choose to use alternative window coverings (for example, sheets or lava lava) try to get a snug fit around the window frame

Because they are cotton, they won't be as effective as lined curtains that reach the floor at blocking the cold evening air. They will still need to be opened during the day.

Add your local curtain bank details here:

Ke māfana ange ‘a ho nofo’anga



ME’A KE FAI’:

Ta’ofi ke ‘oua ‘e hū ha ‘ea momoko ki fale ‘aki ‘a hono monomono ke mapuni lelei e ngaahi hū’anga ‘ea’ ‘o hangē ko e lalo matapā, matapā sio’ata mo e tafu’anga afi ‘i fale’.

‘E faingofua mo toe ma’ama’a ange ‘a hono fakamāfana’i ‘a ho nofo’anga’ kapau ‘e ta’ofi ‘a e hū ‘a e ‘ea momoko’ ki loto’.

Keeping your home warm



TIP: Stop cold air getting into your home by stopping draughts around doors, windows and fireplaces.

Discuss why:

↑ **Stopping draughts can make your home warmer, by preventing cold air entering your home.**

↑ **To block draughts around doors:**

- there might be a curtain bank in your area where you can get a draught stopper cheaply
- sew your own draught stopper
- use an old dry towel or something similar like old blankets or curtains.

↑ **To block draughts around windows:**

- use weather stripping – you can buy it from a hardware store
- make sure hinges, catches and latches are tight.

↑ **To block draughts from a fireplace that isn't being used:**

- use a rubbish bag filled with shredded newspaper to plug the flue; if you choose this option, make it very obvious that the rubbish bag is to stop draughts and is not fuel for the fire!

Add your local curtain bank details here:

Ke māfana ange 'a ho nofo'anga'



ME'A KE FAI':

Vakai'i lelei 'a e founa tuha taha ke fai'aki 'a hono fakamāfana 'o ho nofo'anga'.

'E toe ma'ama'a ange 'a e feinga ke māfana 'a ho nofo'anga' kapau 'e tuha mo tonu 'a e ngaahi founa 'oku fai'aki 'a e feinga fakamāfana'.

Ko e ngaahi founa fakamāfana kotoa pē 'oku iku hoko ai 'a e fakamao' (condensation) - ko ia fili 'a e founa fakamāfana 'e si'isi'i taha ai 'a 'ene fakamao ho nofo'anga'.

Keeping your home warm

TIP: Check you have the best heating option for your home.

Discuss why:

⬆ **There are many heating options, and some are safer and cheaper to run than others.**

⬆ **Recommended heating options are:**

- Electric heater with a thermostat
- Gas heater with chimney [flue]
- Heat pump
- Modern pellet or wood burner.

If you're worried about your power bill, talk to your power company - they might have solutions to help, such as a pay-as-you-go or smooth pay option.

⬆ **If you use an electric heater with a thermostat and have kids or elderly people in the house:**

- set the thermostat at around 20 degrees during the day
- set the thermostat at around 16 degrees in bedrooms at night.



⬆ **A portable gas heater is not recommended because:**

- it doesn't have a chimney (flue) to carry the harmful gases outside or away from your home
- it releases lots of moisture into the air. This makes your home damp and causes condensation
- it can be a fire risk. Anything too close can catch fire quickly
- if you do use one, keep at least one window open. Never use it in bedrooms.



Tauhi ke māfana ‘a ho nofo’anga’



ME’A KE FAI’:

Vakai pē kuo ‘osi kofu-ke-māfana mo ‘aofi (insulate) ‘a ho nofo’anga’. Kapau ‘oku te’eki ai, vakai pē ‘oku ‘atā ke kau ‘a ho ‘api’ ‘i hono ‘aofi mo kofu-ke-māfana ta’etotongi’.

Ko founa lelei taha ke māfana ange ai ‘a ho nofo’anga’ ko hono kofu-ke-māfana mo ‘aofi.

Keeping your home warm



TIP: Find out if your home is insulated. If it isn't, you may qualify to have insulation installed for free

Discuss how:

↑ **You might qualify to have ceiling and underfloor insulation installed for free if:**

- your home (or the home that you rent) was built before 2000
- and you have a Community Services Card
- and you have children aged under 17 years and/or people aged over 65 years living in the home
- or you have health issues related to cold, damp housing.

↑ **Free call EECA ENERGYWISE on 0800 358 676 or visit energywise.govt.nz/your-home/insulation for more information.**

↑ **Some local councils have programmes that could help you get free or subsidised insulation. Contact your local council to find out what is on offer in your area.**

↑ **If you have a Community Services Card and find you need to move, you may still be eligible to get help with insulation at your new place.**

↑ **The priority for insulating your home should be:**

1. Ceiling
2. Underfloor.

Add your local insulation scheme contact details here:

Ke māfana mo mātu'u ange 'a ho nofo'anga'



ME'A KE FAI':

**Fakaava 'a e matapā
sio'ata' 'i ha ki'i taimi si'i
pē ke hū atu ha 'ea fo'ou.**

'E tokoni 'a e hū atu he 'ea fo'ou ke
toe mātu'u ange ai 'a ho nofo'anga',
toe vave mo faingofua ange ai ke
fakamāfana 'a e 'ea' pea mo holoki
hifo 'a e fakamole'.

Keeping your home warm and dry



TIP: Open your windows (ventilate) for at least a few minutes each day.

Discuss how:

↑ To get fresh air into your home:

- Open windows for at least a few minutes each day, in each room, even in winter.

Ke māfana mo mātu'u ange 'a ho nofo'anga'



ME'A KE FAI':

**Fakaava 'a e matapā
sio'ata 'i he loki ngaohi
kai' 'i he taimi 'oku
ke feime'atokoni ai',
falekaukau 'i he taimi
saoa mo kaukau' ke hū
ki tu'a 'a e mao'.**

Fai eni koe'uhi' 'e mātu'u ange ai
'a ho nofo'anga' pea faingofua mo
vave ange ai ha'a' ne māfana 'o toe
ma'ama'a mo holo ai 'a e fakamole ki
he fakamāfana'.

Keeping your home dry



TIP: Open windows (ventilate) in the kitchen when you cook, and in the bathroom when you shower or take a bath, to let steam out.

Discuss how:

↑ To let steam out:

- open windows in the kitchen when you cook
- open windows in the bathroom when you shower or take a bath.

↑ Extractor fans also let steam out, so if you have one in your kitchen or bathroom, this is a good time to use it.

Ke māfana mo mātu'u ange 'a ho nofo'anga



ME'A KE FAI':

**Holo ke mātu'u 'a e holisi'
mo e matapā sio'ata 'i
fale' 'o kapau 'oku hauhau.**

Fai eni ke toe mātu'u ange ai 'a ho nofo'anga' pea 'e vave mo faingofua ange ai ke fakamāfana'i pea 'e holoki hifo ai 'a e fakamole'.

Keeping your home dry



TIP: Wipe off any water that has collected (condensation) on walls and on the inside of windows.

Discuss why:

- ↑ Condensation builds up very easily on the inside of a home (especially if it is very cold outside). So it's really important to ventilate to stop condensation
- ↑ Condensation makes your rooms feel damp - dampness can cause mould to grow
- ↑ Wiping off condensation removes water that has built up over time in your home
- ↑ Hang the wet cloth used to wipe up the condensation outside to dry.

Ke mātu'u ange 'a ho nofo'anga'



ME'A KE FAI':

**Fakamōmoa fō 'i tu'a pe
'i he tau'anga me'alele'.**

'E nofo leva 'a e mao mo e hauhau 'o
ho'o foo' 'i tu'a 'o 'oua 'e toe hū pē
fakalahi e hauhau 'i fale'.

Keeping your home dry



TIP: Dry your washing outside or in the garage or carport.

Discuss why:

- ↑ **As washing dries, the water in it goes back into the air. If you dry clothes inside your home then the air gets damp**
- ↑ **Drying washing outside means you will avoid condensation building up inside your home**
- ↑ **If you do dry your washing inside the garage, you still need to ventilate (otherwise your garage can get damp and mouldy)**
- ↑ **Doing this helps to keep your home dry, which makes your home easier to heat and reduces the cost of heating.**

Ko hono fufulu e tuhituhi mo e tu'ungafulufulua 'uli'uli



ME'A KE FAI':

Fufulu'aki ha faito'o fakahinehina fō (bleach) pea mo ha vinika hinehina (white vinegar) ha tuhituhi mo ha tu'ungafulufulua 'oku 'asi 'i loto 'i he 'aofi' mo e holisi'.

'Oku tupu 'a e tuhituhi' mo e tu'ungafulufulua 'uli'uli' 'i ha feitu'u 'oku hauhau pea 'e uesia ai foki 'a e mo'ui 'a ho fāmili'.

Removing mould from your home



TIP: Use bleach or white vinegar to remove mould from ceilings and walls.

Discuss how:

↑ **Once a week, wash mould off walls and ceilings using either a bleach solution or white vinegar. Never mix bleach and vinegar.**

↑ If using bleach:

1. Add 2 teaspoons of bleach to 1 litre of water
2. Put the solution into a clean spray bottle and spray directly on to the mould or use a sponge

3. If the mould is in a tricky corner, wipe the solution on with a clean cloth or an old toothbrush
4. Wait for at least 15 minutes
5. Wipe off the solution with a sponge or cloth and warm soapy water
6. Rinse the sponge to help stop the mould from spreading
7. Dry the sponge or cloth outside.

↑ If using white vinegar:

- Don't add any water
- Follow steps 2 to 7 above.

If mould comes back after you've cleaned it off, try to make sure the area is getting good ventilation by opening windows.

Ta'ofi 'a e mafola atu 'a e siemu fakatupu mahaki'



ME'A KE FAI':

Fakamāvahevahe 'o 'oua 'e vāvāofi e 'ulu 'o e fānau iiki' 'o ka nau mohe fakataha.

'Oku tale mo mafatua e fānau' 'i he 'enau mohe', pea 'e lava ke mafola pea pihia e fānau' 'i he siemu 'o e monga mamahi' lolotonga 'enau mohe'.

Preventing germs from spreading



TIP: Create as much space as possible between the heads of sleeping children.

Discuss why:

- ↑ **The further apart that kids' heads are while sleeping, the harder it is for germs such as strep throat to spread**
- ↑ **Bunk beds are a good way to keep kids' heads apart. For safety, only children over 9 years old should be in the top bunk.**

Ta'ofi 'a e mafola atu 'a e siemu fakatupu mahaki'



ME'A KE FAI':

Ka fakamohe kinautolu 'i ha mohenga pē fakamolu pē 'e taha, fakatākoto ke nau hū'ulu kehekehe (top and tailing) ke vāmama'o honau 'ulú.

'Oku tale mo mafatua e fānau 'i he 'enau mohe', pea 'e lava ke mafola pea pihia e fānau 'i he siemu 'o e monga mamahi' lolotonga 'enau mohe'.

Preventing germs from spreading



TIP: Top and tailing - also sometimes called top and toeing - is a good option for creating space between the heads of sleeping children, if your children share a bed or mattress.

Discuss why:

↑ **The further apart that kids' heads are while sleeping, the harder it is for germs such as strep throat to spread.**

There may be cultural or other reasons why this tip may not be appropriate to discuss with some families. It's your choice whether to share this tip or not, depending on the circumstances of the families you work with, and the relationships you have with them.

Kapau 'e mamahi e monga 'o ho'o tama'



- 'Oua 'e tuku noa'i
- 'Ave leva ki he kilīniki sivi monga mamahi ta'etotongi' (Sore Throat Clinic) pē ko ha neesi pē tōketā.
- Telefoni ki he Healthline 'i he 0800 611 116 ke ma'u ha fale'i pē tokoni kapau 'oku' ke manavasi'i ki ho'o tama'.
- Kapau 'e 'oatu ha faito'o pē fo'i'akau 'enitipaiōtiki (antibiotics) ke folo, tokanga ke folo kotoa ia 'i he 'aho hokohoko 'e 10 kuo tu'utu'uni atu ki ai' – 'o tatau ai pē pē kuo nau ongo'i sai pē 'ikai - koe'uhi' ke 'oua na'a iku hoko 'a e monga mamahi' ko ha mofihui.

If your child gets a sore throat

**SORE
THROATS**



**RHEUMATIC
FEVER**



**HEART
DAMAGE**

- Even you follow all of the tips I've shown you, sometimes kids still get sore throats.
- If your child has a sore throat, take them to a doctor or nurse straight away to get it checked.
- There might be a free sore throat clinic near you. Call Healthline free on 0800 611 116 or visit www.health.govt.nz/sorethroatclinics to find the closest one.
- You can also ring Healthline on 0800 611 116 if you're worried about your child. It's free and nurses are there 24 hours a day, 7 days a week to offer advice.
- Your child will be given antibiotics if they have strep throat. If your child is given antibiotics, make sure they take them for the full 10 days – even if they feel better, to prevent the sore throat turning into rheumatic fever.
- If your child is diagnosed with strep throat, then anyone else living in your home aged between 3 and 35 years who also has a sore throat can get it checked and treated for free at a sore throat clinic.
- Treating everyone living in your home will help prevent strep throat spreading in your household. Strep throat can be caught again and must be treated each time.

Mālō ‘aupito

Fakamālō atu ki he ngaahi tokoni kotoa pē ne ma’u mef he ngaahi ngāue’anga’, fāmili’ pea mo e ni’ihi taautaha na’a nau pou pou mo tokoni mai ke fa’u ‘a e fakamatala’ ni.

- Alliance Health Plus Trust
- Auckland District Health Board
- East Tamaki Healthcare
- Eastern Bay of Plenty Health Alliance
- Family Start
- Health Star Pacific Trust
- Kakano Early Childhood Centre
- Kidz First Children’s Hospital and Community Services
- Kokiri Marae Health & Social Services
- Mana Kidz
- Manaia Health Primary Health Organisation
- Maraeroa Marae Health Clinic Inc
- National Hauora Coalition
- Ngāti Porou Hauora
- Northland District Health Board
- Ora Toa Health Services
- Pacific Health Service Porirua
- Pacific Health Service Hutt Valley
- Penina Health Trust
- Ringa Atawhai Trust
- South Seas Healthcare Trust
- The Fono Health and Social Services
- Tu Kotahi Māori Asthma Trust
- Turanga Health
- Turuki Health Care
- Weymouth Early Discoveries Centre

Kapau ‘oku ‘i ai ha’o fokotu’u fakakaukau ke toe fakalelei’i ‘aki ‘a e fakamatala’ ni pē ko ha’o fiema’u ke ‘oatu e naunau’ ni ma’a’ u, kātaki ‘o fetu’utaki mai ki he info@moh.govt.nz

‘E ma’u atu ha fakamatala lahi ange fekau’aki mo e ngaahi ngāue ‘oku fai ki he faka’ehi’ehi mei’ he mofihui’ (Rheumatic Fever Prevention Programme) mei’ he rheumaticfever.health.govt.nz

Summary of key tips

Following these tips will keep your home warmer, drier and healthier.

- 7** Open your curtains during the day and close them at night.
- 9** Stop cold air getting into your home by stopping draughts around doors, windows and fireplaces.
- 11** Check you have the best heating option for your home.
- 13** Find out if your home is insulated. If it isn't, you may qualify to have insulation installed for free.
- 15** Open your windows (ventilate) for at least a few minutes each day.
- 17** Open windows (ventilate) in the kitchen when you cook, and in the bathroom when you shower or take a bath, to let steam out.
- 19** Wipe off any water that has collected (condensation) on walls and on the inside of windows.
- 21** Dry your washing outside or in the garage or carport.
- 23** Use bleach or white vinegar to remove mould from ceilings and walls.
- 25** Create as much space as possible between the heads of sleeping children.
- 27** Top and tailing – also sometimes called top and toeing – is a good option for creating space between the heads of sleeping children, if your children share a bed or mattress.

