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| Ngaahi Senitā Ki he Ngaahi Tefitoʻi Tauhi Tuʻukimuʻa |
| Tongan | lea faka-Tonga |

* ʻOkú ke fiemaʻu fakavavevave ke sio ki ha toketā?
* Ko e Ngaahi Senitā Ki he Ngaahi Tefitoʻi Tauhi Tuʻukimuʻá (PPCCs) ʻoku nau fai e ngaahi faitoʻo pe tokangaʻi taʻetotongi pe ki ha taha ʻoku lavea pe puke fakatuʻutāmaki.
* ʻE tokoniʻi koe ʻe he kau toketā ʻa e PPCC (Ngaahi Senitā Ki he Ngaahi Tefitoʻi Tauhi Tuʻukimuʻa) ke fai ho faitoʻo ʻa ia ʻokú ke mātuʻaki fiemaʻu fakavavevavé ʻo vave ange ia ʻi he vaʻa fakatuʻupakā ʻa e falemahakí.
* Te nau lava ʻo faitoʻo ʻa e ngaahi faingataʻaʻia ʻoku tō maʻamaʻa pē, ngaahi vela ʻikai ke fuʻu fakatuʻutāmakí, ha mafiunga tāmaki pe ngali kuo fasi ʻa e huí.
* Kapau ʻokú ke lavea pe puke lahi, tā ki he Noa ʻe Tolu (000).
* Kapau ʻoku ʻikai te ke fuʻu fiemaʻu ha faitoʻo fakavavevave, peá ke puka haʻo ʻapoinimeni ki hoʻo toketā angamahení.
* Ko e ngaahi sēvesi ʻoku lava ʻo fai ʻe he PPCC ʻoku kau ki ai ʻa e sivi toto, fakaʻata mo e fāmasií.
* Ko e ngaahi sēvesi ʻa e PPCC ʻoku taʻetotongi ia ki he tokotaha kotoa, tatau ai pē pe ʻoku ʻi ai haʻo kaati Metikea pe ʻikai.
* ʻOku ava ʻa e PPCC ʻi ha ngaahi houa lōloa atu, ʻaho ʻe 7 ʻi he uike.
* ʻOku ʻikai fiemaʻu ia ke ke puka haʻo ʻapoinimeni.
* ʻOku lahi e ngaahi sēvesi PPCCs ʻoku lolotonga lele ʻi he ngaahi feituʻu kehekehe ʻi Vikatōlia kotoa.
* ʻAʻahi ki he Sēnolo "Better Health" ke maʻu ʻa e ngaahi feituʻu ʻoku tuʻu aí mo ha fakamatala lahiange: [www.betterhealth.vic.gov.au/health/servicesandsupport/priority-primary-care-centres](http://www.betterhealth.vic.gov.au/health/servicesandsupport/priority-primary-care-centres)
* ʻOku ʻi ai foki ʻa e kau fakatonulea ʻa e PPCC. Telefoni ki he Sēvesi Liliu Lea mo e Fakatonulea ʻa e TIS National ʻi he 131 450.