

# FAATONUGA O LE PAMUSELA

## MO TAGATA MATUTUA

Faapefea ona faaaogā lau pamusela faatasi ma le fagu (spacer) • Faapefea ona fufulu lau pamusela

SAMOAN

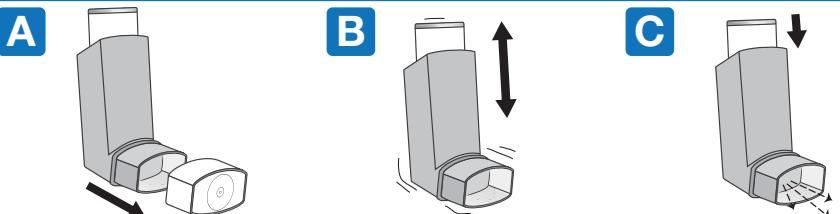
## FAAAOGĀINA FAATASI O LAU PAMUSELA MA LE SPACER

### SAUNIUNIGA O LAU PAMUSELA

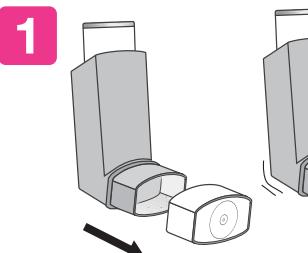
Sauniuni lau pamusela a'o e lei faaaogaina mo le taimi muamua pe e lei faaaogaina foi le pamusela mo le tele o valaso.

Taofi le pamusela agai i luga ma aveese lona momono uga talipefu mai le gutu o le pamusela. Lulu ma oomi fagu vailaau o loo i totolu o le pamusela ma fana faalua agai i le ea aua le sauniuniga o le pamu.

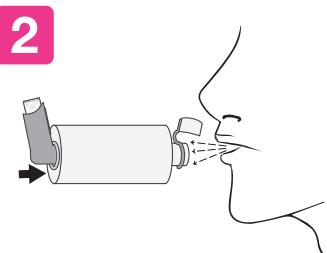
E sili atu ona lelei pe a faaaogā faatasi pamusela ma le fagu (spacer) auā o le a tele ai se vailaau e oo atu i ou māmā nai lo le tulaga e iai pe a faaaogā na o le pamusela. O loo maua spacers e aunoa ma se totogi mai le GP poo le Respiratory Educator. Afai e iai sau spacer, ona faaaogā lea o faatonuga o loo mulimuli mai.



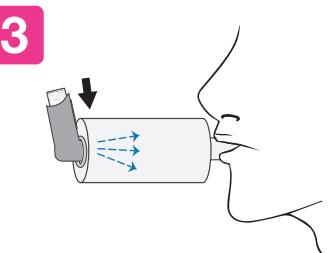
### FAAPEFEA ONA FAAAOGĀ LAU PAMUSELA FAATASI MA LE FAGU (SPACER)



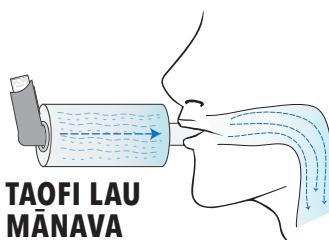
1. Aveese le momono uga talipefu mai le gutu o le pamusela ma siaki le gutu o le pamusela poo mama. Siaki numera o inumaga pe afai o loo i ai i lau pamusela. Ua o omi aina, ona faatoa faaaoga, pe ua umi ona le faaaogaina lau pamusela, ia lulu lelei ona fana faalua lea agai i le ea aveese mai i ou foliga.



2. Tuu i totolu i le pu o loo i le isi itu, feagai tonu ma le gutu o le fagu (spacer) le pamusela. Matuā mānava i fao mai lou gutu.



3. Tuu le gutu o le fagu (spacer) i lou gutu, faeteete tua nei e uina a ia kavaina e ou laugutu le gutu o le fagu (spacer). Ia oomiiha le fagu vailaau o loo i totolu o le pamusela FAATASI ina ia aveese mai ai le feulaga e tasi i totolu o le fagu (spacer).



TAOFI LAU MĀNAVA MO LE 10 SEKONE



AFAI E TE MANAOIA SE ISI FEULAGA, TOE FAI SITEPU 2 E OO I LE 4

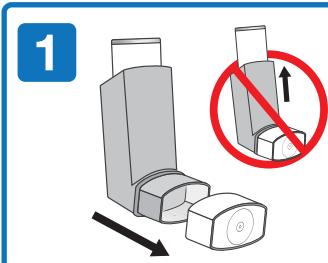
4. Mānava i totolu i lou gutu ona taofi lea o lou mānava mo le sefulu sekone. A o taofi lau mānava, aveese mai lou gutu mai le gutu o le fagu (spacer). Mānava lemu i fao.

**PO'O** lou mānava faalima i le faaono ao i ai le fagu (spacer) i lou gutu. Aveese le fagu (spacer) mai lou gutu ona e mānava lemu lea i fao.

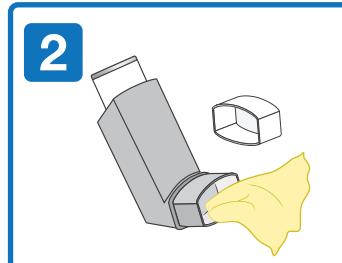
5. Afai e te manaomia se isi feulaga, toe fai sitepu 2 e oo i le 4. Aua nei e faatopetopeina sitepu 2, 3 ma le 4. Manatua ia e lulu lelei lau pamusela i va o inumaga.

### FAAPEFEA ONA FUFULU LAU PAMUSELA

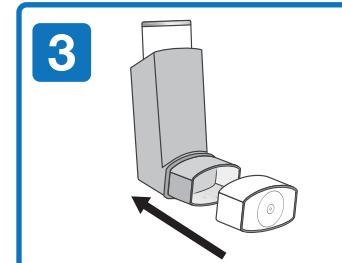
O le vaega uga o lau pamusela e tatau ona fufulu faatasi i le vaiso, ia faaaogāna metotia o loo mulimuli mai:



1. Aveese le momono uga talipefu mai le gutu o le pamusela.



2. O le gutu o le pamusela ma le momono uga talipefu ia solo mama totolu ma fao i se fasiieie mamā ma mago.



3. Toe faamaulu le momono uga talipefu i le gutu o le pamusela.



AUA LAVA NE'I FUFULUINA PE SOKA SOO SE VAEGA O LE PAMUSELA I LE VAI.  
FAUTUAGA VAVE:  
Ia fufulu lau fagu (spacer) i vaiso uma. Faamolemole, tagai ane i faatonuga mo le fufuluina, lena na avatu faatasi ma lau fagu (spacer).