

'Ava malosi i totonu o aai Samoa





Faamatalaga maumaututu

O le a le fua tatau o
le meainu e tasi
(standard drink)?



E eseese ituaiga ava malosi, ma e eseese
fo'i fua ta'itasi. Siaki muamua le
faasinomaga o loo i ai.

I le faasinomaga o loo i lalo ifo, o loo i ai
nisi o faamatalaga e uiga i nei eseese:

Uaina	Pia vaivai	Pia masani	Mea malosi
100mL	425mL	375mL	30mL
13% alc/vol	2.7% alc/vol	3.5% alc/vol	40% alc/vol
			

Aafiaga o lou soifua mai
le 'Ava Malosi.

Vave ona aafia:

- Le lelei le moe
- Faaivaiva
- Faasuati
- Faateleina le popole
- Manu'a gofie
- Faaletonu tulaga faiga aiga

Tulaga faigata:

- Galogalo/le saga tonu le
mafaufau
- Faalagolago i le 'Ava Malosi
- Gasegase tumau o le mafaufau
- Faama'i o le Ate, Kanesa, Fatu
Oso/ Faama'i o le Fatu.

Ia Manatua

- ✓ Ia fai sau taumafataga
- ✓ Taumafa le vai auli faaogatotonu o inuga ava
- ✓ Faitau lelei au ipu 'ava malosi ua uma ona taumafa.
- ✓ Inu faagesegese
- ✓ Ia seti lelei le aofai o au ipu ma ia tumau i ai.

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Faamatalaga Maumaututu

'Ava Malosi i Kuiniselani

- o 1 mai le 5 tagata matutua o loo taumafa 'Ava Malosi le tulaga e aafia ai i ma'i.
- o Ile 2013-2014, e tusa ma le 37,000 tagata na taofia i maota gasegase ona o le "Ava Malosi
- o E latalata i le miliona tagata Kuiniselani na aafia faalavelave ona o le Ava Malosi

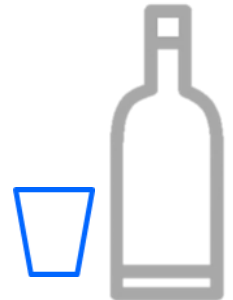


Mo le Saogalemu

- o Taumafai aua nei silia i le 2 ipu 'Ava Malosi (standard drinks) i le aso
- o Tatau ona maua ni aso ole vaiaso e le taumafa ai le 'Ava Malosi
- o Taumafai e aua nei silia i le 4 ipu 'Ava Malosi ise inuga e tasi (single occasion)
- o Tagata lalo ifo 18 tausaga e tatau ona alofia le 'Ava Malosi
- o Faateete le tagofia o le 'Ava Malosi e tina maitaga, tina failele ma pepe, poo tamaitai fuafua ia maua se pepe

O fea e maua ai le fesoasoani?

Ethnic Communities Council of Queensland mo nisi faamatalaga ma fesoasoani, vili le **3844 9166** e talanoa i seisi i lau lava gagana



Alcohol Drug Information Service fmo fesoasoani, nisi faamatalaga, fautuaga, poo se referral mo isi auunaga i Kuiniselani. Avanoa 24 itula ile aso, 7 aso ole vaiaso ile numera vili fua leni: **1800 177 833**.

Metro South Addiction Services is o se auunaga leai se totogi mo tagata, aiga ma faalapopotoga aafia i 'Ava Malosi ma vilaaau eseese. Faafesootai se ofisa lata ane : Inala: **3275 5300** | Logan: **3089 4084** | Bayside: **3825 6060**. A manaomia sau faamatalaupu, vili le **131 450** mo lea auunaga.

The Queensland Network of Alcohol and Other Drug Agencies (QNADA) o se auunaga lea latou te faasino ma fautua tagata i nofoaga e maua ai le fesoasoani i mataupu tau 'Ava Malosi poo fualaa faasaina i totonu o Brisbane. E maua ia faamatalaga mai le latou website . www.qnada.org.au. E iai foi le latou auunaga faamatalaupu pea manaomia.

Sources:

https://www.nhmrc.gov.au/_files_nhmrc/publications/attachments/ds10-alcohol.pdf
https://www.health.qld.gov.au/__data/assets/pdf_file/0022/537052/cho-report-chapter-8.pdf
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