

Oranga Hōtoke

Kia ora tonu i ngā wā o te makariri

I ngā wā o te makariri, ka nui ake te tūpono o te pāngia o te iwi e ngā mate, pēnei i te maremare, te rewharewha, me ētahi atu mate arahau, pēnei i te mare tekekō. Nā tērā, ka kaha atu te tūpono o te urunga mai o ēnei mate ki te kāinga, te wāhi mahi, te kura kōhungahunga, te kōhanga, te kura rānei.

Whakamahia ngā kōrero me ngā tohutohu e whai nei hei whakarite i a koe. Tukua atu ēnei mōhiotia ki ngā kaimahi, ngā whānau, me ngā hapori mā te īmēra, te pae pāhopori, ngā papa pānui rānei.

He kōrero mā ngā kaimahi me ngā whānau



Me wero te hunga e mahi ana, e noho ana rānei i te taha o ngā tamariki ki te rongoā ārai rewharewha hei ārai atu i te pokenga ōna, me ngā tamariki, i te kaha o te tūpono o te pāngia o ngā tamariki e te rewharewha, o te horapa haere hoki o te mate rā.



He utukore te rongoā ārai mare tekekō ki ngā wāhine e hapū ana, ngā tamariki katoa kāore anō kia 18 ngā tau, me ngā pakeke kei waenga i te 45 me te 65 ngā tau. Mēnā kāore koe e āhei ana ki te rongoā ārai mare tekekō utukore, ka taea te hoko.



Aukatia te horapa o te mate i tō wāhi mahi



Me noho ngā tamariki me ngā kaimahi e māuiui ana ki te kāinga.



Me whakamōhio ngā whānau i te take e tamō ana ā rātou tamariki.



Kia rite tonu te horoi i ngā papa ka pāngia nuitia, pēnei i ngā pōrori kūaha, ngā pae mō ngā kai, me ngā wharepaku.



Ki te pai te rerenga o te hau, ka iti ake te huringa o ngā huaketo arahau i ngā wāhi i rō whare e huihui ai, e noho tahi ai te tangata.



Kia kaha te horoi ringa, te uwahi i te mare me te tihe, te mau maruhā hoki mēnā e kōpipiri ana ngā tāngata ki rō whare.



Ngā rongoā hei ārai atu i ngā mate

Mā te whakanui i te tukunga awhikiri e tiakina ai ō tātou hapori i ngā mate i tēnei hōtoke.

Tirohia mēnā rā kua whai awhikiri koe ki healthnz.govt.nz/immunisations. E pai ana mēnā kua mahue tētahi tukunga awhikiri i a koe. He utukore ki ngā tamariki te whai i te nuinga o ngā tukunga awhikiri i mahue, ka taea hoki e ngā pakeke te nuinga te whai. Kōrero ki tō rata kia pai ai te whakariterite.

Ka pai hoki tāu hanga i tētahi hōtaka whaiaro mō te tuku awhikiri mā tō tamaiti ki healthnz.govt.nz/health-topics/immunisations/national-immunisation-schedule

Rewharewha: E wātea ana te rongoā ārai rewharewha i te 1 o Āperira, i ia tau. He utukore ki ngā mea e hapū ana, e pakeke ake ana i te 65 tau, me ērā ka kaha tūpono pāngia e te mate. Tirohia mēnā e wātea ana ki a koe i: healthnz.govt.nz/flu-vaccine

Mare tekekō: Ko te mate tekekō, he mate arahau ka kaha te rere, ka tino kino rawa atu hoki ki ngā pēpi kāore anō kia whai awhikiri. Ko te whai awhikiri i te hapūtanga te ara pai katoa hei tiaki i te pēpi, kia tīmata rā anō tā te pēpi whai awhikiri i te ekenga ōna ki te 6 wiki te pakeke. Kua urutā mai ki Aotearoa te mare tekekō i tēnei wā, nō reira e tika ana kia werohia koe ki te rongoā āraimate.

Karawaka: Kua tino kaha te tūpono o te urutā o te karawaka ki Aotearoa i te tokoiti o te hunga e whai awhikiri ana, i te nui hoki o te horapa o te karawaka i tāwāhi. Ki te kore koe e mōhio mēnā kua whai awhikiri koe, he utukore tā te nuinga whai, me whakapā noa koe ki tō kaiwhakarato hauora. He nui hoki ngā kēmihi e tuku awhikiri ana.

He kōrero anō kei: healthnz.govt.nz/health-topics/immunisations



Rewharewha

Me whai te katoa kua pakeke ake i te 6 marama i te rongoā ārai rewharewha i ia tau.



Mate kiriuhi uakakā

Ka tukua te rongoā āraimate kiriuhi uakakā i te ekenga o te tamaiti ki te 3, te 5, me te 12 marama. He utukore hoki ki ngā tamariki kāore anō kia 5 tau te pakeke.



Karawaka

Me whai ngā tamariki katoa i ngā tukunga e rua o te MMR i te ekenga ki te 12 me te 15 marama. Ina kāore koe e mōhio mēnā kua werohia ō tamariki, me pātai noa tō rata.



Mare tekekō

Me wero ngā pēpi me ngā tamariki ki te rongoā ārai mare tekekō i te ekenga ki te 6 wiki, te 3, me te 5 marama. Ka tukua te āraimate turuki i te ekenga ki te 4, me te 11 tau te pakeke.



Ko te ārai i te weranga whare



Ka kaha te tūpono o te weranga whare i te hōtoke. I ngā tau 10 kua hori, kei te takawā o te 54 ōrau te rahinga ake o ngā

weranga whare i waenga i ngā marama o Mei me Hūrae, i ērā atu marama o te tau.

Ko te take o te nuinga o ēnei weranga whare, ko ngā pūwhakamahana e whakamahia nuitia ana i te hōtoke, arā, ka tata rawa te pūwhakamahana ki ngā mea ka tahuna noatia (pēnei i ngā kaka e whakamaroketia ana), me ngā paraikete hiko ka hē noa iho nei.

Waihoki, neke atu i te 50 ōrau o ngā matenga i ngā weranga whare i taea te papare, he tāngata kua pakeke ake i te 65 tau. Nō reira, anei he tohutohu māmā hei whai i te hōtoke hei tiaki i a koutou ko te whānau.

Hei whakamaharatanga:

- Whāia te ture kia “kotahi mīta i te hīta”, arā, kia kotahi mīta te matara atu o ngā mea katoa i hīta, me ērā atu pūwhakamahana.
- Tirohia te mahana i mua i te moe, arā, tirohia te tika o te haere o te paraikete hiko i mua i te whakamahinga.
- Tirohia te tumere i mua i te tahu ahi, arā, whakapaingia te tumere i mua i te tahunga tuatahitanga o te ahi i te hōtoke.
- Whakawetohia ngā pungarehu ka whiu atu ai, arā, me toutou ki te wai i tētahi pākete maitai.
- Whakapaingia te pūrere whakamaroke kaka, arā, me tango ngā huru kaka i mua i ia whakamahinga.

E tika ana hoki kia whai pūoho auahi ia rūma moe, ia nohomanga, me ia kauhanganui. Mā tērā koe e whakaohiti wawe kia pai ai te puta i te whare.



Mō te toro whare haumanu i muri i ngā hāora mahi, whare haumanu ohotata rānei

Ina mate koe ki te whai āwhina ohotata, ā, kāore tō rata i te wātea, kāore rānei ō rata, mā ngā After Hours Medical Centres me ngā Urgent Care Clinics koe e āwhina. Ehara i te mea me whai tāpuinga, engari ka mate pea koe ki te tatari. I te nuinga o te wā, he utukore ngā ratonga ki ngā tamariki kāore anō kia 14 te pakeke. He iti ngā utu o te nuinga ki te hunga whai kāri ratonga hauora. Ka kitea ngā wāhi o ngā whare, me ngā utu i te [paetukutuku o Healthpoint](#).

Me he ohotata, waea ki 111.

He āwhina anō?

He utukore te waea ki Healthline, i te ao, i te pō, 0800 611 116. Kōrero ki tō rata arowhānui, tō mātanga taka rongoā, tō kaiwhakarato hauora Māori, tō whare hauora Moana-nui-a-Kiwa rānei.

Health New Zealand
Te Whatu Ora