

teia rāi, i runga i teta'ī tamaiti maki, me kore ra, i teta'ī tangata mama'ata. Ka tupu te pupū ki runga i teta'ī 'ua atu ngā'ī o te kopapa, māri ra, 'auraka e tiaki kia kitea roa 'ia, i mua ake ka kimi rapakau'anga ai. Mei te 'okota'ī i roto i te toru tangata, te ka tū'ia i te maki meningococcal, kare e pupū.

## Rave viviki

**Me kua tū'ia koe, me kore ra, teta'ī i roto i to'ou ngutu'are tangata, ki teta'ī o te au 'ākairo-maki tei 'akapapa'ia ki roto i te kapi i mua ake nei, me kore ra, kua tere atu, 'anga'anga viviki.**

- Tāniuniu viviki i teta'ī taote, puna rapakau'anga, te puna no va'o ake i te ora 'anga'anga, me kore ra, i te Healthline (0800 611 116) – noātu i te mārāma, me kore ra, i te po.
- 'Akakite atu i te au 'ākairo-maki.
- Me te tarotokakā ra koe e, ko te maki meningococcal, 'auraka e matakū.
- Mārō atu kia rapakau viviki 'ia.
- Noātu e kua 'ākara'ia ana teta'ī tangata e teta'ī taote, e tau kia 'ākara meitaki 'ia.
- Me 'ākara 'aka'ou'ia e teta'ī taote, 'akapāpu meitaki, kia takataka meitaki te 'iku'iku'anga no to'ou tuātau no te 'oki atu, me kore ra, no te tāniuniu tauturu 'inangaro viviki 'ia. Pati atu kia tātā'ia teia au 'iku'iku'anga ki raro.
- Me te kino atu ra, 'oki viviki atu ki ko i teta'ī taote, me kore ra, ki te 'aremakī. 'Akakite atu ki te aronga rapakau, me kua kai/pātia antibiotics takere taua tangata, i te mea e, ka ārai pa'a teia i te au 'ākairo-maki.
- 'Auraka e 'akaruke i te tangata maki, koia anake 'ua.
- Me e mea tupu po'itirere, tāniuniu i te numero 111 ma te pati atu no teta'ī ambulance.

## Te pātia'anga vairākaupāruru, no te maki meningococcal

**Te vai nei te vairākau-pāruru no te aronga te 'irinaki'ia nei e, ka kino.**

Kua tutaki takere 'ia te vairākau-pāruru no te au pupu A, C, W e te Y, no:

- Te aronga piri-vaitata ki te maki meningococcal o teta'ī 'ua atu turanga meningococcal (A, B, C, W me kore ra, Y).
- Te aronga tei tū takere 'ia ana i te maki meningococcal.
- Te aronga te 'irinaki'ia ra e ka tū'ia i te maki meningococcal, no te mea, kāre e mātūtū ana to ratou turanga tamaki i te maki, no runga i to ratou maki takere.
- Te māpu tamariki, mei te 13-25 mata'iti, te ka no'o, me kore ra, te no'o nei ki roto i teta'ī 'āpi'ī (boarding school), hostel, me kore ra, ngutu'are o te 'āpi'ī tuatoru, to te va'e'au (military barracks), me kore ra, te 'are tāpeka'anga.

Kua tutaki takere 'ia te vairākau-pāruru no te turanga B, no:

- Te aronga piri-vaitata ki te maki meningococcal o teta'ī 'ua atu pupu meningococcal (A, B, C, W me kore ra, Y).
- Te aronga tei tū takere 'ia ana i te maki meningococcal.
- Te aronga te 'irinaki'ia ra e ka tū'ia i te meningococcal B, no te mea, kāre e mātūtū ana to ratou turanga tamaki i te maki, no runga i to ratou maki takere, e pērā katoa te turanga immunocompromised.
- Tei roto takere te tamariki e tae atu ki te 12 marama, i te porokarāmu pātia'anga vairākau-pāruru no te tamariki.
- Te aronga mei te 13 ki te 25 mata'iti, te tomo atu nei ki roto, me kore ra, tei roto i to ratou mata'iti mua no te ora'anga piri-vaitata.
- Te tamariki mei te 13 ki te 59 marama (e tae rava atu ki te rā 31 o 'Āukute, i te mata'iti 2025).



**No teta'ī atu 'akakitekite'anga no runga i te pātia'anga vairākau-pāruru no te maki meningococcal**

- komakoma atu ki to'ou Taote, nēti, me kore ra, puna rapakau'anga
- tāniuniu i te Healthline ki runga i te numero 0800 611 116
- [immunise.health.nz/meningococcal](https://immunise.health.nz/meningococcal)

## Ka 'aere ki 'ea no te arataki'anga no runga i te maki meningococcal

**Me te 'inangaro ra koe i te kite i teta'ī atu no runga i te maki meningococcal, komakoma atu ki to'ou taote, nēti, me kore ra, puna rapakau'anga. Me kore ra, 'ārāvei atu i to'ou public health service.**

**No te arataki'ana i va'o ake i te ora 'anga'anga (24 ora i e rā), tāniuniu i te Healthline ki runga i te numero (0800 611 116)**

Health New Zealand  
Te Whatu Ora

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## Te Maki Meningococcal (Meningococcal Disease)

**Kia kite koe i te au 'ākairo-maki**

**'Auraka e tiaki - kimi'ia te tauturu**



**E mea pu'apinga kia kite koe i te au 'ākairo, e te au 'ākairo-maki o te maki meningococcal, ma te kimi viviki atu i te arataki'anga, no runga i te rapakau'ia'anga, me te manatā ra koe.**



# Te Maki Meningococcal (Meningococcal disease)

## Ka 'akatupu'ia te maki Meningococcal, e teta'i manumanu, e ka 'akatupu teia i teta'i nga maki kino e rua:

- **Te Meningitis**  
(e 'akamaki'anga i te au mero o te roro)
- **Te Septicaemia**  
(te poitini'anga i te toto)

E ma'ata atu te aronga te ka mate mei te septicaemia, i te meningitis.

E ma'ata 'ua atu te au tu manumanu meningococcal, tei roto i teia te A, B, C, W e te Y. E 'akatupu'ia ana te ma'ata'anga o te maki i roto i Aotearoa, e te pupu B.

**Ka 'akamata viviki te maki Meningococcal – ka 'āpikēpikē maki teta'i aronga, i roto i teta'i 'ua ake nga ora e rua.**

## Te maki

Ka tupu mārie pa'a te maki na roto i te 'okota'i, me kore ra, i teta'i nga rā e rua, me kore ra, ka tupu viviki na roto i teta'i 'ua nga ora e rua. Ka rauka teia kia rapakau'ia e te antibiotics, māri ra, e mea pu'apinga kia rapakau viviki'ia. Mei te flu, me kore ra, i teta'i mare rāi, te 'ākara'anga o te maki meningococcal, inārā, ka kino viviki. I teta'i au taime, ka 'āpikēpikē maki teta'i, e ka meitaki 'aka'ōu, i mua ake, ka kino ei te maki, e ka tupu viviki.

**Kāre e rauka te maki Meningococcal kia apakau'ia ki roto i te ngutu'are – e mea pu'apinga, te kimi viviki i te tauturu.**

Ka 'āiteite 'ua te 'akairo-maki o te maki meningococcal, ki teta'i atu au maki rikiriki, te ka meitaki me kāre e rapakau'ia. Kāre e rauka te maki Meningococcal kia rapakau'ia ki roto i te ngutu'are – e mea pu'apinga, te kimi viviki i te tauturu.

Me te manatā ra koe, e kua tū'ia teta'i i te maki meningococcal, tāniuniu'ia to'ou Taote, te Healthline (0800 611 116) me kore ra, i te puna no te ora i va'o ake i te ora 'anga'anga, kia 'ākara viviki 'ia. Me kāre e rauka teta'i tuātau no'ou, 'apaina'ia ratou ki ko i te Emergency Department o te 'aremaki waitata rava atu kiā koe, me kore ra, tāniuniu'ia te numero 111.

Me e metua koe, me kore ra, e tangata 'akono i teta'i atu, e tau i reira, kia irinaki koe ki to'ou ngākau – ko koe te tangata te 'irinaki'ia nei, te ka kite e, te kino atu ra te maki o ta'au tamaiti ki tei mātau'ia, e te kino viviki atu ra ratou. Me kāre atu a'au rāvenga no teta'i tauturu, tāniuniu i reira i te numero 111 no teta'i ambulance.

## Ko'ai te 'ēkōkō'ia nei, te ka kino?

Ka tutuki te maki Meningococcal i teta'i 'ua atu. Inārā, ko te au pēpē, te tamariki tei raro ake i te 5 mata'iti, te māpu tamariki, e te au māpu te no'o ki roto i te au ngutu'are no te au tauira 'āpi'i tuatoru, me kore ra, te tāra'u ngutu'are ra, te 'ēkōkō'ia nei, te ka kino, e, e tau kia pātia'ia ki te vairākau-pāruu. Ka tū'ia te tangata i teta'i 'ua atu tuātau o te mata'iti, māri ra, e tupu putuputu ana i te tuātau paroro, e te tuātau 'akaa'u.

Ko te au pēpē pouroa tei raro ake i te 'okota'i mata'iti, e te tamariki Māori, e to te Moana-nui-o-Kiva, tei raro ake i te 5 mata'iti, te mea 'ēkōkō rava'ia. Ka kake atu te 'irinaki'anga no teta'i tangata tei tū'ia i te maki, me te 'akaea ra i te aua'ava'ava, te no'o ra ki roto i teta'i ngutu'are apiapi, me kore ra, kua tū'ia e teta'i atu maki 'akaea, mei te flu, no reira, tāmanako i te pātia'ia'anga ki to'ou, e ta'au tamariki ki te pātia flu, na roto i te au mata'iti tātakita'i.

## Te pāruu'anga

**Mei te toto'a'anga'ia te 'ūpē, te rāvenga toto'a'anga i te maki meningococcal – na roto i te mare'anga, e te maretī'a'anga.**

I te ma'ata'anga o te taime, e no'o ana te manumanu ki muri i te putāngi'u, e te karaponga, e kāre e toto'a'ia ana ki teta'i atu. Kāre e roa ana te ora'anga o te manumanu, i va'o ake i te kopapa, no reira, e ākā 'anga'anga te toto'a'anga i te maki na roto i te 'iti tangata. Te 'irinaki'ia nei e, ka toto'a'ia te maki Meningococcal na roto i te aronga te no'o kāpiti ra ki roto i te ngutu'are, me kore ra, te no'o piri-vaitata ra.

Ka tauturu te au taka'anga māmā 'ua, mei te ārai'anga i to'ou putāngi'u, me kore ra, i to'ou va'a, me maretī'a, me kore ra, me mare koe, e te 'ōrei'anga, e te tāmarō'anga i to'ou rima, i te 'akatopa mai i te toto'a'anga i te manumanu. Kopae i te tu'a'anga i te au mea e 'uāvare to runga, mei te au mōina vai inu, te 'inu parai va'a, me kore ra, i te 'ava'ava-uira.

## Te au 'akairo, e te au 'akairo-maki

Kāre pa'a te au 'akairo-maki o te maki meningococcal e kitea pouroa'ia i te taime 'okota'i. Kua mātau 'ua tatou i teta'i au 'akairo-maki, mei te pīva. Kimi viviki i te tauturu, me kite koe i teta'i kā'iro'anga o te au 'akairo, e te au 'akairo-maki e āru mai nei. Tāniuniu'ia to'u Taote, Healthline (0800 611 116) me kore ra, i te puna no va'o ake i te ora 'anga'anga. Me kāre e rauka teta'i tuātau no'ou, 'apaina'ia te tangata ki ko i te Emergency Department o te 'aremaki waitata rava atu kiā koe, me kore ra, tāniuniu'ia te numero 111.

**E ma'ata te au 'akairo-maki o te maki meningococcal. Tei roto i teia:**

- te vera
- te ānini mimiti
- te ngaro'anga manako
- te varevareā moe
- te mamae pa'upa'u'anga, e te mamae uaua.

**Te vai katoa ra, teta'i au 'akairo-maki takataka meitaki, mei te:**

- pupū
- te kakī māro
- te rekakore i te/te kino ki te au mōri kakā
- te ruaki'anga
- te aue'anga
- kāre e 'inangaro i te kaikai (te au pēpē)
- te puena'anga pa'a o te ngā'i paruparu o te katu o te pēpē
- te maki-'uti.

Ka anuanu pa'a nga rima, e nga tapuae vaevae o te pēpē, ka topatapata te kopapa, e kāre e 'inangaro i te kaikai. Ka varevareā moe pa'a te aronga mama'ata, ka ngaro te manako, taukore o te 'akono'anga, me kore ra, ka matapoiri'ia.

E 'akairo manatā ma'ata, te topatapata muramuravare' au, me kore ra, te uri-kerekere, kāre e ngaro me taomi'ia ki te karāti. Tāniuniu viviki no teta'i ambulance, me kitea'ia teta'i pupū mei