

He pepa pārongo mō te mate karawaka

Ko te mate karawaka he mate kino rawa mōu, mō tō whānau, mō te hapori whānui hoki, e haria ai ētahi ki te hōhipera, e mate ai rānei. Ko tā te mate karawaka he whakangoikore i te pūnaha ārai mate o te tangata, ā, he pānga roa tōna ki te hauora. Ko te mate karawaka he mate rere noa ki te tangata kāore e whai awhikiri ana.

Ko te werohanga tētahi tikanga mō te katoa e ora ai ngā hapori puta noa i Aotearoa; ā tātou pēpi, ā tātou mokopuna, ō tātou kaumātua, me ō tātou whānau e pāngia ana e ngā mate huhua.

Ahakoā mōu, mō tangata kē atu, mō te aukati i te horapa haere i te hapori whānui e pā kinotia ai te hauora, mō te noho haumarua rānei o te whānau, koinei te pai hei tautoko i te anamata o te Māori.

“Mā te rongō, ka mōhio,
Mā te mōhio, ka mārama,
Mā te mārama, ka mātau,
Mā te mātau, ka ora.



Ko te tiaki i taku hauora me te hauora o taku whānau me te hapori i te mate karawaka. Kua whai awhikiri au i te mate karawaka?

Ka kīa kua whai awhikiri koe i te mate karawaka mēnā:

- kua pāngia kētia koe e te mate karawaka i mua, TĒNĀ RĀNEI
- i werohia koe ki ngā rongoā ārai mate karawaka e 2 i muri i tō ekenga ki te 12 marama (arā, ko te rongoā ārai karawaka, repe hūware pupuhi, karawaka Tiamana (MMR) tērā).

Mēnā i whānau mai koe, kua noho rānei koe ki Aotearoa nō mua i te tau 1969, kua whai awhikiri pea koe i te mea katoa pea te motu i pāngia ki te mate karawaka i tērā wā. Mēnā i te noho koe ki whenua kē i mua i te tau 1969, me tono atu koe ki tō kaiwhakarato hauora e mōhio ai koe.

He mea nui kia mōhio kua whai awhikiri koe, kia mau pepa whakamana i tō hauora, pēnei i te pepa whakamana i ō werohanga ki te rongoā ārai mate, ki ngā pūrongo whakamātau hauora rānei, hei whakapūmau i tō mōhio. Mō ētahi atu whakamārama mō te whaiwhai i tō mōhio kua whai awhikiri koe, toro atu ki info.health.nz/measles-immunity



Taha Tinana – ngā tohumate o te mate karawaka

Ka hua mai ngā tohumate o te mate karawaka i te 7 ki te 21 rā i muri i tō pā atu ki te tangata kua pāngia ki te mate karawaka, i te nuinga o te wā ia ka puta i te 10 rā.



He kōpukupuku
pūwherowhero



He kirikā



He kanohi waiwai,
māngeongo



He mare



He ihu hūpē

Ko ngā tohumate ka wawe mai he pērā ki ērā atu mate arahau (whurū), pēnei i te Kowheori-19 me te rewharewha.

Mō te mate karawaka, me mataara rawa ki te kōpukupuku ka puta i te 3 ki te 7 rā i muri i ērā atu tohumate. Kōpukupuku ai te kanohi ka tahi, kātahi ka kapi te toenga o te tinana. Ina kirikā koe, he kōpukupuku rānei ōu, ā, kāore ō awhikiri mate karawaka (kāore rānei koe i te mōhio), whāia ngā tohutohu kei te wāhanga rapu āwhina hauora.



Ko te rapu āwhina hauora

Mēnā e whakapae ana koe kua pāngia koe, ko tētahi rānei o tō whānau e te mate karawaka, me noho koe ki te kāinga, me wawe te waea atu ki tō GP, ki tō tākuta, ki tō kaiwhakarato hauora rānei, me waea koreutu atu rānei ki Healthline 0800 611 116, ahakoa te hāora o te rā, 24/7. **Ina tūpono ohotata, waea atu ki 111.**

He mea nui kia waea atu koe ki te kaiwhakarato hauora i mua i tō haerenga atu ki a ia kia pai ai tana whakahaumaru i ētahi atu kei māuiui. I a koe i reira, me mau maruhā tukutahi e hīpoki ana i tō ihu me tō waha ā, wehe noa.



Kaitiakitanga – Me pēhea taku tiaki i taku whānau me taku hapori? Ka pēhea te horapa o te mate karawaka?

He tere te horapa o te mate karawaka ki te hunga kāore anō kia whai awhikiri. Ka rere te mate karawaka i te tangata kua pōkea nōna ka kōrero, ka tīhei, ka mare, i mua i te aroaro o ētahi atu. Ka pāngia hoki pea te tangata ka kuhu atu ana ia ki te rūma i reira tētahi e pōkea ana e te mate karawaka. Ka taea e te kotahi te mate karawaka te tuku ki te 18 tāngata.

Ka taea e te tangata e pōkea ana e te mate karawaka te mate te tuku ki tangata kē, kāore anō pea ia kia mōhio kua pōkea ia. He pēnei te tikanga mō te whā rā no mua i te putanga mai o te hāhāki, pau ana ngā rā e whā nō muri i te ngarohanga o te hāhāki.



Tiakina te whānau. Ko wai ka tino māuiui ina pāngia e te mate karawaka?

Mō ia tokotoru e pōkea ana e te mate karawaka ko te kotahi ka hāria ki te hōhipera. Ahakoa e kore e mōhiotia ko wai ka pēnei, ko ētahi ka māuiui rawa ina pāngia rātou e te mate karawaka. Ko te hunga pēnei i ēnei:

- he tamariki kāore anō kia 5 tau, inā koa ko ngā pēpi me ngā mokopuna kāore anō kia 12 marama
- he tangata e ngoikore ana te pūnaha ārai mate, tae atu ki ngā māmā e hapū ana me ngā māmā kāore anō kia pau te ono wiki i muri i te whānautanga (ki te pāngia koe e te mate karawaka i a koe e hapū ana, ka tino māuiui pea koe, ā, ka tūkinotia hoki pea tō pēpi).

he nui ake te tūpono ka hāria ērā o te iwi Māori me ngā iwi o Te Moananui-a-Kiwa ki te hōhipera ko te mate karawaka te mate.



Ka ahatia ina pāngia au e te mate karawaka?

Ina pāngia koe e te mate karawaka, me noho taratahi koe (arā, me noho ki te kāinga) kia eke ki te whā rā i muri i te hua mai o te hāhāki. Mā konei e āraia atu ai te horapa o te mate karawaka ki tangata kē. I te mea he kotahi wiki, he rua wiki rānei te roa o te mate, kāore pea koe e rongō i te ora, i tō rite kia hoki ki ngā mahi o ia rā pēnei i te mahi, i te kura, i te mutunga o tō noho taratahi. He mea nui te whakawātea i a koe kia piki mai ai te ora.

Ka whakapā atu tō ratonga hauora ā-rohe ki a koe, hei hoatu kōrero, kupu tautoko ki a koe. Ka pēnei:

- ka mātai i ō tohumate me tō hauora
- ka uia koe mō ngā wāhi i haere ai koe me te hunga i noho tahi ai koe i a koe te āheinga tuku i te mate karawaka

ka whakamōhio atu ki a koe me aha ki te kino ake ō tohumate.



Ka ahatia ina pātata au ki te tangata kua pāngia e te mate karawaka?

Ina pātata koe ki te tangata kua pāngia, ka kīia pea koe he 'pāpātanga tata', he 'pāpātanga hauiti' rānei. He nui ake te tūpono ka pāngia te pāpātanga tata e te mate karawaka. Kei te āhua o tō whai awhikiri ki te mate karawaka, te nui o ō werohanga rongoā ārai mate, te kore rānei ōu e whai awhikiri te tikanga me whai e koe.

Ka whakapā atu tō kaiwhakarato hauora ki a koe me te hoatu kupu tautoko, whakamārama mō ngā tikanga me whai e koe. Ka tirotirohia e rātou ō pūrongo hauora, ka tono pea i a koe kia haere kia tīpakohia he toto e mōhiohia ai mēnā kua whai awhikiri koe mō te mate karawaka.

Mēnā kāore anō koe kia whai awhikiri, ka pāngia pea koe e te mate karawaka, ka tukua rānei e koe ki tangata kē. Me mātua noho taratahi koe (me noho ki te kāinga) hei kaupare i tō āhei tuku i te mate karawaka ki tangata kē.

Mēnā kotahi noa tōu werohanga ki te rongoā ārai mate karawaka ka kīia koe he tangata **kāore anō kia mutu te werohia, arā, kāore anō kia toka te whai awhikiri mō te mate karawaka**, ā, ka pāngia pea koe, ka tukua rānei ki ētahi atu. Me mātua:

- noho tawhiti atu i ngā wāhi e tere ai te horapa o te mate karawaka, pērā i te kaiwhakarato hauora, i ngā kura me ngā puna kōhungahunga
- noho tawhiti atu i te hunga ka pāngia kinotia e te mate karawaka (pānuihia te wāhanga ko wai ka tino māuiui ina pāngia e te mate karawaka? i runga ake nei)
- mataara ki ngā tohumate o te mate karawaka, ā, ki te hua mai he tohumate, he tohu pea tērā kua pāngia koe e te mate karawaka, me mātua (noho taratahi) noho ki te kāinga, kimi tohutohu hauora ai.

Mēnā kua **whai awhikiri** koe e kore pea koe e pāngia e te mate karawaka, e tuku rānei i te mate ki tangata kē, e pai ana tō hāpai ake i ngā mahi o ia rā, pēnei i te mahi me te kura, mēnā e ora ana tō mauri. Ki te hua mai he tohumate o te mate karawaka, me noho taratahi (noho ki te kāinga), whai ai i ngā tohutohu o te wāhanga ko te rapu āwhina hauora i runga ake nei.



Me ora te whakapapa – Ko te wero ārai mate he tiaki whakapapa

Mō te tangata, mā te werohia ōna ka pakari te āhei o tōna tinana ki te patu i ngā pokenga pēnei i te mate karawaka. Mā te wero ārai mate ka iti iho te tūpono pokea, ka iti iho te āheinga tuku i te mate, me te kaupare anō i te tipu o te mate hei urutā. Ka nui te hunga e werohia ana, ka tipu he ārai mate ā-hapori. Mā te āheinga ārai mate ā-hapori e tiakina ai ō tātou whānau, ā tātou tamariki, me tō tātou anamata.

O te hunga kua werohia ki ngā rongoā ārai mate karawaka e rua (arā, ko te rongoā ārai karawaka, repe hūware pupuhi, karawaka Tiamana (MMR) tērā) i muri i te ekenga ki te 12 marama, 99% ka whai awhikiri, e kore e pāngia, e kore hoki e tuku i te mate.

- Ko te nuinga o ngā pēpi ka werohia ki te rongoā ārai MMR tuatahi kia eke ki te 12 marama, ko te tuarua ka whai hei te ekenga ki te 15 marama. Ko te werohanga o tō pēpi i te wā tika te ara pai katoa hei tiaki i a ia.
- He **koreutu** te wero ārai MMR mō te hunga kāore anō kia 18 tau te pakeke, me te hunga e koni atu i te 18 tau te pakeke mēnā kua whakaaetia te whiwhi i ngā ratonga hauora koreutu o Aotearoa. Mō ngā kōrero e pā ana ki ngā ratonga hauora koreutu, me toro atu ki [Get publicly funded health services | New Zealand Government](#).
- Mēnā he mate tōu e ngoikore ai tō pūnaha ārai mate, me kōrero ki tō kaiwhakarato hauora e mōhiotia ai mēnā e tika ana te wero ārai mate MMR mōu.
- I a koe e hapū ana kāore e tika ana tō werohia ki te rongoā ārai MMR, engari e pai ana tō werohia ki te wero ārai MMR i muri i te whānautanga, i a koe e whāngote ana anō hoki. He mea nui kia mōhio koe kua whai awhikiri koe, mēnā e whakaaro ana koe ki te whakawhānau pēpi.
- Mēnā kāore koe e mōhio mēnā kua rua ō werohanga mō te mate karawaka, e tika ana ki werohia anō koe ki te wero ārai MMR (e pai ana kia whai horopeta anō koe).

Mō ētahi atu kōrero mō te wero ārai MMR, toro atu ki info.health.nz/MeaslesVaccine

Ko te werohanga tētahi tikanga mō te katoa e ora ai ngā hāpori puta noa i Aotearoa; ā tātou pēpi, ā tātou mokopuna, ō tātou kaumātua, me ō tātou whānau e pāngia ana e ngā mate huhua.

Ahako māu, mō tangata kē atu, mō te aukati i te horapa haere i te hāpori whānui e pā kinotia ai te hauora, mō te noho haumaruru rānei o te whānau, koinei te ara pai hei tautoko i te anamata o te Māori.

E werohia ai koe, whakapā atu ki tō GP, ki tō tākuta, ki tō kaiwhakarato hauora rānei, waea koreutu atu rānei ki te Vaccination Helpline 0800 28 29 26 (mai i te 8.30 i te ata ki te 5.00 i te ahiahi, Mane ki te Paraire) – kei tēnei ratonga ōna kaiwhakamāori, ā, he kaitakawaenga Māori, he kaitakawaenga hauā e wātea ana ki a koe, ko te NZ Relay anō hoki e wātea ana.

Kia tāpuia tō werohanga, toro atu ki info.health.nz/bookavaccine. He maha ngā whare tuku rongoā ka taea tō werohia ki te rongoā ārai MMR ki reira, ā, ko ētahi anō hoki ka wero i ngā tamariki. Ko ēnei kaiwhakarato kei healthpoint.co.nz/immunisation e takoto mai ana.



Mō ētahi atu kōrero:

- Toroa te paetukutuku Health New Zealand | Te Whatu Ora info.health.nz/measles
- He ratonga koreutu te NZ Relay Service, kei nzrelay.co.nz, mēnā he tangata Turi koe, he taringa āhua turi ōu, he tangata turi matapō koe, he ārai whakaputa kupu rānei ōu.
- Waea atu ki Healthline 0800 611 116 ahako te hāora o te rā 24/7 mō ētahi tohutohu hauora kore utu, me ētahi mōhiotanga hei ārahi i tō ara whakamua. E wātea ana ki a koe he kaimātai hauora Māori ki te waea koe i waenga i te 8am me te 8pm. He ratonga whakawhiti reo, NZ Relay Service hoki e wātea ana ki a koe.
- Mō te hunga e noho ana, e toro ana rānei ki tuawhenua, whakapā atu ki tētahi tākuta mahi pō kei Ka Ora Telecare 0800 2 KA ORA (0800 252 672), kei www.kaora.co.nz rānei.
- He waea motuhake mō te hunga hauā e wātea ana i te Mane ki te Paraire, mai i te 8.00am ki te 5.00pm. Waea koreutu ki 0800 11 12 13, tukua rānei he kuputuhi ki 8988 mō ētahi kupu āwhina, whakamārama, me toro rānei i a healthpoint.co.nz/disability-helpline