

# Te mare tekekō

Ko te mare tekekō (pertussis) he mate kino e mau roa ai te maremare, ka tere horapa ki te tangata. Ko te oka ārai mate te kaupare pai katoa mōu, mō tō whānau i tēnei mate – mātua rā mō te tangata hapū, mō te pēpi, mō te tamaiti me te pakeke ka pāngia kinotia e te māuiui.



## Ko ngā tohu me ngā tohumate – ngā āhuatanga ka kitea, ka rangona

Ko te mare tekekō he mate e hē ai te manawa, e kino ai te maremare. Ka hia wiki, hia marama pea te roa o te maremare, e kīia ai he 'maremare 100 rā'.

Ko ngā tohumate o te mare tekekō ka puta i te ekenga o te kotahi wiki nō muri i te pokenga o te tangata. Ko ngā tohumate tōmua o te mare tekekō he rite nei pea ki te rewharewha. Koinei te wā e kaha ana tō āheinga tuku i te mate.

### Ko ngā tohumate he āhua rite pea ki te rewharewha, arā:

- te ihu puni, te ihu hūpē rānei
- te tīhei
- te kirikā
- te maremare e hukihuki ai te tinana.

### Pau ana pea te wiki, ko ngā tohumate he:

- maremare roa kāore e pau mō ētahi meneti
- maremare kino e ruaki ai te tangata, e tirehe ai rānei
- hūpē kukū tonu e ruaki pea ai te tangata, e rāoa rānei ai ia.

I ōna wā ka 'ūpē' te tangata ka hāhā haere ana, kātahi te maremare ka hoki mai. He tohu tēnei o te mare tekekō ka kaha te puta mai, engari kāore pea e rangona e te taringa.



## Ko te rapu āwhina hauora

Ki te toko ake te whakaaro kua pāngia koe, tētahi rānei o tō whānau e te mare tekekō, kia tere te whakapā atu ki tō rata, ki tō ratonga hauora rānei. Ka meatia pea he tēhi e kitea ai tō pāngia rānei e te mare tekekō.

**Ki te pokea koe, tō tamaiti, tētahi atu rānei e tiakina ana e koe e ēnei tohumate e whai ake nei, he mate ohotata tēnā – waea atu ki III ka tonoa mai he waka tūrora, me tere rānei ki te taiwhanga ohotata hōhipera (ED) e tata ana ki a koe. Ko ngā tohumate ko:**

- te rongō i te māuiui
- te hēmanawa
- te maremare kia roa, kia ruaki ai
- te mauri kore o te kanohi, te kore rānei o te hā, te kaha rawa o te maremare.

He mate nunui rawa te mare tekekō mō te pēpi, ka mau pea ia ki te hōhipera.



## He tohutohu mō ngā mātua ake

He mate nunui rawa te mare tekekō mō te pēpi, mō te tamaiti hoki, mātua rā mō te tamaiti kāore anō kia 12 marama. Ko te haurua pea o ngā pēpi ka poka e te mare tekekō i mua i te paunga o ngā marama 12, ka mau ki te hōhipera. Ka tahi, ka rua pea o te kotahi rau pēpi ka mau ki te hōhipera, ka mate i te mare tekekō.

He maha ngā pēpi ka poka e te mare tekekō nā te whānau i tuku ki a ia — i ōna wā ka pāngia i mua i te ekenga ki te pakeke hei reira e okaina ai (i mua i te ono wiki te pakeke).

Mēnā ka pāngia tō pēpi, tētahi pēpi rānei e tiakina ana e koe e te maremare, ka:

- kore pea e kai
- hēmanawa, ka mutu pea te hā o te manawa, ka mauri kore rānei
- pērā rawa te kaha o te mate e tika ana kia haria ki te hōhipera pāngia ruatia pea e tētahi mate nunui pērā i te pūkahu kakā, i te mate roro rānei.



## Ka pēhea au ina pāngia au e te mare tekekō?

Ki te pāngia koe e te mare tekekō:

- ka tūtohua atu pea he rongoā paturopi me i wawe rawa tō tirohia — me mātua pau katoa ngā rongoā kua hoatu ki a koe, hei patu i ngā kitakita, hei whakaiti i te tūpono tuku i te mate
- mā tō ratonga hauora e whakamārama atu me pēhea tō tiaki i a koe anō, i ō tamariki, me ērā atu kei te tiakina e koe i te kāinga, i a koe, i a rātou rānei e whakaora mai anō ana.

Ki te tōmuri tō tirohia mō te mare tekekō, kāore pea e tukua he rongoā paturopi ki a koe. He mimiti nō te āheinga poke e pērā ai, he kore hoki nō te rongoā paturopi e whai hua.

Ea ana te pokenga ōu e te mare tekekō, ka roa pea kia ora mai anō koe - mō ētahi tāngata, ka hia marama pea kātahi anō ka ora mai anō. Ahakoa ngaro pea te maremare, haere nei ngā wiki, ka hoki mai pea te maremare kino ki te pāngia anō koe e tētahi atu mate arahau.

Ko ngā pēpi (kāore anō kia 12 marama te pakeke) kua pāngia e te mare tekekō, ka mau pea ki te hōhipera. Ki te mau tō pēpi, tētahi pēpi rānei e tiakina ana e koe ki te hōhipera, ka rāhuitia pea ia ki tōna ake rūma. He tikanga aukati tēnei i te horapa o te mate ki ētahi atu tūrora.



## Te horapa haere o te mare tekekō?

He māmā kia horapa te mare tekekō ki tāngata kē, mā te mare noa me te tīhei e tuku. Ki te pāngia tētahi tangata e te mare tekekō, ka kotahi wiki te roa o te āheinga tuku i te mate nō mua i te putanga mai o te maremare, o te tohumate rewharewha nei, ā, ka mau tonu te āheinga tuku mō te toru wiki nō muri i te putanga o te maremare. Koinei te wā ka horapa haere te mare tekekō ki ētahi atu tāngata.

E iti iho ai te āheinga tuku i tētahi mate pēnei i te mare tekekō, taupokina te waha me te ihu ka maremare ana, ka tīhei ana, ā, me porowhiu ngā tīhū paru, ka horoia ai ngā ringaringa, ka āta whakamaroketia ai.



## Te Aukati Mate

Ko te tiaki pai rawa atu mō koutou ko tō whānau e kore ai e pāngia e te mare tekekō, ko te haere kia okaina rawatia.

**Mō te tangata kua hapū:** e tika tonu ana kia okaina koe i a koe e hapū ana, he tautiaki i tō pēpi kia kore ai ia e mate ā, eke noa te wā e tika ana kia okaina ia, arā, hei te ekenga ki te ono wiki te pakeke. E pēnei ai he awhikiri mare tekekō nōu, ka whāngaihia e te whenua ki tō pēpi.

He KORE UTU te wero ārai mare tekekō mō te tangata kua hapū kia eke te 13 wiki o te hapūtanga, engari he pai ake kia okaina kia eke te 16 wiki o te hapūtanga. Me oka anō i ia hapūtanga, hei tiaki i ia pēpi.

**Mō te Pēpi me te Tamaiti:** he mōrearea rawa te mare tekekō mō te pēpi — mātua rā ko ērā kāore anō kia okaina.

Ko ngā oka ārai mare tekekō he KORE UTU mō te tamaiti kāore anō kia 18 tau. Ka okaina kia eke te 6 wiki, te 3 marama, te 5 marama, te 4 tau, me tētahi oka turuki anō, i te ekenga o ngā tau 11.

He mea nui kia okaina ngā tamariki i te wā tika, e ora pai ai te āheinga kaupare mate. Heoi, ahakoa pea he oka kua mahue i mua, me whai tonu kia tika.

**Mō ngā Pākeke:** e taea ana te oka turuki kotahi KORE UTU nei kia eke ki te 45 tau, mēnā kāore anō kia whā ngā oka ārai kauae-timu (ko tā Aotearoa oka he oka ārai mare tekekō, kauae-timu anō hoki) i ona rā, ā, ka taea anō tētahi oka turuki kotahi KORE UTU nei kia eke ia ki te 65 tau.

Ka tūtohua pea ētahi kia whai oka turuki, pērā i te hunga e noho ana ki te whare ākuanei ka whai pēpi hou, i te hunga e mahi ana me te pēpi/tamaiti, engari ka riro pea māna e utu. Pātai atu ki tō ratonga hauora mēnā e tika ana kia whai oka turuki koe, he aha hoki te utu. Kei te huhua o ngā whare taka rongoā e okaina ai te tangata ki ēnei tū oka.

- Mō ētahi atu kōrero e pā ana ki te mare tekekō, toro atu ki [info.health.nz/whoopingcoughvaccine](https://www.info.health.nz/whoopingcoughvaccine)
- Ki te kore koe e mōhio mēnā kua oti kē koe, o tamariki rānei te oka, whakapā atu ki tō rata, ka pātai atu ai ki te nēhi o reira mēnā rānei kua oka kētia tō whānau. Me waea atu rānei ki te Vaccination Healthline.
- Mō te tāpui i te huia oka, whakapā atu ki tō rata, ki tō ratonga hauora rānei, kia toro atu ki [info.health.nz/bookavaccine](https://www.info.health.nz/bookavaccine), kia waea kore utu atu rānei ki te Vaccination Healthline **0800 28 29 26**.



### Mō ētahi atu kōrero:

- Te Whatu Ora | Health New Zealand [info.health.nz/whooping-cough](https://www.info.health.nz/whooping-cough)
- Waea kore utu atu ki te Vaccination Healthline **0800 28 29 26** (8.30am–5.00pm, Mane ki te Paraire) me toro atu rānei ki a [info.health.nz/bookavaccine](https://www.info.health.nz/bookavaccine)
- He ratonga kore utu te NZ Relay Service, kei [nzrelay.co.nz](https://www.nzrelay.co.nz), mēnā he tangata Turi koe, he taringa āhua turi ōu, he tangata turi matapō koe, he ārai whakaputa kupu rānei ōu.



## Mō ētahi whakamārama hauora, mōhiotanga kore utu

- Waea atu ki Healthline **0800 611 116** ahakoa 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 [kaora.co.nz](https://www.kaora.co.nz) rānei.



## Disability Immunisation Helpline

- 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 kore utu atu ki te **0800 11 12 13**, me tuku pātuhi rānei ki te **8988** mō te āwhina me ētahi whakamārama.