

Ārainga mate mā te Hunga Kaumātua

Ngā kano ārai mate koreutu hei pare atu i te rewharewha,
mate io kirikiri, whakapokenga korokoro me te kauae-timu
me te mare heihei



Te reo Māori

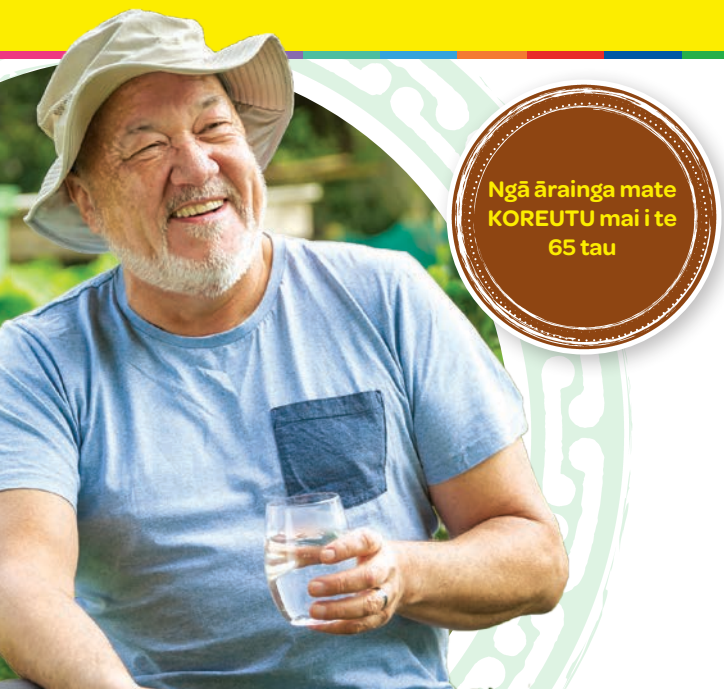
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E whakamārama ana tēnei mātārere i ngā kano ārai mate e tūtohua, ā, he **koreutu** mā te hunga kaumātua.

I a koe ka pakeke haere, ka nui ake te whakaraerae ki ētahi mate maunoa.

E whakaratoa ana ngā ārainga mate koreutu mai i te 65 tau, neke atu hei pare atu i ngā mate taumaha maha.



He aha ngā mate ka taea e au te ārai mā te whiwhi ārainga mate?

Ko te **kauae-timu** (kauae raka rānei), he mate taumaha ka pā mai i te urunga o te paru me te puehu ki te tinana mā tētahi motu, tūnga rānei. Ka pā mai te uhu, hukihuki, ā, i ētahi wā ka mate i te kauae-timu.



Ka nui ake te tūpono o te mate o te hunga pakeke ake i te kauae-timu.

Ko te **whakapokenga korokoro**, he whakapokenga huakita taumaha nō te korokoro ka taea te aukati i te arahau. Ka pā anō pea ki te manawa me te pūnaha ioio, ā, ko te mutunga atu pea he mate. Nā te ārainga mate, he tino rerekē te whakapokenga korokoro i Aotearoa. Engari ka taea tonu te whakauru mai ki te whenua mā te hunga haere mai i tāwāhi.

Pertussis (mare heihei) he pokenga taimaha māna ka hua mai he maremare, he rāoa e uaua ai te ngā. Ka tae atu te roa o tēnei pokenga ki te 10 wiki, ā, tērā ētahi tāngata ka haria ki te hōhipera. Ka tino pā kino atu tēnei mate ki ngā kōhungahunga, nō reira he mea nui tonu kia werohia koe ki te tuku awhikiri mehemea ka whai wā koe ki nga pēpi, ki ngā kōhungahunga, ki ngā mokopuna rānei.

Kāore he utu mō te kano ārai mate kauae-timu, whakapokenga korokoro me te mare heihei timu paheko, ā, e tūtohua ana ina eke koe ki te 45 tau, mēnā kāore anō koe kia whiwhi i ngā pota e whā o te kano ārai mate kauae-timu. He koreutu, ā, e tūtohua ana i te 65 tau hei whakapiki i te kaha ārai mate i whiwhi i a koe e tamariki ana.

He mate nui te **rewharewha** (te whurū rānei), ā, i ētahi wā ka mate te tangata. Ka taea te tangata te uru ki te hōhipera nā te whurū ahakoa te pakeke, engari ka pā mai ki te hunga pakeke ake i te nuinga o te wā, mēnā he mate kē atu tōu. Ka kaha kē atu tētahi mate, pērā i te huangō, mate miru pupuhi, mate huka rānei, nā te rewharewha.

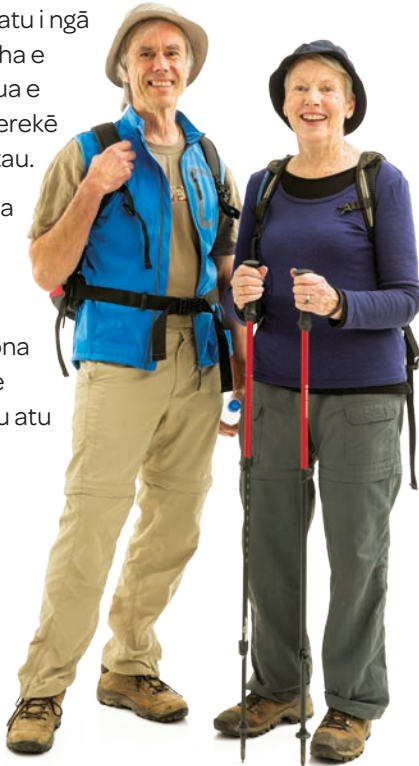


Tata ki te **500** ngā tāngata o Aotearoa ka mate i te rewharewha.

Kāore he utu o te **kano ārai mate rewharewha**, ka tūtohua i ia tau mai i te tau 65, haere ake.

Kāore koe e **pāngia e te rewharewha mā tēnei kano ārai mate**. I ia tau, ka whakatikahia te kano ārai mate rewharewha hei pare atu i ngā aho wheori rewharewha e hurihuri ana i te takurua e heke iho, i te mea ka rerekē ēnei i tēnā tau, i tēnā tau.

Ko te tikanga ka tukuna te kano ārai mate i te whakapaunga o te ngahuru, i mua i te ekenga o te mate ki tōna tino kaha, engari kei te wātea mai i te ngahuru atu ki te pito o te tau.



Ko te **mate io kirikiri** (herpes zoster rānei) he kōpukupuku mamae ka pā ki tētahi io ake. He pānga wā roa o te koroputa hei, ka taea te pā mai i ngā maha i muri mai i te whakaoranga o te tangata mai i te mate tuatahi. Ka taea te pā ki te hunga katoa i pāngia e te koroputa hei, ā, ka nui ake te pāngia o te hunga pakeke ake. I te nuinga o te wā he 10 ki te 15 rā te roa o te mate io kirikiri, ā, i ētahi wā ka pā mai te riwha me te kōpō mēnā ka pā ki ngā karu.

Ko tētahi o ngā raruraru tino nui, otirā ki te hunga pakeke ake, ko te mamae ioio, ahakoa kua kore atu te kōpukupuku ka noho tonu mamae mō tētahi wā roa tonu.



Tata ki te **1** i roto i te **3** o ngā tāngata o Aotearoa ka pāngia e te mate io kirikiri i tō rātau orange.

Kāore he utu o te **kano ārai mate io kirikiri** i te 65 tau te pakeke.

Ko ngā tāngata katoa ki waenga i te 66 ki te 80 tau i te 1 o Paenga-whāwhā 2018, ka āhei kia whakawhiwhia ki te kano ārai mate mō te mate io kirikiri koreutu ki mua i te eke ki te 81 tau, i te 31 o Hakihea rānei.

Me kōrero atu ki tō rata mēnā he ngoikore te kaha o tō tinana ki te ārai mate (immunosuppressed, immune deficient rānei) i te mea kāore pea tika te kano ārai mate ki a koe.

Ka āhei atu pea ngā pākeke i raro i te 65 tau mō te ārainga mate koreutu mō te rewharewha me ētahi atu mate mēnā he mate nui ō rātau e nui ake tō rātau mōrea ki te mate.

Me kōrero atu ki tō rata mēnā ki ōu whakaaro e hāngai ana tēnei ki a koe.



He pēhea te whaitake o te kano ārai mate?

Ka tino whakaitia e te ārainga mate te tūpono pā mai o ēnei mate, engari ehara i te mea ka tino pareā atu ngā mate katoa, pērā i te rewharewha, mate io kirikiri rānei.

E tino tūtohua ana te ārainga mate e ngā mātanga hauora i te mea ka whakaiti pea i te taumaha o te mate.

Ahakoa ka iti haere te kaha o te ārainga mate i tō tātau pakeketanga haere (i te mea ka ngoikore haere te kaha o tō tātau tinana ki te ārai atu i ngā mate), ko te ārainga mate tonu tētahi o ngā tikanga pai rawa hei tiaki i a tātau mai i ngā mate nui.

Me whiwhi ārainga mate ahau i hea?

E wātea ana ngā ārainga mate koreutu hei pare i ēnei mate i tō rata. He maha tonu ngā toa kēmihi ka whakawhiwhi atu i ngā wero ārai rewharewha ki ngā kiritaki e āhei ana.

He pānga mate noa anō ka pā mai nā ngā kano ārai mate?

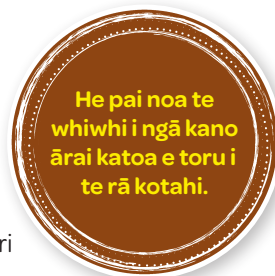
I muri i te weronga, ka mamae pea tō ringa, he kirikā māmā rānei mō te rā kotahi, e rua rānei. Ka pā mai ki te āhua kotahi i roto i ia 100,000 ārainga mate kauae timu, whakapokenga korokoro pāheko, mare heihei hoki he wharanga ki ngā ioio o te ringa.

He tino rerekē – tata ki te kotahi wā i roto i te miriona, ka pā mai pea he pānga pāwera taumaha (anaphylaxis) i muri tonu i te ārainga mate. Ka tonoa koe kia tatari atu ki te whare hauora, whare rata rānei mō te 20 meneti i muri i te tukutanga o tētahi kano ārai mate. Ko te take e pēnei ana, ki te pā mai tētahi pānga pāwera taumaha kei reira ngā whakamaimoa hauora.

Kāore he whakaaturanga mō ētahi atu mōrea taumaha.

Me whakapā atu ki tō rata, nēhi, kaitaka rongoā kano ārai mate mēnā ka pā mai tētahi tohumate rerekē, nui rānei i muri i te ārainga mate.

He pai ake, he whaitake ake hoki te whiwhi i ngā kano ārai mate katoa e toru i te rā kotahi tēnā i te whiwhi wehe kē.



Ngā Take Matua e 4

1. Ka pakeke haere ake koe, ka mehameha haere pea te parenga o ngā ārainga mate o mua ake.
2. Ngā ārainga mate koreutu mā te hunga 65+ tau
3. Me ārai atu te rewharewha, te mate io kirikiri, te mate kauae-timu, te whakapokenga korokoro paheko me te mare heihei
4. He pai noa te whiwhi ngātahi i ngā ārainga mate katoa e toru

Ki hea ahau tiki kōrero atu anō?

Mō te whiwhi kōrero atu anō mō te ārainga mate me ngā mate ka taea te ārai:

- me kōrero ki tō rata, nēhi, kaitaka rongoā kano ārai mate
- Waeahia **Healthline 24/7** oki **0800 611 116** me waea rānei ki **0800 IMMUNE (466 863)** 9.00 i te ata ki te 4.30 i te ahiahi, Rāhina-Rāmere
- haere ki **health.govt.nz/immunisation**
- haere ki **immune.org.nz**

Kei te wātea tēnei rauemi i www.healthed.govt.nz, i te Kaiwhakarato Whaimana rānei i tō Poari Hauora ā-Rohe (DHB). Pipiri 2020. **Tohu HE2541.**



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