

Tuku awhikiri HPV

(human papillomavirus)

He mōhiōhio mā te taiohi me ō rātou whānau

He koreutu te kano ārai mate HPV mā te hunga kei te 9 ki te 26 tau te pakeke, ā, ka ārai atu i ngā mate pukupuku huhua i te taipakeketanga. Māna te tangata e whakaora.



immunise

your best protection

He aha te HPV?

He huinga huaketo ahuwhānui te HPV, ka pā ki te 80% o te iwi i te wā a rangatahi ana. Ka horapa te HPV mā te pānga ā-kiri ki te tangata.

Ka ora māori noa mai te nuinga o ngā pokenga HPV, ā, kāore āna whakararu nui. Engari he wā anō ka hua ake pea ētahi mate pukupuku huhua ki ngā ira katoa i te taipakeketanga - pēnei i te mate pukupuku whare tangata me te korokoro.



TATA KI TE 8/10 TĀNGATA

ka whakaraeraetia ki te HPV

Te whiwhi i te kano ārai mate HPV koreutu

Karangatia ai te kano ārai mate HPV ko te Gardasil® 9. He tino whaihua ki te ārai atu i ngā momo HPV e iwa.

Ngā kano ārai mate ā-kura

Ka tāpaetia te kano ārai mate ki te nuinga o ngā tamariki i te kura, arā ki te hunga tau 7, tau 8 rānei. Koinei te wā pai rawa ki te tuku awhikiri, i te mea he pakari te pūnaha awhikiri o ngā tamariki ki te whakaputa paturopi hei urupare ki te kano ārai mate, ā, he mauroa te āraitanga.

Kia rua ngā pota mā ngā tamariki e 9 ki te 14 tau.

Ngā tuku awhikiri i waho o te kura

Ki te kore tō kura e tāpae i te awhikiri HPV, he take anō rānei kāore tō tamaiti i whiwhi, he māmā noa iho te toro atu ki te tākuta, ki te nēhi rānei ki te whiwhi kano ārai mate. He huarahi anō tērā ki te hiahia koe ki te noho ki te taha o tō tamaiti i te wā e whiwhi ana i te kano ārai mate.

Te awhikiri mā te hunga 15 ki te 26 tau

He koreutu te kano ārai mate HPV, ā, e wātea ana ki te hunga 9 ki te 26 tau.

Ki te tukua te pota tuatahi o te kano ārai mate HPV i muri i te tau 15, me toru ngā pota.



Ngā mate āpiti

He tino pai rawa te rekoata haumaru o te kano ārai mate HPV engari tērā pea ka hua ake he mate āpiti, pērā ki te nuinga o ngā rongoā.

Ko te mate āpiti ahuwhānui, ko te mamae o te ringa nā te werohanga - me tāpiri he weweru mātao, he kōpaka rānei hei whakamaurutanga.

Ko ētahi atu mate āpiti ahuwhānui ko te:

- ānini
- ngenge, āmai, te māuiui rānei
- kirikā, kakawa rānei.

He mokorea ngā mate pāwera nui (anaphylaxis) i muri i te whiwhi kano ārai mate. Ka mātakina ērā e werohia ana mō te 20 meneti i muri i te tuku awhikiri kia taea ai te whakamauru i ngā tauhohenga. Kua whakangungua ngā tira kano ārai mate ki te whakahaeere i te anaphylaxis, ā, he taputapu ā rātou mō tēnei.

Ka āhei tonu te hunga e whakaora mai ana i ngā mate pēnei i te mate rewharewha, te KOWHEORI-19 rānei (i muri o te noho taratahi) ki te whiwhi awhikiri, mēnā kāore e pāngia ana e te kirikā.

Ko te hunga i pāngia e te pāwera kino i mua ki tētahi kano ārai mate, me kōrero i te take nei o te whiwhi awhikiri ki tana tākuta, pokapū hauora rānei.

He huatau mō te whakarite mō te awhikiri

Me parakuihi, me tina rānei i mua, hei ārai atu i te āmaimai. He pai hoki te paku kai i mua, i muri rānei.

Ka werohia te kano ārai mate ki te kikopuku, nā reira mā te mau hāte tangatanga, he poto ngā ringa e ngāwari ake ai te mahi.

Ki te mamae te kikopuku, kia ngāwari te haere i muri i te whiwhi kano ārai mate.





He mōhiohio anō

Mō ētahi atu mōhiohio, kōrero ki tō tākuta, tō nēhi, tō kaituku kano ārai mate, tō whare hauora rānei. Ka taea hoki e koe te toro atu ki **www.health.govt.nz/hpv**, te waea rānei ki **0800 IMMUNE (0800 466 863)**

Kitea ai he mōhiohio mō te National Cervical Screening Programme (Hōtaka Mātai Waha Kōpū ā-Motu) ki **www.timetoscreen.nz/cervical-screening**

E wātea ana tēnei rauemi i healthed.govt.nz, te Authorised Provider (Kaiwhakarato Whaimana) rānei i tō rohe hauora. March 2023. **HE2015**

