

Whāngaia ki te Āraimate i te **Hapūtanga**

Te tiaki i a kōrua ko pēpi i te mare
heihei me te rewharewha



Te reo Māori

immunise

their best protection

Mā ngā wāhine hapū me ō rātou whānau tēnei mātārere. Ka whakamāramatia i roto ko ngā whāngainga e tūtohutia ana, hei tiaki i a Māmā rāua ko pēpi i ngā tahumaero taumaha pēnei i te mare heihei me te rewharewha.

He whāngainga kore-utu mō te mare heihei me te rewharewha

He aha tēnei mea te mare heihei?

Ko tēnei mea te mare heihei (whooping cough, pertussis) tētahi tahumaero taumaha ka tukua ki te tangata kē mā te maremā mā te tihetihe rānei.

E tūtohutia ana te whāngainga āraimate mō te mare heihei i ia hapūtanga, nā te mea ka ngoikore te kauparenga mate i te takanga o ngā tau.



He pēhea rawa tōna taumaha?

He mea te mare heihei e tino hēmanawa ai kōrua ko pēpi pea. Hei take tēnei mate mō ngā maremare mutunga mai o te taumaha, ā, he tukunga iho kino anō i ētahi wā, pēnei i te pūkahu kakā me te wharanga roro.



Ka tīmata pēnei i te maremare noa – he turunga hūpē, he tihetihe, he kirikakā (piwa) iti, me tētahi maremare āhua ngāwari.

Kātahi ka kino kē atu ngā maremare, ka whai i muri ko te whakahā 'kekekō', ā, he ruaki anō tētahi tohu i ētahi wā. Ka haere pea te maremare mō te 3 marama.


800+

75%


**E 3 i mate
rawa**

Kōrero pono: I pāngia neke atu i te 800 pēpi e te mare heihei i tētahi toronga mate nui i 2010–2013 i Aotearoa. O ēnei katoa, 75% i haere ki te hōhipera mō ngā rongoā. E rua ngā pēpi, kotahi tamaiti e 3 ōna tau, i mate.

Ko wai mā te hunga ka tere pāngia?

He kino kē atu te mare heihei mā ngā pēpi kei raro iho i te 1 tau te pakeke. I ētahi wā tino kore e taea e ngā pēpi te kai, te whakahā tika rānei, e tino māuiui ai e kawea ai ki te hōhipera mō ngā rongoā tika. Hei ētahi māuiuitanga, ka mate pea ngā pēpi.

Ko ngā pēpi kāore anō kia whāngaia kei te noho mōrea rawa.

Kia maumahara ki ngā whāngainga tuatahi a pēpi i te **6 wiki**

He aha tēnei mea te rewharewha?

Ehara tēnei mea te rewharewha, (e kīa nei e ētahi ko 'te whurū') i te maremare noa. He tino taumaha kē atu ngā tohu, ko te maremare tērā, ko te ānini tērā, ko te kiri kakā, te tūngāwiri tērā, ko ngā mamaetanga o te tinana, ko te ngenge, ko te ngākau pōuri hoki. He mea kino te rewharewha mō tō ora i te ao nei, tae atu ki tō pēpi kāore anō kia whānau mai.



He pēhea rawa tōna taumaha?

Ko ngā wāhine hapū me ā rātou pēpi kāore anō kia whānau mai ngā mea tino mōrea i ngā māuiui whai i muri i te rewharewha. Ko te hua kino pea ko te whānau mōata, te whakatahe, te materoto, me te iti o te inenga taumaha o te pēpi i te whānautanga.



x 500

He meka: Tata ki te 500 ngā tāngata o Aotearoa ka mate i te rewharewha i ia tau.

Nā ngā huringa i te pūnaha ārai mate o te tinana, o te manawa me ngā pūkahukahu i te hapūtanga ka noho mōrea kē atu ngā wāhine hapū i ngā māuiui whai i muri i te rewharewha.

Ko ngā wāhine hapū e 5 whakareanga atu te kawae ki te hōhipera mō te rewharewha i ngā wāhine kāore i te hapū.

5x



He meka: E rima whakareanga ake te tūponotanga ka whakanohoia ngā wāhine e hapū ana ki te hōhipera i Aotearoa mō te rewharewha me ōna pānga, tērā i ngā wāhine kāore i te hapū.

Me pēhea taku tiaki i a māua ko taku pēpi i ēnei tahumaero?

Ko te whāngai ārai mate te huarahi pai hei tiaki i a kōrua ko tō pēpi kei pāngia e te mare heihei me te rewharewha.

E tūtohutia ana **te whāngai ārai mate mare heihei** i roto i te hapūtanga, kia tukua ai tō kauparenga mate ki tō pēpi i mua i tōna whānautanga mai. Mā konei ka tiakina tō pēpi kia tae rā anō ki tōna whāngainga tuatahi hei te 6 wiki te pakeke.

E tūtohutia ana **te whāngai ārai mate rewharewha** i roto i te hapūtanga hei tiaki i a koe kei pāngia e ngā māuiui taumaha ka pā pea ki tō pēpi. Ko te wā tino pai kia whāngia ki te ārai mate ko te ngahuru, i mua rawa i te wā toronga mate rewharewha i te hōtoke.

He haumarua katoa ngā kano ārai mate hei whakamahi i te hapūtanga. Kāore te kano ārai mate e tukua atu ki tō pēpi, engari anō ngā paturopi māu e mahi hei utu ki te kano ārai mate, ka tukua ērā e koe ki a ia.



He pēhea te whaitake o te kano ārai mate?

He tino whai take **te whāngai āraimate mō te mare heihei** i te hapūtanga hei tiaki i te pēpi i mua i tōna āheinga kia whāngaia ki te ārai mate.



He meka: Ko tōna 90% o ngā pēpi kua werohia ō rātau māmā ki te tuku awhikiri mō te mare motu ka tiakina hei ngā wiki tuatahi o te ora.

Ka ngaro te parenga i roto i te wā. Ka pāngia ētahi tāngata e te mare heihei ētahi tau i muri atu, ahakoa whāngaia i mua, kua pāngia kētia i mua rānei. **Koirā i tūtohutia te whāngai mō te mare heihei i ia hapūtanga.**

He whai take **te whāngai āraimate** mō te nuinga o ngā rewharewha A, B hoki, i ngā pakeke hauora, mehemea he pai te hāngatanga o te kano ārai mate me ngā momo māuiui rewharewha e pekepeke ana i waenga i te tangata.



I muri i te whānautanga o te pēpi

I muri i te whānautanga o tō pēpi haria kia whāngaia ki te āraimate i ngā wā e tūtohutia ana, hei ārai i te mare heihei me ētahi atu tahumaero taumaha.



Ki te whakaroaroatia te whāngainga ka noho mōrea tō pēpi i ngā tahumaero ka taea te ārai i te wā he uaua tō rātou kaupare atu i ngā mate taumaha.

Ahakoā kāore i te tūtohutia mā ngā pēpi katoa, kei te wātea te whāngainga rewharewha hei hoko mā te pēpi mai i te 6 marama piki ake. Kāore he utu mā ngā pēpi me ngā tamariki kua pāngia i mua e ngā māuiui pūkahukahu taumaha me ētahi atu rarunga hauora taumaha. Me kōrero atu ki tō tākuta mēnā ki ōu whakaaro e hāngai ana tēnei ki a koe. Me pātai atu ki tō rata mō ētahi atu tuku awhikiri e wātea ana hei tiaki i tō tamaiti.

Ētahi atu huarahi hei tiaki i tō pēpi

- E tūtohutia ana kia whāngaia ngā pakeke e tūtata ana ki ngā pēpi ki te rongoā ārai mō te mare heihei.
- Kaua e tukua ā tātou pēpi kia tata atu ki te tangata e maremare ana, ahakoā kua whāngaia kētia rāua ki ngā mea katoa e tika ana.
- Rēhitatia tō pēpi i tētahi tari tākuta ā-whānau ina whānau mai kia mōhio koe ka āta tiakina i runga i te kamakama.

Tiakina tō pēpi

- 1. Rēhita ki tētahi tapuhi whakawhānau, me tētahi tākuta ā-whānau** – i tō mōhiotanga tonutanga kua hapū koe.
- 2. Haere kia whāngaia i te hapūtanga** – mō te mare heihei me te rewharewha
- 3. Me whāngai a pēpi i te wā tika, arā** – i te 6 wiki, i te 3 marama me te 5 marama
- 4. Kāore he utu mō te whāngai āraimate ki ngā wāhine hapū me ngā pēpi** – tirohia te Wātaka Whāngai Āraimate ā-Motu

Ka taea e au te haere ki hea ki te kimi mōhiotanga atu anō?

- Kōrero ki tō tapuhi whakawhānau, ki tō tapuhi, ki tō tākuta rānei
- 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**

E wātea ana tēnei rauemi i health.govt.nz, te Authorised Provider (Kaiwhakarato Whaimana) rānei i tō rohe hauora. Kua whakahoutia i te Pipiri/June 2023. **HE2580**



Te Whatu Ora
Health New Zealand

**Te Kāwanatanga
o Aotearoa**
New Zealand Government

immunise

their best protection