

# Te whakatō i te kano ārai mate – te ārai tino pai

He kano ārai mate koreutu. Kōrero ki tō tākuta, tapuhi rānei.



## Hapūtanga

E kapi ana i te weronga 1:

**kauae-timu**  
**whakapokenga korokoro**  
**mare heihei (mare tekekō)**

E kapi ana i te weronga 1:

**rewharewha**



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Wiki

E kapi ana i te horopeta 1 ā-waha:

**huaketo puku (rotavirus)**

E kapi ana i te weronga 1:

**whakapokenga korokoro**  
**kauae-timu**  
**mare heihei (mare tekekō)**  
**whakamemeke**  
**atekakā B**  
**rewharewha haemophilus momo b (Hib)**

E kapi ana i te weronga 1:

**pūkahu kakā (pneumococcal)**



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Marama

E kapi ana i te horopeta 1 ā-waha:

**huaketo puku (rotavirus)**

E kapi ana i te weronga 1:

**whakapokenga korokoro**  
**kauae-timu**  
**mare heihei (mare tekekō)**  
**whakamemeke**  
**atekakā B**  
**rewharewha haemophilus momo b (Hib)**

E kapi ana i te weronga 1:

**Meningococcal B**  
(ka taea te tuku hei te 8 wiki)



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Marama

E kapi ana i te weronga 1:

**whakapokenga korokoro**  
**kauae-timu**  
**mare heihei (mare tekekō)**  
**whakamemeke**  
**atekakā B**  
**rewharewha haemophilus momo b (Hib)**

E kapi ana i te weronga 1:

**pūkahu kakā (pneumococcal)**

E kapi ana i te weronga 1:

**Meningococcal B**  
(ka taea te tuku hei te 4 marama)



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Marama

E kapi ana i te weronga 1:

**mate karawaka**  
**mate repe pupuhi**  
**karawaka Tiamana (rūpera)**

E kapi ana i te weronga 1:

**pūkahu kakā (pneumococcal)**

E kapi ana i te weronga 1:

**Meningococcal B**



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Marama

E kapi ana i te weronga 1:

**rewharewha haemophilus momo b (Hib)**

E kapi ana i te weronga 1:

**mate karawaka**  
**mate repe pupuhi**  
**karawaka Tiamana (rūpera)**

E kapi ana i te weronga 1:

**koroputa hei (varicella)**



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Tau

E kapi ana i te weronga 1:

**whakapokenga korokoro**  
**kauae-timu**  
**mare heihei (mare tekekō)**  
**whakamemeke**



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Tau

E kapi ana i te weronga 1:

**kauae-timu**  
**whakapokenga korokoro**  
**mare heihei (mare tekekō)**

E kapi ana i ngā weronga e 2,

kia 6 marama te wehe\*:

**huaketo papilloma ā-tangata (HPV)**

He kore utu. Me whakatō i te kano ārai mate i te wā tika, i ia wā. Mō ētahi atu kōrero haere ki [immunise.health.nz](https://immunise.health.nz)

\*Mō te hunga 15 tau, neke atu rānei me whiwhi i ngā weronga e 3. E wātea ana tēnei rauemi i [health.govt.nz](https://health.govt.nz), i te Kaiwhakarato Whaimana rānei i tō rohe hauora. I whakahoutia i te Paengawhāwhā/April 2023. Tohu HE2521



Te Whatu Ora  
Health New Zealand

Te Kāwanatanga  
o Aotearoa  
New Zealand Government



their best protection