



**Whakaritea ō tamariki kia
hauora te anamata.
Whāia te rongoā ārai
mate mā rātou.**

He UTUKORE ngā rongoā ārai mate katoa i te Rarangī Ārai Mate ā-Motu (National Immunisation Schedule) mā ngā tamariki kei raro iho i te 18 ngā tau.

Kāore he aha o tōna tūnga kōkota, kirirarau rānei. Kei roto i tēnei ko ngā manuhiri ki Aotearoa.

Te tuku ārainga mate ki ō tamariki

Ka whakarauoratia ngā tāngata i te rongoā ārai mate. Ko te whakarite kia whiwhi rongoā āraimate āu tamariki tētahi o ngā tino huarahi pai rawa atu kia tiakina rātau kia pai ai tō rātau hauora hei te anamata.

Ka whakaakongia te tinana o tō tamaiti e te rongoā ārai mate me pēhea te kaupare i ngā mate pokenga, ā, ka whakaheke hoki te tūpono ki ngā mate ka hemo pea te tangata.

Mā te tuku rongoā ārai mate ki tō tamaiti ka tiakina hoki ērā atu tāngata e whakaraerae ana i tō whānau, i tō hapori, tē taea pea e rātou te whai rongoā ārai mate mō rātou anō.

Āhea te wā tika kia pūwerotia ki te rongoā āraimate

Ka tīmata te haerenga rongoā ārai mate a tō tamaiti i mua i te whakawhānautanga mai. Ina hapū ana koe, he utukore te whai kano ārai mate hei ārai i ngā mate ka whakararu pea i a kōrua ko tō pēpi.

Ka whānau mai tō pēpi, ka taea e ia te whiwhi ngā rongoā ārai mate auau ki ētahi mate e taea ana te aukati, kei roto nei ko te mate tekekō, ko te koroputa hei, ko te mate karawaka hoki.

Ka tukuna ēnei rongoā ārai mate i ētahi wā pū puta noa i te ora o tō tamaiti hei tuku i te whakahaumarutanga tino pai ki a ia. Kei te Rārangī Ārai Mate ā-Motu (National Immunisation Schedule) ngā rongoā ārai mate e taunakitanga ana mā ngā tamariki katoa, me ngā wā e tika ana. He rite tēnei ki tētahi wātaka e whakaatu ana i te wā tika mō ia rongoā ārai mate.

Ka taea e koe te waihanga tētahi wātaka rongoā ārai mate kua whakawhāiarotia mā ō tamariki e whakaatu ana i ngā rongoā ārai mate e hiahia ana mai i te 6 wiki ki te 13 tau, me ngā wā e tika ana kia whiwhi i ērā.





Kia whiwhi i te whakahaumarutanga tino pai rawa atu, me whai ō tamariki i te katoa o ō rātou rongoā ārai mate.

He mea nui ka whiwhi tō tamaiti i ōna rongoā ārai mate katoa, i ngā wā e taunakitia ana. Ki te kore e whakawhiwhia ki ngā rongoā ārai mate i te wā tika, ka nui ake te tūpono pānga o ō tamariki e tētahi mate kino.

Ki te kore koe e tino mōhio ana mēnā rānei kua tukuna te rongoā ārai mate ki ō Tamariki, kua tōmuri rānei, kei te māraurau rānei, me kōrero atu ki tōna rata arowhānui, ki tōna nēhi, ki tōna kaiwhakarato hauora rānei. Ka taea hoki te hihira tāna Well Child Tamariki Ora Health Book.

Mēnā kua mahue i tō tamaiti tētahi rongoā ārai mate, kei te pai tonu. Ka taea e ngā tamariki te whai atu te nuinga o ngā kano ārai mate.

Ngā mate āpiti pea me ngā tauhohe pea

Hei matua, hei kaitiaki rānei, ka āwangawanga pea koe ki tā tō tamaiti tauhohe ki te rongoā ārai mate me ngā mate āpiti ka tūpono puta mai. He āhuatanga tonu kia pēnei tō wairua. Heoi, kua e māharahara, i te nuinga o te wā he tino māmā ngā pānga āpiti, kāore e roa te pā mai, ā, kāore e pāngia ngā Tamariki katoa.

Ko te tauhohe ki te rongoā ārai mate e tino kitea ana ko te paku kirikā, te mamae rānei, te kōpuku rānei i te wāhi i werohia.

Kua āta aromatawaihia ngā rongoā ārai mate katoa e wātea ana i Aotearoa mō te haumaruru me te whai take.



Kua āta aromatawaihia ngā rongoā ārai mate katoa e wātea ana i Aotearoa mō te haumaruru me te whai take.

Ngā wāhi hei whai rongoā ārai mate mō ō tamariki

Hei tāpui i tētahi tāpuitanga rongoā ārai mate, whakapā atu ki te rata arowhānui, ki te nēhi, ki te kaiwhakarato hauora rānei a tō tamaiti. E wātea mai ana hoki ētahi rongoā ārai mate mā ngā toa rongoā, mā ngā hōtaka kura, mā ngā kaiwhakarato Māori, Moana-nui-a-Kiwa hoki, mā ngā hui rongoā ārai mate anō hoki. Ka taea te tāpui ā-ipurangi ngā rongoā ārai mate mō te rewharewha, mō te KOWHEORI-19 hoki ki [BookMyVaccine.nz](https://www.bookmyvaccine.nz)

Ko ētahi atu rongoā ārai mate

Ko ētahi o ngā rongoā ārai mate kāore i te rārangi i tēnei wā ka taunakitia pea mēnā e whakaarohia ana tō tamaiti hei 'tūraru-nui', mēnā rānei e hāereere ana ki tāwāhi. Pātai atu ki tō rata arowhānui, ki tō nēhi, ki tō kaiwhakarato hauora rānei he aha atu anō ngā rongoā ārai mate ka hiahiatia pea e ō tamariki.

Ngā rongoa ārai mate me ngā wā e taunakitia ana

E whakatakatoria ana e te Rārangi Ārai Mate ā-Motu (National Immunisation Schedule) ngā kano ārai mate utukore e tukuna ana ki ngā tamariki i ētahi wā i ō rātou ao.

Koinei ngā rongoa ārai mate e taunakitia ana mā ō tamariki atu i te 6 wiki ki te 13 tau. Ka taea e koe te hanga tētahi wātaka rongoa ārai mate kua whakawhaiarotia mā ō tamariki ki info.health.nz/schedule



Ngā rongoa āraimate i te 6 wiki

- Te mate huaketo puku (rotavirus) (pota 1 o te 2)
- Te whakapokenga korokoro, te mate kauae timu, te mare tekekō me te whakamemeke. Te atekakā B, me te mate haemophilus influenzae momo b (Hib) (pota 1 o te 3)
- Te mate pneumococcal (te pota 1 o te 3)

Ngā rongoa āraimate i te 5 marama

- Te whakapokenga korokoro, te pakaua hukihuki te mare tekekō, te whakamemeke, te atekakā B, me te mate haemophilus influenzae momo b (Hib) (pota 3 o te 3)
- Te mate pneumococcal (te pota 2 o te 3)
- Te mate meningococcal B (te pota 2 of 3)

Ngā rongoa āraimate i te 15 marama

- Te mate haemophilus influenzae momo b (Hib) (he pota āpiti)
- Te karawaka, te repe hūware pupuhi me te karawaka tiamana (te pota 2 o te 2)
- Te koroputa hei (kotahi nei te pota)

Ngā rongoa āraimate i te 5 tau

- E māraurau ana ki ngā kano ārai mate mō te KOWHEORI-19 (e 2 ngā pota, e 8 wiki te wehenga)



Ngā rongoa āraimate i te 3 marama

- Te mate huaketo puku (rotavirus) (pota 2 o te 2)
- Te whakapokenga korokoro, te mate kauae timu, te mare tekekō, te whakamemeke, te mate ate kakā momo B, me te mate haemophilus influenzae momo b (Hib) (te pota 2 o te 3)
- Te mate meningococcal B (pota 1 o te 3)

Ngā rongoa āraimate i te 12 marama

- Te karawaka, te repe hūware pupuhi me te karawaka tiamana (te pota 1 o te 2)
- Te mate pneumococcal (te pota 3 o te 3)
- Te mate meningococcal B (te pota 3 o te 3)



Ngā rongoa āraimate i te 4 tau

- Te whakapokenga korokoro, te mate pakaua hukihuki, te mare tekekō, te whakamemeke (he pota āpiti)



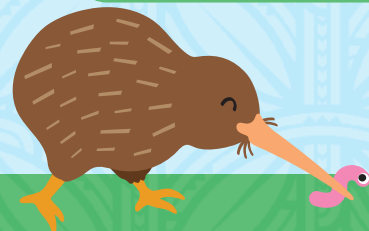
Mai i te 9 tau

- Te mate HPV (e 2 ngā pota, e 6 marama te wehenga)



Mai i te pakeke o te 11 tau

- Te pakaua hukihuki, te whakapokenga korokoro, te mare tekekō (he pota āpiti)



He tirohanga poto ki te rongoā ārai mate

- Ka whakahaumarutia e te rongoā ārai mate ngā Tamariki i ngā mate taumaha e 15, neke atu, e taea ana te aukati
- Ka tīmata ngā rongoā ārai mate a tō tamaiti i mua i te whakawhānautanga mai. Ina hapū ana koe, he utukore te whai kano ārai mate hei ārai i ngā mate ka whakararu pea i a kōrua ko tō pēpi.
- He utukore ngā rongoā ārai mate i te Rārangi Ārai Mate ā-Motu (National Immunisation Schedule) mā ngā tamariki katoa i raro i te 18 tau te pakeke.
- Kia tino pai rawa atu te whakahaumarutanga, me whiwhi ō tamariki i ā rātou rongoā ārai mate i te wā i whakaritea, heoi, mēnā kua hipa, kei te pai noa iho, ka taea te whai atu.
- Ka tukua pea ko ētahi rongoā ārai mate atu anō ki ētahi pēpi, tamariki hoki, he nui atu tō rātou whakaraerae atu ki ngā mate.



Mō ētahi atu mōhiohio mō te tiaki i ō Tamariki mā te rongoā ārai mate

- kōrero atu ki tō rata, ki tō nēhi ki tō kaiwhakarato hauora rānei
- waea ki Healthline i **0800 611 116**
- torohia **info.health.nz**

