

## He Whakarāpopototanga Mōhiohio Rongoā Kiritaki

He kano ārai mate a Boostrix mō ngā kano ārai mate whakakaha, hei ārai i te mate kauae-timu, te pokenga korokoro me te mare motu. E mōhiotia anō a Boostrix ko Tdap (kauae-timu/pokenga korokoro/mare motu).

Ko ngā kaiwhakauru hohe o roto i a Boostrix ko ngā matū pokenga-kore mai i te huakita kauae-timu me te whakapokenga korokoro me ngā pūmua parakore mai i te huakita mare motu. Kāore e pā tētahi o ēnei tū mate i tēnei kano ārai mate.

Kei roto i ia pota 0.5 ml Boostrix he waeine 2.5Lf o te tāoke pokenga korokoro, he waeine 5Lf o ngā ākipaturopi kauae-timu me te mare motu; he 8 karamu-miriona (mcg) o te tāoke mare motu, 8 mcg filamentous haemagglutinin me te 2.5 mcg pertacin.

Kei ia pota 0.5 ml ngā moroiti o te konumohe (hei konumohe waihā me te konumohe pākawa tūtaewhetū), te konutai pūhaumāota me te wai. Ka whakamahia whānuitia ēnei kai whakauru i ētahi atu rongoā me ngā kano ārai mate.

Kaua tō tamaiti e whiwhi i te kano ārai mate mēnā e mate pāwera ana ia ki te Boostrix, ki ētahi atu rānei o ngā kai whakauru.

Ka taea e tō tamaiti te whiwhi i tana kano ārai mate i tētahi atu rā mēnā he pokenga taumaha, me te paemahana teitei tōna. Kōrero ki tō tākuta ā-whānau, ki te nēhi rānei.

Kaua tō tamaiti e whiwhi i te kano ārai mate Boostrix mēnā ia he:

- mate tepetoto tōna, kei te mate rānei tana pūnaha ioio whai muri i te whiwhi awhikiri mō te pokenga korokoro, te kauae-timu rānei/hoki
- wheako i te mate kakā/pokenga o te roro, i tatū i ngā rā e whitu i muri mai i tētahi whiwhinga kano ārai mate mare motu (pertussis)
- he mate ā-roto kāore i tino tau te āhua.

Ko ngā pānga kino e kitea nuitia ana he hohenga ki te wāhi i werohia, pēnei i te mamae, ka whero haere, ka pupuhi, maru rānei, me te āhua māuiui (kirikā, whakapairuaki, pākinikini me te mamae).

He wā anō ka pā ētahi atu pānga kino, pēnei i ngā pāwera. E rārangiā ana ēnei pānga kino i te Whakamāramatanga Mōhiohio Rongoā Kiritaki me te Pukararaunga e wātea ana i Medsafe: [www.medsafe.govt.nz](http://www.medsafe.govt.nz)

Mēnā ka pā mai ētahi tohumate rerekē, kino rānei whai muri i te whiwhi Boostrix, me wawe tonu te waea atu ki tō tākuta, kaiwhakarato hauora rānei.

Mēnā kei te tamaiti tētahi o ēnei mate e whai ake, me kōrero koe ki tō tākuta, tō nēhi, te nēhi hauora tūmatanui rānei mō te awhikiri i mua i te whakaaetanga:

- he mate tono
- he mate ki te pūnaha awhikiri (hei tauira, e pāngia ana tō tamaiti e te HIV)
- he mate roro, tētahi mate rānei ki te pūnaha ioio, pēnei i te mate hūkiki, te porohukihuki rānei (arā, he hūkeke nā te kirikā)
- he pāwera ki ētahi atu rongoā, matū rānei, pēnei i ngā tae, ngā kai me ngā tāroki kai
- he uruparenga taumaha i mua whai muri i te whiwhi i tētahi kano ārai mate mō te kauae-timu, te pokenga korokoro, te mare motu hoki/rānei
- e whiwhi ana i tētahi atu rongoā, kano ārai mate
- kāore anō kia whiwhi i tētahi kano ārai mate mō te kauae-timu, pokenga korokoro, mare motu rānei, kāore anō rānei kia whiwhi i te katoa o ngā kano ārai mate mō te kauae-timu me te pokenga korokoro.

He rongoā tūtohu a Boostrix. He hua, he mōrearea hoki tō ngā rongoā. Me kōrero koe ki tō tākuta, tō nēhi, te nēhi hauora tūmatanui rānei mō ngā whakamārama o ngā painga me ngā mōrea o tēnei kano ārai mate.

E wātea ana te mōhiohio kiritaki whānui i Medsafe: [www.medsafe.govt.nz](http://www.medsafe.govt.nz)

## Ō mōtika

Ka whai pānga te Tikanga Motika Ratonga Hauora, Hauātanga ki ngā kiritaki katoa e whakamahi ana i tētahi ratonga hauora, hauātanga rānei i Aotearoa. Mō ētahi atu mōhiohio, tirohia a [www.hdc.org.nz](http://www.hdc.org.nz), waea atu rānei ki a 0800 555 050.

## Matatapu

Tērā pea i whakaratoa e ngā kura ētahi mōhiohio pēnei i ngā ingoa o ngā ākonga, rūmā ako, rā whānau, wāhi noho me ngā mātāwaka. Ko te tikanga me whakamōhio te kura i a koe i mua i tēnei. Ko ēnei mōhiohio, me ngā mōhiohio i tuhia e koe i runga i te puka whakaaetanga, ka whakamahia ki te whakahaere i te kaupapa tuku awhikiri.

Ko ngā mōhiohio o tēnei puka whakaaetanga me ngā taipitopito o ia awhikiri i tukuna, i whakakāhorehia rānei ka tuhia ki tētahi pūnaha whakahaere tūrora a tō poari hauora ā-rohe, ā, ka tukuna ētahi kōrero ki te Rēhita Tuku Awhikiri ā-Motu.

Ka whakamahia ngā pūnaha whakahaere tūrora e ngā poari hauora ā-rohe hei pūrongo i ngā mōhiohio hauora. He pātengi raraunga ā-motu te Rēhita Tuku Awhikiri ā-Motu, ā, ka pupuritia e te Manatū Hauora. Ka hopu te rēhita o ngā awhikiri kua tukuna ki ngā tamariki o Aotearoa, me te hunga kei ētahi atu kaupapa kano ārai mate.

E tiakina ngā mōhiohio kei te puka whakaaetanga, kei ngā pūnaha whakahaere tūrora me te Rēhita Tuku Awhikiri ā-Motu e te Tikanga Matatapu Mōhiohio Hauora. Ko ngā mātanga hauora whaimana anake e āhei ana ki te kite, te whakamahi me te whakarerekē. Heoi, ka āhei koe ki te titiro ki ngā mōhiohio o tō tamaiti me te whakatika i ngā taipitopito. Mēnā ka hiahia koe ki te titiro ki aua mōhiohio, whakapā atu ki tō nehi hauora tūmatanui, tō tākuta, te pokapū hauora rānei.

Ngā korero whakapā mō te Nēhi Hauora Tūmatanui:

# Tuku Awhikiri Tau 7

Ko Boostrix he awhikiri kia kaha ake ai te tiaki i tō tamaiti ki ngā mate kauae-timu (tetanus), mate whakapokenga korokoro (diphtheria) me te mare motu (pertussis)

Puka Whakaaetanga Mātua Tēnā waitohu ka whakahoki i te puka ki te kura.



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Te Reo Māori  
Kuki 'Āirani

SAMOAN  
Gagana Samoa

TONGAN  
Te Gagana Tokelau

TE REO MĀORI

ENGLISH

E whakaratoa ana ki ngā ākongā tau 7 katoa tētahi kaupapa tuku awhikiri koreutu i te kura hei āwhina ki te tiaki i a rātau mai i ngā mate kauae-timu, pokenga korokoro me te mare motu.

E mōhiotia tēnei tuku awhikiri ko te Boostrix, te awhikiri tau 11, me te Tdap.

He āwhina tā ngā mōhiotia i ngā whārangi e whai ake kia whiriwhiri koe mēnā ka whiwhi awhikiri rānei tāu tamaiti i te kura.

Āta pānuitia ēnei mōhiotia ka kōrerorero me tāu tamaiti. Ina tatū tō whakatau, waitohua mai te puka tīhae ka whakahoki ki te kura.

## He aha ngā pokenga?

### Kauae-timu

He tahumaero te kauae-timu ka uru ki te tinana mā tētahi motu, hārau rānei. Nāna ka whakamārō ka whakahukihuki hoki i ngā uaua. Ka whakapā atu pea ki ngā uaua hā.

### Pokenga korokoro (Diphtheria)

Ka pā te pokenga korokoro ki te korokoro, e uaua ai te ngā me te horemi. Tērā pea ka pā anō ki ngā io, uaua, manawa me te kiri.

### Mare motu (pertussis)

Ka tūkinu tēnei mate i ngā pū hau. Tērā pea ka ruaki ngā tamariki ka pāngia e tēnei mate, ka uaua te ngāngā ina maremare rātau. Ka puta mai he oro 'whoop' i te wā e ngāngā ana i waenga i ngā maremaretanga.

## He aha te kano ārai mate?

I te tau 7 (ngā taipakeke 10 ki te 12), ka tukuna he kano ārai mate KOREUTU ki ngā tamariki mō te kauae-timu, pokenga korokoro me te mare motu.

E kīa ana tēnei kano ārai mate ko te Boostrix.

I Aotearoa, ka tukuna ngā kano ārai mate ki ngā pēpi (i te ono o ngā wiki, i te toru me te rima o ngā marama) me ngā kōhungahunga (e whā ngā tau) hei tiaki i a rātau mai i te kauae-timu, diphtheria me te mare motu. Ka pakeke haere ngā tamariki, ka memeha haere tēnei ārai, nō reira me whai atu ngā ākongā tau 7 i te kano ārai mate Boostrix hei whakakaha ake i ō rātau ārai ki ēnei mate e toru.

## He pēhea te mahi a te kano ārai mate?

Ko tā te kano ārai mate he whakaara i te pūnaha ārai o te tinana ki te whakaputa i tōna anō ārai ki ēnei mate e toru.

## He aha te tikanga o te tuku kano ārai mate?

Ka aukati tēnei pota ārai mate āpiti i te rorokutanga o te kaha i ngā tau whai ake i te whiwhinga a tō tamaiti i te kano ārai mate i mua i te rima tau te pakeke. Ka tuku te kano ārai mate i te āraitanga i te whakapokenga korokoro me te kauae-timu kia tae ki te pakeketanga, mō te 30 tau neke atu rānei, engari ka hiahiaitia pea tētahi pota āpiti ina pā tētahi wharanga kauae-timu i te 10 tau i muri i tēnei pota āpiti. Ka roroku haere te āraitanga i te mare motu i muri i te 5 tau.

## Ka pēhea te tuku i te kano ārai mate?

Kotahi te wero ki te wāhi whakarunga o te ringa.

## Ka ahatia i muri i te werohanga?

### Ngā tūpono hohenga

Pērā i ētahi atu awhikiri, ka mamae pea te ringa o tō tamaiti, me te whero anō, ka mamae, ka pupuhi hoki te wāhi i werohia. He kotahi rā, neke atu rānei te roa pea o ēnei pānga punoa.

Ko ētahi atu hohenga pea ko te:

- whero haere, he pupuhi, he puku mārō, mamae, marū, mangleo rānei i te wāhi i werohia, he kōpukupuku rānei

- kirikā (ka wera)
- korenga o te hiakai, ka paipairuaki, te ruaki
- he hūhi noa (kei te mate, pākinikini, mamae).

## He onge ngā hohenga kino

E whakaatu ana ngā rangahau he tino onge ngā pānga kino.

He tino onge ngā kēhi kano ārai mate i whai pānga ki te waimaero io i te ringa (brachial plexus neuropathy).

He tino onge anō te hohenga pāwera taumaha e kīia ana ko te anaphylaxis, ā, pā mai ai i roto i ētahi meneti o te whiwhi i te kano ārai mate.

E whakangungua ana ia nēhi hauora tūmatanui ki te whakarite i tēnei momo hohenga.

Ka mātākihia tō tamaiti e te nēhi hauora tūmatanui mō te 20 meneti i muri o te whiwhi awhikiri.

He tikanga tēnei whai muri i tētahi whiwhi awhikiri. Ka hoatu anō e te nēhi tētahi puka ki tō tamaiti e tautuhi ana te wāhi (ringa mauī, matau rānei) me te wā i werohia.

## Te whiu pātai me te pūrongo i ngā āwangawanga

Whakapā atu ki tō tākuta, nēhi, nēhi hauora tūmatanui rānei mēnā he āwangawanga mō te hauora o tō tamaiti whai muri i te whiwhi awhikiri.

He mea nui ki te pūrongo i ngā pānga ohorere whai muri i te awhikiri ki tō tākuta, nēhi, nēhi tūmatanui rānei. Mēnā kāore koe i te tino mōhio mēnā e whai

pānga tētahi tohumate ki te kano ārai mate, kōrero atu ki tō tākuta, nēhi rānei.

Me pūrongo ngā mātanga hauora i ngā hohenga ka pā mai i muri i ngā whiwhinga awhikiri ki te Centre for Adverse Reactions Monitoring (CARM). Ka taea anō e koe te pūrongo i ēnei mā te imēra ki a CARM i [carmnz@otago.ac.nz](mailto:carmnz@otago.ac.nz), mā te whakamahi rānei i te puka pūrongo i te paetukutuku a CARM: <http://www.otago.ac.nz/carm>

Mō ētahi atu mōhiotia mō te kano ārai mate, tirohia te Whakarōpopototanga Mōhiotia Rongoā Kiritaki i te whārangi o muri, waea atu rānei ki te Immunisation Advisory Centre (IMAC) i 0800 IMMUNE (0800 466 863).



## Ki hea ka taea e au te whiwhi mōhiotia atu anō?

- **Kōrero ki te nēhi tūmatanui, tō tākuta, tō nēhi rānei**
- Haere ki [www.health.govt.nz/imms-older-children](http://www.health.govt.nz/imms-older-children) ki te mātaki ataata me ētahi atu mōhiotia mō te kano ārai mate
- Tirohia te Mōhiotia Rongoā Kiritaki i [www.medsafe.govt.nz/consumers/cmi/b/boostrix.pdf](http://www.medsafe.govt.nz/consumers/cmi/b/boostrix.pdf)
- Waea Koreutu **0800 IMMUNE (0800 466 863)**

Whakapā atu ki te nēhi hauora tūmatanui mēnā e hiahia ana koe i ētahi atu mōhiotia mō te whakakī i te puka whakaaetanga kura, mēnā rānei e hiahia ana koe i ngā mōhiotia i roto i tētahi atu reo.