

# MATAWAI WAHA KŌPŪ

## Te mahi i te whakamātau-whaiaro

He Haumarū

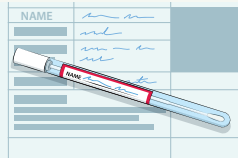
He Tika

Time to  
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National  
Cervical  
Screening  
Programme

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Ka āwhina te aratohu nei i a koe kia tiki koe ake i te tipako tara. Mehemea he āwangawanga ōu i te whakamātau rānei, i te aha rā rānei, tēnā, inoia atu te āwhina i tōu kaiwhakarato hauora.



Ina whirihia te whakamātau-whaiaro, ka hoatu te kete whakamātau ki a koe me ngā tohutohu taipitopito hei mahi atu. Mehemea he pātai rānei, he hanga uaua rānei o te whakamātau, tēnā, inoia atu te āwhina i tōu kaiwhakarato hauora.

Me whakatau rawa te tika o ōu ake taipitopito i te waitohu me te puka hauora, ā, me tāpiri ngā mea e hipa ana. Tērā pea he mea anō hei whakakāi atu, he pērā me te rā whakamātau.

### Ka aha ina hē te mahi?

He ngāwari rawa te tiki atu i tōu ake tipako. Ka rite te tika o te tipako whaiaro ki tō te tipako a te kaiwhakarato hauora. He iti rawa te tūponotanga e hē ai āu mahi.

### He pai noa te whai tonu i te whakamātau mehemea:

- kua pā ngā matikara ki te pito ūkui o te tīpani (ahakoa he pai ake mehemea kāore i pā atu)
- kua uru te tīpani ki roto i te tara, engari kāore koe i te mōhio mehemea kua rahi te urunga ake.

Ina taka te paninga, me whakamōhio atu ki te kaiwhakarato hauora hei tono i te kete whakamātau-whaiaro hou hei whakakapinga.



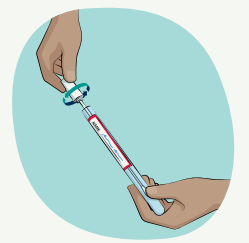
### Mahi 1.

Horoia ngā ringa ki te hopi me te wai, ka tauera ai kia maroke pū.



### Mahi 2.

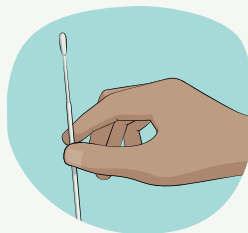
Kei roto i te wāhi tūmataiti, whirihia te taunga e pai ana hei tiki i te tipako. Tērā pea ka noho rānei, ka tū rānei, ka takoto rānei, ka koromeke rānei. Kī te kore koe e tangatanga i tētahi, inoia atu te āwhina o tōu kaiwhakarato hauora.



### Mahi 3.

Unuhia te ngongo mau tīpani i te pēke. Kātahi ka unuhia te tīpani i te ngongo. Tērā pea me pupuri te ngongo, ka whakahurihuri ai i te kōpani hei tīhāe i te here pepa.

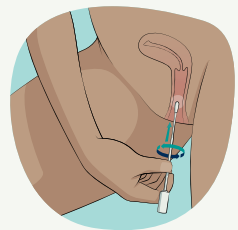
Tēnā, kia tūpato kei pā atu te pito o te tīpani ki ngā matikara rānei, kī tētahi aha rānei.



### Mahi 4.

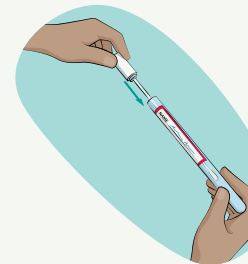
Puritia te tīpani ki waenganui, ā, whakamahia te ringa e wātea ana hei whakatuhera i te tara, ka āta whakauru ai i te pito o te tīpani ki roto kia 4-5 hm (he pērā me te roa o te kōnui, ānō kei te whakauru i te puru taiawa).

Ki te nuinga o ngā tāngata, he mea ngāwari, he mea hāneanea. Ina mamae, me āta unu rānei te tīpani kia tangatanga ai, me inoi rānei ki tōu kaiwhakarato hauora kia āwhina atu i a koe.



### Mahi 5.

Hurihurihia te tīpani kia 4 ngā wā (e 20 hēkona pea te roa), me te āta hārau atu ki ngā taha o te tara, kātahi ka unuhia te tīpani.



### Mahi 6.

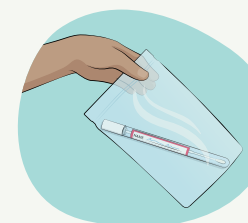
Hei te tangohanga iho i te tipako, ata tirohia ngā tohutohu o te kete hei whakaoti i te whakamātau.

Me kīki rawa te kōpani o te tipako, kia pai ai te here.



### Mahi 7.

Whakarērea ngā toenga ki te ipu para, ka hōroi ai i ngā ringaringa ki te hopi me te wai, kātahi ka tauera kia maroke pū ai.



### Mahi 8.

Purua te tipako me te puka hauora ki roto i te pēke, ka herea ai. Kātahi ka whakahokia ki tōu kaiwhakarato hauora.

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Te Whatu Ora  
Health New Zealand

Te Aka Whai Ora  
Māori Health Authority

Tērā pea he rerenga kētanga o te momo whakamātau paninga whaiaro o te aratohu nei i tō te aratohu a tōu kaiwhakarato hauora.

HE1173 August 2023 - MĀORI