

Ka taea e au taku rongoā āraimate rewharewha te whiwhi i te wā e whiwhi ana i ētahi atu rongoā āraimate?

Āe, ka taea. He pai te whiwhi tahi i te rongoā āraimate me ētahi atu rongoā āraimate, tae atu ki te rongoā āraimate Kowheori-19, shingles rānei. Mā te whiwhi tonu i ō rongoā āraimate e pai ake ai tō parenga i te mate.

Ki hea whiwhi ai au i taku rongoā āraimate rewharewha KOREUTU?

Kāore he utu o te rongoā āraimate rewharewha mā te hunga 65+ tau te pakeke, me te maha atu anō. Ka taea tō rongoā āraimate rewharewha te whiwhi i tō kaiwhakarato hauora. Kei te tuku hoki ētahi kēmehi maha i te rongoā āraimate rewharewha.

Hei tāpui i tō rongoā āraimate haere ki **BookMyVaccine.nz**, me waea rānei ki te Vaccination Healthline ki **0800 28 29 26**.



Mō ētahi atu kōrero mō te whiwhi rongoā āraimate rewharewha

- me kōrero ki tō rata, nēhi, kaiwhakarato hauora rānei
- waea atu ki Healthline ki **0800 611 116**
- haere ki [info.health.nz/flu](https://www.info.health.nz/flu)



Rewharewha

Tiakina koutou ko tō whānau

Mēnā he 65+ tō pakeke, me whiwhi i tō rongoā āraimate rewharewha **KOREUTU**

Te Aka Whai Ora
Māori Health Authority

Health New Zealand
Te Whatu Ora

Ka pakeke haere ana koe, ka ngoikore haere tō pūnaha awhikiri. Ko te tikanga o tēnei ka nui ake te tūpono pāngia e te rewharewha me ngā mate āpiti pēnei i te pūkahu kakā me te uru ki te hōhipera, ahakoa e ora pai ana koe.

Ko te whiwhi i te rongoā āraimate rewharewha te ārai pai rawa atu i te pānga, i te horapatanga rānei i te rewharewha. Hei whakakaha i tō awhikiri, me whiwhi tō rongoā āraimate rewharewha ina wātea mai ki a koe.

He aha te rewharewha?

Ehara te rewharewha i te mate maremare noa. He mate kino, ā, ka tino māuiui te tangata. Mēnā he mate kino, ka uru pea ki te hōhipera - inarā mēnā he 65+ tō pakeke, he mate tauroa rānei tāu, pēnei i te mate manawa, te mate huka rānei.

[I ētahi wā ka mate te tangata.](#)

Me pēhea taku tiaki i ahau anō i te mate rewharewha?

Ko te whiwhi i te rongoā āraimate i ia tau te huarahi pai rawa atu hei tiaki i a koutou ko tō whānau, ka mutu he KOREUTU mēnā he 65+ tō pakeke. Ka rerekē te rongoā āraimate rewharewha i ia tau hei ārai i a koe i ngā momo rewharewha ka horapa whānui. Ahakoa kua whiwhi koe i te rongoā āraimate, ehara i te mea ka kore koe e pāngia e te mate rewharewha, engari ka whakaiti i te tūpono pāngia e te mate kino. E kore te mate rewharewha e pā ki a koe nā te rongoā āraimate - kāore he huaketo rewharewha ora o te rongoā āraimate e whakamahia ana i Aotearoa.

He aha ngā pānga kino ka pā mai pea ki a au i muri i te whiwhi rongoā āraimate rewharewha?

Ki te pā ngā pānga kino ki a koe i muri i te whiwhi rongoā āraimate rewharewha, he tohu tērā o te pai o te mahi o te pūnaha awhikiri o tō tinana. I muri i tō whiwhi awhikiri ka mamae pea koe, ka māngeongoe, ka pūwherowhero i te wāhi o te werohanga, ka hīwiniwini, ka kirikā, ka māuiui, ka ngenge hoki pea. I te nuinga o te wā kāore e roa ka mutu ngā pānga kino.