

atu ki te wheori nei. Engari anō ētahi ka noho tonu te wheori i roto i ō rātou tinana. Kiia ai ēnei tangata he **kaikawe** i te mate ate kakā, ā, ka taewa e rātou te mate nei te kawa ahakoa kāore e tino māuiui ana. Pāngia ai ētahi kaikawe e ngā māuiui o te ate, i te kaumātuatanga.

Me pēhea au e mōhio ai he kaikawe au?

Mā tō tākuta, mā te nēhi o te tari tākuta rānei ō toto e whakamātautau.

Mehemea he āe te ki a te whakamātautau, me whakamōhio koe ki te hunga pātata ki a koe, kia pai ai te whāngai i ngā kano ārai ki a rātou. Nui tonu ngā tāngata ka whakamātauria anō i muri i te ono marama.

He aha te tikanga mōku, mō ngā tāngata e mōhio nei au, mehemea he kaikawe au?

E mōhioitia ana tērā pea ka noho hauora te kaikawe ki te

- āta inu waipiro
- āta kai rongoā (kōrero ki tō tākuta mō tēnei āhua)
- pātai ki te tākuta mehemea e tika ana kia auau tonu te whakamātautau i a koe mō te mate o te ate

Me pēnei te kaikawe I NGĀ WĀ KATOA

- āta takai ngā motu, tūnga, ngā rapinga, kaua e takaroa
- whakamahi pūkoro ure mō te ai

Kia **KAUA RAWA** te kaikawe e whakamahi i ngā taputapu a te tangata kē

- ahakoa paraihe niho, heu, tauera, tauera kanohi rānei
- kaua e takoha i ō toto
- kaua e whakamahi i ngā ngira titi kiri a te tangata kē

E tika ana kia whakamātauria te toto o ngā hoa moe o te kaikawe i te mate nei. Ka āhei te hunga nei kia whāngia ki ngā kano ārai i te mate ate kakā, mehemea kāore anō kia kauparea atu te mate.

Me whakamōhio atu hoki te kaikawe ki te tākuta, ki te tākuta niho hoki.

Ko wai mā ngā tāngata e tika ana kia whakamātauria mō te wheori mate ate kakā nei?

E tika ana kia whakamātauria koe mehemea:

- kei te māuiui koe, ko te mate ate kakā te take, ki ō whakaaro
- e mea ana koe kua pātata rawa koe ki te tangata kua pāngia e te mate nei
- kei te hapū koe
- kei te hiahia koe ki te mōhio mehemea kua kauparea atu te mate nei e tō tinana, he kaikawe koe rānei.

Me pēhea au e aukati atu i te pāngia o te mate ate kakā ki ahau, ki taku whānau rānei?

Ko te tino huarahi pai hei aukati i te rere o te mate ate kakā, ko te whāngai kano ārai mate. E toru ngā whāngai mā te tamaiti, hei ngā pakeke

- 6 wiki
- 3 marama
- 5 marama

Kāore anō kia tūreiti kia whāngia ō tamariki, ahakoa i hapa te whāngai i mua.

I ētahi wā ka rere te mate ate kakā i te whaea ki tana tamaiti, i te whānautanga o te kōhungahunga. Me hoatu anō he moroitī ārai ate, me ngā kano ārai mate i muri tonu i te whānautanga kia kore ai e pāngia e te mate. Ka tukua noatia atu ngā whāngai katoa karekau he utu. Me haere tonu ngā whāngai nei ki tō pēpi, i ngā wā e tika ana kia pai ai te kaupare i te mate.

I MURI INGĀ WHĀNGAINGA - I ētahi wā i muri i ngā whāngai ka āhua māuiui te tangata, ka āhua whero te kiri i taua wāhi, ka pupuhi rānei. Ka pāngia e te kirikā pea mō tētahi wā poto. E kore e mau roa ēnei āhuatanga, engari mehemea kei te āwangawanga koe me whakapā atu ki tō tākuta.

95 ngā tāngata o te 100 i mahia ki ngā rongoā nei ka noho maru tonu, e kore e pāngia e te mate ate kakā.

Ka āhei tonu koe te āwhina i te rere o te mate ate kakā mā te:

- haere kia whakamātauria kia kitea ai me he kaikawe koe
- whakamahi pūkoro ure i te ai
- pupuri i ō taonga ā tinana ki a koe anake
- āta takai māriri i ngā motu me ngā rapinga o te kiri
- haere kia whāngia koe ki ngā kano ārai mate

ME KŌRERO KOE KI TŌ TĀKUTA, KI TŌ TĀPUHI, KI TĒTAHI KAIMAHI HAUORA MŌ TE WHĀNGAI KANO ĀRAI MATE

Mō ētahi atu kōrero mō te whāngai kano ārai mate, pātai atu ki te kaimahi hauora mō te pukapuka *Childhood Immunisation* (Nama 1323). Kei te wātea tēnei i te Ratonga Hauora Tūmatanui o tō rohe.

Hepatitis B Mate Ate Kakā



Hepatitis B

Hepatitis B can inflame and damage the liver. The virus can make people very sick, and can even kill them.

Fewer people have been getting hepatitis B in New Zealand since a vaccine was introduced in the 1980s. Hepatitis B vaccine is part of the immunisation schedule for all children.

How do people get hepatitis B?

Hepatitis B virus is transmitted by close contact with blood (and other fluids) from an infected person. This may be from:

- cuts, scratches, etc
- sharing toothbrushes, razors, towels, face cloths
- sharing skin-piercing needles
- sexual contact without condoms.

How do you know if you've got hepatitis B, or if you've had it?

You can only tell by having a blood test. The virus usually takes 2-3 months after you have been infected before it makes you sick.

If you're sick with acute hepatitis B, you might have one or more of these symptoms:

- nausea and vomiting
- jaundice (yellow skin and eyes)
- dark urine (pee, mimi)
- pale bowel motions (poo, tutae)
- feeling unwell
- no energy
- no hunger
- sore stomach
- aches and pains.

Hepatitis B carriers

Some people do not get unwell when they catch hepatitis B. Some people fight off the virus. But some people keep the hepatitis virus in their bodies. They are called **carriers**

of the hepatitis B virus, and can spread the disease even though they are not sick. Some carriers get liver disease many years after the infection.

How do I know if I am a carrier?

Your doctor or practice nurse will give you a blood test. If the test is positive, you should tell people in close contact with you, so they can be immunised. A repeat test is often taken six months later.

What does it mean for me – and for other people – if I am a carrier?

Carriers are more likely to stay well if you:

- limit alcohol intake
- are careful about medication (check with your doctor about this)
- ask if you should have regular tests to look for liver disease.

Carriers should **ALWAYS**

- cover cuts, scratches, etc, straight away
- use condoms for sex.

Carriers should **NOT**

- share toothbrushes, razors, towels, face cloths
- donate blood
- share needles.

Household and sexual contacts of carriers should have a blood test. They can have free hepatitis B immunisations if they are not already immune.

Carriers should also tell their doctors and dentists.

Who should be tested for hepatitis B virus?

You should be tested if you:

- are sick and think it might be hepatitis B
- think you may have been in close contact with someone with hepatitis B
- are pregnant
- want to know if you are immune or a carrier.

PREGNANCY – Pregnant women who carry hepatitis B may pass the virus on to their baby during the delivery. The infection can be prevented by giving the baby antibodies (a blood product) and immunisation straight after birth. All immunisations for your baby are free. Your baby will need further hepatitis B injections at the usual times to protect them fully.

Can I prevent myself or my family/whānau getting hepatitis B?

Immunisation is the best way to stop the spread of hepatitis B. There are three doses for children, at ages

- 6 weeks
- 3 months
- 5 months.

It is not too late for your children to have the immunisations, even if they have missed out.

AFTER THE IMMUNISATION – After the immunisation people sometimes feel unwell, or have redness or swelling around the injection. A mild fever may develop for a short time. These things shouldn't last long, but if you are worried, contact your doctor.

About 95 out of every 100 people who have these injections will be protected against hepatitis B.

You can help stop the spread of hepatitis B by:

- **being tested to see if you are a carrier**
- **using condoms for sex**
- **not sharing personal items**
- **covering cuts, scratches, etc**
- **immunisation.**

TALK TO YOUR DOCTOR, NURSE OR HEALTH WORKER ABOUT IMMUNISATION

For more information on immunisation, ask your health worker for the booklet *Childhood Immunisation* (code 1323) available from your local public health service.

Mate Ate Kakā - Hepatitis B

Ko Te Mate Ate Kakā

Ko te mahi a te mate ate kakā nei he whakawera, he tūkinō i te ate. I ētahi wā ka māuiui te tangata i tēnei mate, ka mate rawa rānei te tangata.

Nō te hounga mai o ngā kano ārai mate o ngā tau 1980, ka timata te heke haere o te pānga o ngā tangata o Aotearoa ki te mate nei. Ko te whāngai kano ārai mate ate kakā tētahi wāhi o te rārangi whāngai ināianei mō ngā tamariki katoa.

He pēhea e pāngia ai te tangata e te mate nei?

- Te noho piri tonu ki te toto (ki tētahi atu wai tinana rānei) o tētahi tangata māuiui
- Ngā motu, ngā rapinga me ērā atu mea
- Te whakamahi i te parāihe niho, i te heu, i te tauera, i te tauera kanohi o te tangata kē
- Te whakamahi i te ngira titi kiri o te tangata kē
- Te ai, ki te kore he pūkoro ure

Me pēhea koe e mōhio ai, āe, kua pāngia koe e te mate ate kakā, i pāngia rānei koe i mua?

Heoi anō te tikanga e mōhiohia ai, mā te whakamātau i tō toto. E 2 marama, e 3 marama i muri i te pānga ka timata te whakamāuiui a te wheori i a koe.

Mehemea kua pāngia koe e te mate ate kakā tino kino nei, anei ētahi o ngā tohu:

- te whakapai ruaki me te ruaki
- te kanohi kōwhai (he kiri kōwhai, he karu kōwhai)
- te mimi parauri
- te tūtae hātea
- te hē o te tinana
- kāore he kaha
- kāore he matekai
- he puku mamae, he oreore hoki te puku
- he pākikini, he mamae

Ko ngā kaikawe i te mate ate kakā

Ko ētahi tāngata kāore e māuiui te tinana ahakoa kua pāngia e te mate ate kakā. Ko ētahi ka kaha ki te whawhai