

Me ū ki te wā tika hei whakatō i te kano ārai mate ki tō tamaiti

Mā tēnā e ora ai tō tamaiti



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their best protection

Mēnā ko koe tētahi matua, kaitiaki rānei, māu tēnei mātārere.

Ko tāna he whakamōhio i a koe ki ngā wā tika hei whakatō i te kano ārai mate ki tō pēpi.

Ko te whakamarutanga tino pai mō tō pēpi, tō tamaiti rānei ko te whakatō kano ārai mate i te wā tika.

Tiakina tō tamaiti me tō whānau

Mā te rongoā ārai mate tō tamaiti e tino ārai i ētahi tahumaero taumaha 12. He koreutu kei Aotearoa ki ngā pēpi, ngā tamariki me ngā taiohi katoa tae noa ki tō rātou huritau 18.

Ko te mahi a te rongoā ārai mate he āwhina i tō tamaiti ki te whakawhanake paturopi ki te whawhai tauhumaero. Ka ora anō i tēnei te tini manomano huri noa i te ao ia tau.



He aha ngā take me whakatō kano ārai mate?

Ko te tikanga whānau ai te pēpi me tētahi momo āraitanga noa ki te tahumaero. Whiwhi ai te pēpi e whāinuinutia ana i ētahi anō paturopi i te waiū o tōna whaea. He poto noa te wā hohe o tēnei āraitanga noa, ā, e kore e āraia tō pēpi i ngā tahumaero katoa.

Me whiwhi rongoā ārai mate te pēpi me te tamaiti hei ārai i te pā o ngā tahumaero taumaha.

Ko te tūtohutanga me whakatō i te kano ārai mate ki tō pēpi, tamaiti rānei, i ngā wā tika kia tino ora ai ia.



Te taki haere i ngā whakatō kano ārai mate

Tīmataria ngā whakatō kano ārai mate a tō tamaiti ina eke ki te 6 wiki te pakeke, kia tino ora ai i te tahumaero.

Ko te **Hōtaka Whakatō Kano Ārai Mate ā-Motu** te rātaka o ngā wā tika mō te whakatō kano ārai mate. Kei te whakaatu i ngā wā tika me whiwhi rongoā ārai mate tō tamaiti kia tino ora ai ia.

Me whakatō i ngā kano ārai mate katoa ki tō tamaiti.

Titiro ki te Hōtaka Whakatō Kano Ārai Mate ā-Motu i te whārangi e whai ake nei. He mea nui ki te whakatō i te kano ārai mate ki tō tamaiti i te wā tika kia tino ora ai, engari mēnā ka tōmuri koe ko te tikanga ka taea te hoki anō ki te hōtaka tika. (Me mōhio koe: Me tīmata te whakatō kano ārai mate mō te huaketo puku [rotavirus] ā te ekenga o tō tamaiti ki te 15 wiki te pakeke.) Ki tō whakaaro kua hapa i tō tamaiti tētahi, ētahi o ngā whakatō kano ārai mate, me kōrero atu ki tō tākuta whānau, tapuhi rānei.

Ka tuhi te tākuta, tapuhi rānei i ia whiwhinga rongoā ārai mate a tō tamaiti ki te **Rēhita Whakatō Kano Ārai Mate ā-Motu** (NIR) (Tirohia te whārangi 10 mō ētahi anō mōhiohio mō te NIR).

Kei te tuhia anō hoki ngā whakatō kano ārai mate ki te **Tiwhikete Whakatō Kano Ārai Mate** i tō *Well Child Tamariki Ora My Health Book*. Me mauhara ki te kawē i te *Well Child Tamariki Ora My Health Book* me koe hei hoatu ki te tākuta, tapuhi rānei i ia wā e haere ai tō tamaiti ki reira whiwhi rongoā ārai mate ai. Me whakaatu koe i te Tiwhikete Whakatō Kano Ārai Mate ina tīmata tō tamaiti i tētahi ratonga tiaki kōhungahunga, tētahi kōhanga reo, tētahi kura tuatahi rānei.

Kei a koe te tikanga mō te whakatō kano ārai mate – kōrero ki tō tākuta whānau, tapuhi rānei mēnā he pātai āu.

Te Hōtaka Whakatō Kano Ārai Mate ā-Motu

Pakeke

Tahumaero hei ārai atu

Rongoā ārai mate

6
Wiki

Huaketo puku (rotavirus) – me hoatu te whāngainga tuatahi i mua i te 15 wiki

RotaTeq[®]
(mā te waha)

Whakapokenga korokoro – (diphtheria) + kauae-timu + mare heihei (mare tekekō) + whakamemeke + atekakā B + rewharewha *haemophilus* momo b (Hib)

INFANRIX[®]

Pūkahu kakā (pneumococcal)

PREVENAR 13[®]

3
Marama

Huaketo puku (rotavirus)

RotaTeq[®]
(mā te waha)

Whakapokenga korokoro + kauae-timu + mare heihei + whakamemeke + atekakā B + rewharewha *haemophilus* momo b (Hib)

INFANRIX[®] hexa

Pūkahu kakā (pneumococcal)

PREVENAR 13[®]

5
Marama

Huaketo puku (rotavirus)

RotaTeq[®]
(mā te waha)

Whakapokenga korokoro + kauae-timu + mare heihei + whakamemeke + atekakā B + rewharewha *haemophilus* momo b (Hib)

INFANRIX[®] hexa

Pūkahu kakā (pneumococcal)

PREVENAR 13[®]

15
Marama

Rewharewha *haemophilus* momo b (Hib)

Act-HIB[®]

Mate karawaka + repe hūware pupuhi + karawaka Tiamana

M-M-R[®] II

Pūkahu kakā (pneumococcal)

PREVENAR 13[®]

4
Tau

Whakapokenga korokoro + kauae-timu + mare heihei + whakamemeke

INFANRIX[®] IPV

Mate karawaka + repe hūware pupuhi + karawaka Tiamana

M-M-R[®] II

11
Tau

Kauae-timu + whakapokenga korokoro + mare heihei

BOOSTRIX[®]

12
Tau

Huaketo papilloma ā-tangata (HPV)
(ki ngā kōtiro anake)

GARDASIL[®] (kia 3 ngā whāingainga i roto i te 6 marama)

He aha ngā tahumaero taumaha e āraia ana mā te whakatō kano ārai mate?

He momo whakapokenga korokoro te **Diphtheria**. Ka whakararu i te hēhē me te horomi. Ka pā kino hoki pea ki ngā io, ngā uua me te manawa.

Ko te **rewharewha haemophilus momo b (Hib)** te pūtake o te kiriuhi ua kakā (he pokenga huri noa i te roro) me te koropuku korokoro [epiglottitis] (he koropuku kei te korokoro ka aukati i ngā awa hēhē). Koia hoki pea te pūtake o te pūkahu kakā me te pokenga o ngā monamona, i raro kiri hoki.

Ka pā ki te ate te **atekakā B**, ā, ka taea te ate te tūkinu. Ka whakamāuiui me te whakangenge pea i te tūrora, ka mutu, ka whakakōwhai i te kiri.

Ko te **huaketo papilloma ā-tangata (HPV)** te pūtake pea o te mate pukupuku waha kōpū me ētahi atu momo mate pukupuku. He huaketo tēnei e noho whakaraerae ai tata ki te katoa o ngā pakeke i Aotearoa i tētahi wā. Koia te pūtake pea o ngā tona hema.

Ko te **mate karawaka** te pūtake o te kōpukupuku, te ihu hūpēpē, te maremare me ngā karu waiwai. He pūtake anō pea o te pūkahu kakā, ngā pokenga taringa me te mate roro.

Ko te **repe hūware pupuhi** te pūtake o te pupuhi i te kanohi, o te kirikakā me te kotiuru. He pūtake anō pea o te pupuhi i te roro, me te turi.

Ko te **pūkahu kakā (pneumococcal)** te pūtake o te pūkahu kakā, te kiriuhi ua kakā me te tāokenga toto. He pūtake anō pea o te pakohu ihu kakā me te pokenga taringa.

Mā te **whakamemeke** (poliomyelitis) te tinana e pararaiha me te whakararu i te hēhē.

Ko te **huaketo puku** (rotavirus) te pūtake o te ruaki me te kōrere. Ko te mutunga pea o tēnei ko te matewai kino, ā, i ētahi wā ko te matenga. Ko ngā piripoho ngā mea e tino mōrearea ana.

Ko te **karawaka Tiamana** te pūtake o te māuiui ngāwari ka whakaputa i te kōpukupuku me te mamae monamona. He mate taumaha mēnā ka pāngia te wahine e te karawaka Tiamana i ngā marama tuatahi o te hapūtanga. Ka pāngia pea tāna pēpi e ngā raruraru taumaha i te whānautanga, pēnei i te turi, te kāpō, te mate manawa me te mate roro.

Ko te **kauae-timu** te pūtake o te whakamakiki me te hukihuki o ngā uaua, tērā ka kaha whakararu i te hēhē me te horomi.

Ka tūkinu te **mare heihei, mare tekekō** (pertussis) i ngā ngongo hēhē, e pūtakea mai ai te tanetane me te ruaki. Ko te mutunga iho pea ko te tūkinu pūkahukahu, me te whakamutu pea i te mahi hēhē a te pēpi. Ko ngā piripoho ngā mea e tino mōrearea ana.



Parenga tāpiri

Tērā pea ka whakaratohia ētahi whakatō kano ārai mate tāpiri ki ētahi pēpi mēnā he nui ake te tūponotanga ka pāngia rātou e te tahumaero.

Mā tō tākuta whānau, tapuhi rānei ēnei e matapaki ki a koe.



Ngā ohonga tinana

E kite nuitia ana i ngā piripoho me ngā kōhungahunga ngā ohonga tinana āhua iti i muri i te whakatō kano ārai mate. E 2 rā pea te roanga o aua ohonga tinana. Ka whai wāhi pea ki ēnei:

- te kiriweti (te ngenge me te tangitangi)
- te kirikā ngāwari
- tētahi tipu iti i te wāhi o te werohanga.

Ka pāngia pea ētahi pēpi e te ruaki me te kōrere āhua ngāwari tae atu ki tētahi wiki i muri i te whiwhinga ki te rongoa kano ārai mate mō te huaketo puku.

Me aha koe ki te pāngia tō tamaiti e te ohonga tinana?

- Kaua e mirimiri i te wāhi o te werohanga kei kino haere ake te ohonga tinana.
- Whakangorua ngā kākahu o tō tamaiti mēnā ka wera ia.
- Whakaratohia tō tamaiti ki ngā inu tāpiri (hei tauira, te wai, ētahi whāinuinu anō rānei).
- Kaua e whāngai i te paracetamol, te ibuprofen rānei ki tō tamaiti, engari rawa ka tono tō tapuhi, tākuta rānei kia pēnā.

Mēnā kei te āwangawanga koe ki te ohonga tinana o tō tamaiti ko te whakatō kano ārai mate te pūtake, kōrero ki tō tākuta, tapuhi rānei, ka waea rānei ki te ratonga Healthline koreutu i 0800 611 116, ahakoa i te rā, i te pō rānei.

Te Rēhita Whakatō Kano Ārai Mate ā-Motu (NIR)

Kei te puritia e te NIR ngā kōrero whakatō kano ārai mate mō ngā tamariki katoa o Aotearoa.

Ka tuhia e tō tākuta, tapuhi rānei ia whakatō kano ārai mate o tō tamaiti ki te NIR.

Ko tā tēnei he whakarite kia whiwhi tō tamaiti i te whakatō kano ārai mate tika i te wā tika. Ka tukuna he pānui whakamaumahara ki a koe i mua i te wā whakarite mō ia whakatō kano ārai mate.

Mā tō kaiwhakawhānau, tākuta rānei e hoatu mōhiohio anō ki a koe i mua i te whānautanga o tō pēpi, i te wā anō hoki e matapakī ai kōrua i ngā whakatō kano ārai mate.

He aha kei runga i te NIR?

Ka tuhia ki te NIR ēnei taipitopito mō tō tamaiti:

- tōna ingoa, wāhi noho, rā whānau, ira tangata me te matawaka
- tōna tau hauora ahurei (Rārangi Hauora ā-Motu, NHI rānei)
- tōna tākuta whānau, tapuhi me tōna kaiwhakarato Tamariki Ora
- tōna poari hauora ā-rohe (DHB)
- ōna whakatō kano ārai mate
- ō kōrero whakapā.

Ka tuhia anō hoki ki te NIR mēnā kua whakatau koe kia kaua e tukuna tō tamaiti kia whiwhi rongoā ārai mate.

Ko wai mā e āhei te kite he aha kei te NIR?

Ka āhei ngā kaiwhakarato tiaki hauora anake te kite i ngā kōrero mō tō tamaiti i te NIR.

Kei reira aua mōhiohio hei whakarite kia whiwhi tō tamaiti i ngā whakatō kano ārai mate koreutu e āhei atu ai ia.

Ka taea tētahi kape o ngā mōhiohio kei runga i te NIR mō tō tamaiti te tonono i tō tākuta whānau, tapuhi rānei i ngā wā katoa.

Te kōwhiri kia kaua e tuhia ngā kōrero whakatō kano ārai mate o tō tamaiti ki te NIR.

Mēnā kāore koe e pīrangī kia tuhia ngā kōrero whakatō kano ārai mate o tō tamaiti ki te NIR, ka taea tētahi puka 'whakaputa atu' te whakaoti. Tonoa he puka i tētahi tākuta, tapuhi rānei.

Ka āhei tonu tō tamaiti te whiwhi whakatō kano ārai mate koreutu tae noa kia 18 ana tau, ahakoa kua whakatau koe kia kaua e tuhia ana kōrero whakatō kano ārai mate ki te NIR. Ka pupuri tonutia e te NIR te ingoa, rā whānau, tau NHI me te poari hauora ā-rohe o tō tamaiti.



Mō ētahi anō mōhiohio mō te whakatō kano ārai mate

- Kōrero ki tō tākuta whānau, tapuhi rānei.
- Pānuitia te wāhanga mō ngā whakatō kano ārai mate i tō *Well Child Tamariki Ora My Health Book*.
- Toroa te whārangi tukutuku whakatō kano ārai mate a Te Manatū Hauora i: www.immunise.govt.nz
- Waea ki **0800 IMMUNE (466 863)** 9.00 i te ata ki te 4.30 i te ahiahi, Mane ki te Paraire.
- Mō ngā āwhina koreutu i waho i ngā haora mahi (ratonga haora 24), whakapā ki Healthline i te **0800 611 116**.



Kei te wātea tēnei rauemi i www.healthed.govt.nz, i te Kaiwhakarato Whaimana rānei i tō poari hauora ā-rohe. He mea whakahou i Pipiri 2014. Māori.

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