

Te ārainga mate i te wā o te KOWHEORI-19

TE TIAKI I Ō TAMARIKI ME TŌ WHĀNAU

He kōrero pono me ngā whakamōhio puku whaitake e māmā ake, e haumaru ake ngā ārainga mate ritenga a tō tamaiti i ngā taumata whakatūpato KOWHEORI-19 katoa

Ko te ārainga mate tētahi o ngā tikanga pai rawa hei tiaki i tō whānau, ā, he mea nui tonu tēnei ki ngā whānau i roto i ngā taumata whakatūpato katoa o te KOWHEORI-19, otirā rātau he pēpi hou ā rātau.

Te tiaki i tō whānau i roto i ngā taumata whakatūpato katoa o te KOWHEORI-19

- Ko te ārainga mate tētahi o ngā tino āhuatanga papai mō te ārai atu i ngā mate nui pērā i te mare heihei me te mate karawaka.
- **Ina whiwhi ārainga mate i te wā e hapū ana** ka tiaki i tō pēpi i tōna whānautanga mai, ā, me koe hoki i a koe e hapū ana mai i te mare heihei me te rewharewha.
- He mea tino nui rawa ināianei ngā whiwhinga ārainga mate koreutu mā tō tamaiti kei te **6 wiki, 3 marama, 5 marama, 12 marama, 15 marama** me te **4 tau**.
- Ki te tōmuri te whiwhi ārainga mate ka nui ake te noho mōrea o tō tamaiti ki ngā mate nui, otirā te mare heihei me te mate karawaka.



Te whakatū i te whakaritenga ārainga mate mō tō tamaiti

Waea atu ki tō rata, nēhi rānei i mua noa atu, kia pai ai tana kōrero atu ki a koe he pēhea tā rātau tiaki i a koutou ko tō whānau i te whiwhi ārainga mate. He hātepe katoa ā ngā ratonga hauora kia haumaruru ai te tuku ārainga mate, hei tauira:

- ka wehea he rā motuhake, he wā motuhake mō ngā ārainga mate
- he whāroa te wā i waenga whakaritenga kia kore ai e tukituki te wā o ngā tūrora
- ka horoia mārireitia ngā rūma hui i waenga o te whai wāhi o ngā tūrora
- ka wehea he wā motuhake mō ngā ārainga mate.

I mua i tō kite i tō rata, nēhi rānei, ka tonoa pea he pātai ki a koe mō te hauora whānui o tō whānau. Mēnā ki ō whakaaro kua pā mai ki a koe, ki tētahi o tō whānau rānei te KOWHEORI-19, he mea nui kia whakamōhiohia atu e koe tō rata, nēhi rānei.

Mēnā kei te māuiui koe, tētahi o tō whānau rānei me kōrero atu ki tō rata, nēhi rānei. Māna koe e whakamōhio atu mō te wā pai ki te tuku ārainga mate ki tō tamaiti.

I muri i tana ārainga mate, ka tonoi i a koe kia tatari mō tētahi wā. He whakaritenga haumaruru tēnei hei whakarite e wātea mai ana ngā whakamaimoatanga hauora mō te tūpono pā mai o tētahi pānga pāwera i ngā āhuatanga tino rerekē.

Tiakina tō whānau – me whiwhi ārainga mate i te wā tika

E whakahautia ana, ā, he haumaruru te whiwhi ārainga mate i ngā taumata whakatūpatō katoa o te KOWHEORI-19.

Me kōrero atu ki tō rata, nēhi, mātanga hauora he pēhea tana tuku ārainga mate kia haumaruru i ngā taumata whakatūpatō katoa o te KOWHEORI-19.

Mō ētahi atu kōrero:

Waea: **Healthline 0800 466 863**

Haere ki: **health.govt.nz/immunisation**

ārainga mate

hei tiaki pai i a rātou