



Be a DOER!

KARAWHIUA



Ko te tiaki i te whānau koia tā tātou mahi

Me whakahīhi tātou i ngā mahi tiaki i te katoa i te KOWHEORI-19. Kei moumou ngā mahi nui. Me tiaki tonu ngā whānau me ngā hapori i te KOWHEORI-19.

He KOREUTU te rongoā Pzifer. Ka nui te rongoā āraimate e wero katoa ai i te hunga 12 tau neke atu rānei*, ki ngā whiwhinga rongoā e rua hei tiaki i te hunga nei i te KOWHEORI-19.

He pēhea te tiaki a te rongoā āraimate KOWHEORI i a tātou?

Ko te tukunga rongoā āraimate tētahi huarahi e tiakina ai ō tātou whānau me ō tātou hapori hoki. Mā te ako i tō tinana ki te rongo, ki te whawhai hoki i te huaketo e tiaki ai tātou. Mēnā kua whiwhi rongoā āraimate te nuinga o tātou, ka heke iho te mōrearea o te mate urutā. Ki te tūpono anō te urutā ki te hapori, ka noho taratahi anō tātou, ā, ka tāmia te pūnaha hauora.

Ka ākona e te rongoā āraimate te pūnaha awhikiri ki te tautohu me te whawhai i te huaketo. E kore koe e māuiui i te rongoā āraimate KOWHEORI-19, nā te mea kāore he huaketo ora, he huaketo mate rānei ō roto ka pā kino ki te ira tangata. Ka puta katoa te rongoā āraimate i tō tinana i roto i ngā rangi ruarua, ā, ka rite tō pūnaha awhikiri ki te whawhai i te KOWHEORI-19.

Me pēhea tātou e mōhio ai he pai tēnei mō ō tātou whānau?

I Aotearoa nei, ko Medsafe e noho haepapa ana mō te aromātai i ngā rongoā āraimate. He wāhanga a Medsafe nō te Manatū Hauora.

Kia mātua tau rawa i a Medsafe kua tutuki ngā paerewa ā-motu, ā-ao anō hoki mō te haumarua, te whakaoraora me te kounga, kātahi ka whakaae ki te whakamahinga o tētahi rongoā āraimate ki Aotearoa.

Te kōwhiri i te rongoā āraimate

Kei a koe te kōwhiringa ki te whiwhi i te rongoā āraimate.

Mā te whiwhi i ngā tukunga rongoā e rua ka kaha rawa atu te tiaki i a koutou ko tō whānau. Me mātua whiwhi rongoā āraimate e haumarua ai ngā kuia, ngā koroua, ngā Māmā hapū me te hunga mōrearea ake ki te pānga o te KOWHEORI-19. Māna anō e tiaki ngā tamariki me te hunga kāore anō kia āhei ki te whiwhi rongoā āraimate.

Ka aha inā haere au ki te whiwhi i te rongoā āraimate

- Ka pātaihia koe kia tukua ngā kōrero mōu ake me tō whakaaetanga.
- Mā te kaiwero kua whakangungua te rongoā āraimate e wero ki tōu kikopuku.
- Me mātua noho koe mō te 15 meneti i muri i te tukunga rongoā āraimate.
- Ko te tikanga, ka puta ētahi pānga iti, ā, he tohu ēnei e ako haere ana tō tinana ki te whawhai i te huaketo. Haere ki [Karawhiua.nz/FAQs](https://www.karawhiua.nz/FAQs)
- Ka whakaritea he weronga tuarua mōu. Tuhia ki tō rae kia mātua mōhio koe āhea, ki hea anō hoki.

He pānga ō te rongoā āraimate?

He pānga ō ngā rongoā āraimate katoa. Ko te tikanga kāore e kaha rawa ēnei pānga, ā, ka mauru i muri i ētahi rā ruarua. Ko ētahi pānga ka tae atu ki ēnei e whai ake nei:

- he mamae i te wāhi wero
- he māhunga ānini
- he ngoikore, he iwikore
- kei te mamae ngā uaua
- kei te māuiui
- kei te makariri
- kei te kirikā
- kei te mamae ngā whatianga
- ka paipairuaki.

Ko ēnei ngā tohu e mahi ana te rongoā āraimate i tana mahi.

Huri noa i te ao, kua whiwhi kē ngā miriona tāngata i ngā tukunga e rua o te rongoā āraimate Pfizer. He tokoiti noa iho te hunga i pā kinotia ai.

Mēnā he pātai, he māharahara rānei āu, me whakapā ki tō rata, ki tō kaiwhakarato hauora rānei.

Mō ētahi o te whānau, he pai ake kia whakapā ki tō kaiwhakarato hauora i mua i tō whiwhinga ki te rongoā:

- Kei te hapū. Kōrero ki tō tāpuhi, ki tō rata rānei.
- Kei te kai rongoā. Kōrero ki tō kaiwhakarato hauora i te tuatahi.
- E pāngia ana ki te mate toto. Kōrero ki tō kaiwhakarato hauora i te tuatahi.
- I mate pāwera i tētahi atu rongoā āraimate, i tētahi weronga rānei i mua. Whakamōhiohia te kaiwero ka whiwhi ai koe i te rongoā āraimate.

E haumarua ana te wahine hapū, te wahine whāngai waiū rānei ki te whiwhi rongoā āraimate?

I runga anō i te mahi a te rongoā āraimate, e whakapono ana ngā mātanga he haumarua te rongoā āraimate mō ngā Māmā e hapū ana pēnei i a tātou katoa. Ko te take, kāore he huaketo ora ō roto, nō reira e kore e taea te tuku te KOWHEORI-19 ki a koe, ki tāu pēpi rānei.

E āhei ana ngā Māmā hapū ki te whiwhi rongoā āraimate KOWHEORI-19 ahakoa te wāhanga o te hapūtanga.

E āhei ana ngā Māmā e whāngai waiū ana, te whiwhi rongoā āraimate KOWHEORI-19. Kāore he māharahara mō te hauora o te māmā, o tana pēpi rānei.

Ki te whiwhi rongoā āraimate te Māmā hapū, ka tiaki hoki ia i tana pēpi. Hei tā te taunakitanga o muri nei, ka kaha ake te awhikiri o te kukune, o te nohinohi hoki ki te huaketo mā te toto-ā-aho me te waiū.

Mēnā e whakamahere ana koe mō te hapūtanga, ka āhei tonu koe te whiwhi i te rongoā āraimate KOWHEORI-19.

Mēnā he pātai āu mō te rongoā āraimate KOWHEORI-19, te hapūtanga me te whāngai waiū anō hoki, me kōrero ki tō tāpuhi, rata rānei.

Arā tonu ngā mea hei aukati i te rere o te KOWHEORI-19:

- Noho ki te kāinga mēnā e māuiui ana koe
- Whakamahia te taupānga KOWHEORI (tae atu ki te whakamahi i te Hono Iarere)
- Whakamaui te uhi kanohi i runga i ngā waka tūmatanui
- Kia auau te horoi ringaringa ki te hopi me te wai
- Mēnā he tohumate ōu, me mātua whakamātau koe mō te KOWHEORI-19.

*I tēnei wā, kāore e āhei ana ngā tamariki, kei raro iho i te 12 tau te pakeke te whiwhi i te rongoā Pfizer. I aro kē ngā whakamātautau tuatahi ki ngā rōpū mōrearea ake, kua ko ngā tamariki. E whakahaeretia ana ētahi atu whakamātautau, ā, kia puta ngā raraunga, ka whakahoutia ngā tohu ārahi.

Ko te tiaki i te whānau koia tā tātou mahi.

Mō ētahi kōrero anō, toro atu ki [Karawhiua.nz](https://www.karawhiua.nz)



Te Puni Kōkiri
MINISTRY OF MĀORI DEVELOPMENT



Mā tātau
katoa e
ārai atu te
COVID-19