KUA TAE TOOU UKI MATAITI KI TE 15-30?
KA ANOANO IA PAĀ KOE KIA PATIA PARURU IA NO TE MAKI MĪSARA

E maki kino te mīsara te ka akatupu i tetai turanga maki kino atu ki runga ia koe. E maki piri teia, mei tetai 8 taime kino atu i te COVID-19 no reira ka viviki i te toto'a. Ka meitaki atu toou turanga paruru e pera to toou kopu tangata, e te iti tangata me patia'ia kotou ki te patia paruru, kia kore kotou e tu'ia e te maki, kia kore katoa teia maki e toto'a.

PARURU'IA KOE MEI TE MAKI MISARA – MAMA UA, KARE E TUTAKI

Ariki atu i te patia paruru tutaki kore no te misara, me oronga ia atu e tetai taote.

E tika'anga toou i te pati atu ki toou taote no tetai patia paruru no te maki mīsara Kare e tutaki.

Ka rauka katoa tetai patia paruru tutaki kore noou i ko i te toa oko vairakau me ara atu koe i te 16 mataiti. Akara iatu i ko i te toa oko vairakau i toou oire me te rave ra rai ratou i te patia paruru no te maki mīsara te maki māmū e te maki rūbela (MMR). Me e rave ana ratou, ka tika ia koe i te aere atu. Kare e anoano'ia te tapa'o tuatau no te akara atu ia koe. Ka apai te tangata angaanga o te toa oko vairakau iakoe ki roto i tetai mai pia tei akanoo'ia no te rave atu i te reira.

Ko te ingoa o teia patia'anga paruru no te maki mīsara ko te MMR. Ka tauturu teia i te paruru iakoe kia kore koe tu'ia e teia au maki kino pakari e toru: te maki mīsara te maki māmū e te maki rūbela.

Penei kare i papu meitaki iakoe e me kua patia paruru iana koe no te maki mīsara?

E maata te au tangata i te uki rotopu i te mataiti 15 e te 30 tei kore i patia iana ki te patia paruru i to ratou tamariki anga. Ka riro teia i te akangoie ua iakoe kia tu'ia ma te toto'a atu i te maki mīsara.

Ui atu ki toou taote, toou nga metua, me kore toou tangata tiaki me kua patia iana koe i to tamariki'anga e rua taime ki te patia paruru MMR.

Me kare koe i kite, e mea tau kia patia ia koe ki teia patia paruru. E mea meitaki me ka patia akaou ia koe ki te patia paruru MMR.

E AU TUMU MEMEITAKI RAI TETAI KIA PATIA'IA KOE KI TE PATIA PARURU

- **Ka maki ia koe me tu ake koe i te mīsara**
  Ka tupu mai teia au tu maki mei te nimonia, te uti e te akangenengene o te roro. E mate ana te tangata me tu i te maki mīsara.
- **Me piri atu te maki ki runga i tetai tangata ke atu mei runga ia koe, penei e ka kino atu**
  Kare tetai pae tangata e meitaki kia patia'ia ki te MMR no te mea, e ou rava ratou, me kore e maki takake to ratou e tamanamata ara i te au mero paruru natura o te kopapa. Me patia'ia koe ki te patia paruru, kare koe e tu ia e te misara, kare katoa koe e riro i te toto'a atu i te reira ki te aronga te apikepike ua ara i tetai maki takake atu.
- **Me tu ake koe i te mīsara ia koe e nui ra*, ka riro katoa teia i te akamaki atu i to pepe**
  Ka riro katoa teia i te akatupu atu i tetai turanga maki tinamou no taau pepe. Ka riro teia i te aka'anau vave iakoe, me kare ka riro teia i te akamamaiti i te paunu o te pepe i te tuatau me anau.

  ** Me e nui koe, kare koe e meitaki kia patia ia ki te MMR.*
- **Ka riro teia i te tāpu iakoe mei te angaanga, mei te apii, e mei te oraanga mataora**
  Me kare koe i patia paruru iake ki te MMR e, e noo kapiti koe ki tetai tangata kua tu'ia e misara, ka anoano ia koe kia noo takake atu mei teia tangata no tetai rua epetoma. E akapapu teia e kia kore koe e tu'ia e te misara, e kia kore katoa e piri atu te maki ki runga i tetai tangata ke atu.

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- **Koi oti ua mai nei tetai aere‘anga pakari o teia maki misara**
  I Nu Tireni, **ara atu i te 2,000 tangata tei tu ia e te mīsara** i te mataiti 2019. **E 700** tei anoano‘ia kia aere atu ki te are maki. Kua pakari teia maki ki runga i te iti tangata Māori e te Pasifika. Ka anoano‘ia **mei tetai 95 patene** o te iti tangata kia patia ia ki teia patia paruru, kia rauka tetai turanga paruru taokotai no te iti tangata mei te kino o teia maki (tetai taime tei karanga‘ia ko te ‘paruru akapupu‘anga’) te ka riro i te tauturu kia kore teia maki e totoa ua atu rai.
- **Ko te Mīsara – ti korai uake mei te rere pairere te tu**
  Te vai nei rai te maki mīsara i te au pa enua. Ka ngoie ua teia maki i te aru ngaro ua mai i tetai tangata ki Nu Tireni nei ma te kore e akairo. Ka riro katoa toou tere ki tetai au pa enua i tai mai i te akapiri atu iakoe ki teia maki.

KA ANGAANGA TE PATIA PARURU MMR NA ROTO I TE AKATUPU‘ANGA I TE TOTO PARURU EI TAMAKI ATU I TE AU MAKI MĪSARA

E patia ia ana te patia paruru MMR ki runga i te tua runga atu i toou rima.

Me oti koe i te patia ki te MMR, ka rauka i reira i toou au mero paruru natura i te tamaki atu i te maki mīsara e ua ake e ka piri vaitata atu koe ki tetai tangata tei tu ia.

Ka paruru teia iakoe – e pera ia ratou i te pae iakoe – kia kore e maki ia me kore ara ki kore e totoa te maki mīsara.

EAA TO ROTO I TEIA PATIA PARURU?

Ko te patia paruru MMR tei roto i reira tetai au manumanu akaparu o te maki mīsara, te maki māmū e te rūbela. Na teia e akatipa i toou au mero paruru natura kia anga maata atu i te paruru no te tamaki atu i te manumanu o teia au maki.

E au apinga takake atu rai tetai i roto i teia patia no te akatanotano ua rai i te turanga o teia au manumanu ki tei anoano‘ia. Ka kitena ia tetai tanga ua o teia au apinga takake ki roto i tetai au kai ta tatou i matau i te kai.

E TURANGA AKAPAPA‘ANGA MEITAKI E TE TAU TO TE PATIA PARURU MMR

Mei te mataiti 1990 mai te patia paruru MMR i te taangaanga ia anga i Nu Tireni nei.

E meitaki tikai te patia paruru MMR. Mei te 95 patene o te tangata e paruru iana mei te maki misara me oti te patianga mua e me oti te rua o te patia‘anga runga atu i te 99 patene o te tangata e paruru iana.

Toko iti ua tangata, noatu e kua patia ia, ka to ia rai ratou e te maki. Inara, kare to ratou maki e kino rava mei to te aronga kare rava i patia paruru iake.

Mei tetai 1 i roto i te 10 tangata ka kite i te manga tūkaui i muri ake i te patia. Ka pou rai tetai 5–12 ra kare ra oki e kino roa. Ka kitena ia te akapūpu o te pakiri me kare, te akaea o tetai au mero paruru o te kopapa (swollen glands).

Tetai au tu tūkaui e kitena ia ana (mei ra i muri ua ake, me kore ra te rua o te ra i muri ake i te tuatau i patia ia atu ei) ko te:

- mamae katu
- akaveravera (vera te kopapa)
- koko ruaki (makimaki)
- matapoiri me kore ra ainiini te upoko (kaikai i mua ake i te patia tetai ravenga)
- kare e meitaki ana.

Varavara e ka kitena ia tetai kino i runga i tetai tangata i muri ake i te patia ia anga, e me e kino tetai, e kitena ia ana te akairo mei tetai 20 meneti i muri ake i te patia. No reira koe ka pati iatu ei kia noo mai e 20 minute i muri ake i toou patia‘anga paruru MMR. Me kare te kopapa e ariki i te vairakau patia, ka akamata tetai turanga tu kaui, ka rauka rai i te tangata nana i patia ia koe i te rapakau atu i te reira turanga i te reira taime rai.

Ka komakoma atu toou taote, toou neti me kare, te neti o te are vairakau ki iakoe no runga i teia turanga.

Te vai ara tetai au tangata toko iti kare e tau kia patia paruru ia. Komakoma atu ki toou taote me kua taii ana koe ki tetai turanga e kare toou kopapa e ariki i tetai vairakau i mua ana, me kore ra te rapakau ia nei koe no te maki oviri (cancer) me kore ra tetai maki ke atu, e me i pamu toto ia ana koe i roto i tetai tai mataiti i topa. Kare e tau kia patia paruru MMR ia koe me e nui toou.

Ko tetai au enua i tai mai e patia paruru uana ratou no te mīsara e te maki rūbela anake. No reira, noatu e kua patia iana koe no te mīsara i te enua i tai mai, e aruaru rai koe kia rauka toou patia paruru MMR i Nu Tireni kia paruru katoa ia koe mei te maki māmū.

E riro ana te maki māmū i te aka‘ngenengene i toou paparinga. 1 i roto i te 10 tangata tei tu‘ia e te mamu, ka tu‘ia e te maki meningitis.

Ka inangaro koe i tetai au akamarama‘anga takake me kore ra oonu atu? Atoro iatu te kupe roro uira **ProtectAgainstMeasles.org.nz**

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