

15-30 TŌ PAKEKE? TĒRĀ PEĀ ME WHAI RONGOĀ AWHIKIRI KOE KI TE ĀRAI I TE MATE KARAWAKA

He mate kino te karawaka e tino māuiui ai te tangata. Ko te whiwahi rongoā awhikiri tō tino ārai, tō whānau tino ārai, tō hapori tino ārai, i te mate karawaka.

AUKATIHA TE MATE KARAWAKA – HE NGĀWARI, HE KORE UTU

Ka toro ana te mātanga rongoā ki a koe ki te tuku rongoā awhikiri karawaka, me whakautu āe.

Tonoa te rongoā awhikiri karawaka i tō tākuta.
He kore utu.

He kore utu te rongoā awhikiri mō te hunga pakeke ake i te 16 ki ētahi whare rongoā. Me whakapā atu ki te whare rongoā e tata ana ki te pātai atu mēnā he rongoā awhikiri mō te karawaka, pupuhi repe, karawaka Tiamana (MMR), tō rātou. Mēnā āe, kia tika atu. Kaua koe me whakarite wā motuhake. Ka haria koe e te kaikēmihi ki wāhi kē i te whare rongoā kia noho muna ai ngā mahi.

Ko te ingoa o te rongoā awhirikiri karawaka ko te MMR. E aukati ana i ngā mate kino e toru: mate karawaka, mate pupuhi repe, mate karawaka Tiamana.

Kei te rangirua koe mēnā kua whiwahi koe i te rongoā awhikiri hei ārai i te mate karawaka?

He maha ngā tāngata 15 ki te 30 tau te pakeke kāore i whiwahi katoatia te rongoā awhikiri i a rātou e tamariki ana. Nā runga i tērā, kei pāngia koe, kei horaina hoki e koe, te mate karawaka.

Pātai atu ki tō tākuta/whaea/matua/kaitiaki mēnā i whiwahi ngā tukunga e rua o te rongoā āraimate MMR i a koe e tamaiti ana.

Ki te kore koe e matua mōhio, me whai rongoā awhikiri koe. Kāore koe e raru mehemea ka maha rawa ngā tukunga rongoā āraimate MMR.

HE NUI NGĀ TAKE HEI WHIWHI I TE RONGOĀ AWHIKIRI

- **Kei tino māuiui koe ki te pāngia ki te mate karawaka**
Kei hua mai ngā raru pēnei i te pūkahu kakā, kei hūkeke, kei pupuhi te roro. Kei mate te tangata i te mate karawaka.
- **Ki te pāngia koe ki te karawaka, kei māuiui ētahi atu**
Kāore ētahi e āhei ki te whiwahi i te rongoā āraimate MMR nā te mea e tamariki rawa ana, e ngoikore rawa ana te pūnaha awhikiri rānei. Ka whiwahi ana koe i te rongoā awhikiri, ka iti ake te pāpono ka pāngia ki te mate karawaka, ka iti ake te pāpono ka horapa ki ētahi atu tāngata hoki.
- **Ki te whiwahi koe i te karawaka i a koe e hapū* ana, kei pāngia tō pēpi**
Kei pāngia tō pēpi ki ngā raru mō te roanga atu o tōna oranga. Kei whānau mōata mai ai tō pēpi, kei whānau kōmāmā mai ai rānei ia.
** E kore e taea te rongoā āraimate MMR i a koe e hapū ana.*
- **Kei mahue i a koe te mahi, te ako, te hangareka rānei**
Mēnā kāore anō koe kia whiwahi i te rongoā āraimate MMR kātahi ka noho tahi kōrua ko tētahi kua pāngia ki te mate karawaka, me noho taratahi koe mō ngā wiki e rua. Koia nei mō te tūpono kua pāngia koe ki te mate karawaka, ā, he mea aukati i tō horanga ki ētahi atu.

- **Inā tata nei i pakaru mai te urutā karawaka**
I Aotearoa nei, **neke atu i te 2,000 ngā tāngata i pāngia ki te mate karawaka** i te tau 2019. **700** ngā tāngata i tae atu ki te hōhipera. I tino pāngia te iwi Māori me ngā iwi o Te Moana-nui-ā-Kiwa. Ki te aukati i ngā urutā o āpōpō me **95 ōrau** te hunga kua whiwhi i te rongoā awhikiri, hei reira e kīia ai kua eke ki te 'awhikiri hapori' (e kīia ai ko te 'awhikiri kāhui' ki ētahi).
- **Ka eke ana te tangata ki te rererangi, kei tata atu ia ki te mate karawaka**
E whānui tonu ana te mate karawaka ki ētahi whenua. Ahakoa te kore mōhio o te tangata, ka taea tonutia e ia te hari mai ki Aotearoa. Kei pāngia hoki ki te haere koe ki tāwāhi.

MĀ TE WHAKAKAHA I TŌ TINANA KI TE HANGA PATUROPI KI TE WHAWHAI I TE MATE KARAWAKA KA ĀRAI TE RONGOĀ ĀRAIMATE MMR I A KOE

Ka pūwerohia te rongoā āraimate MMR ki te ringa.

Ka whiwhi ana koe i te rongoā āraimate MMR, ka taea e tō tinana te whawhai i te huaketo karawaka.

Ka ārai tēnei i a koe – me te hunga e tata ana ki a koe – i ngā māuiuitanga me te hōrapa whānui.

HE AHA KEI ROTO I TE RONGOĀ ĀRAIMATE?

He mea hanga te rongoā āraimate MMR i ngā wāhanga iti, wāhanga pāpaku o te mate karawaka, te mate repe pupuhi me ngā moroiti tahumaero karawa Tiamana. Mā ēnei e whakaoho tō pūnaha ārai mate ki te hanga i ngā paturopi ki te whawhai i ngā moroiti tahumaero.

He pitopito pakupaku anō tō te rongoā āraimate ki te whakatau i te ranu kia rite pai ai mō te tangata. He tino iti ngā pitopito nei, ā, kei ngā kai me ngā momo inu e kainga whānuitia ana.

E AI KI NGĀ MAUHANGA RARU TANGATA, HE RONGOĀ ĀRAIMATE MARUTAU TE MMR

Kua whakamahia te rongoā āraimate MMR i Aotearoa mai i te tau 1990.

He rongoā āraimate tino pai te MMR. Whai muri i te tukunga tuatahi, tōna 95 ōrau o ngā tāngata ka āraihia i te mate karawaka, ā, whai muri i te tukunga tuarua, neke atu i te 99% o ngā tāngata ka āraihia.

Tokoiti te hunga e māuiui ai whai muri i ngā tukunga rongoā awhikiri katoa. Heoi, i te nuinga o te wā, he ngāwari te māuiuitanga ki tō te māuiuitanga o te hunga kāore i whiwhi i te rongoā awhikiri.

He iti iho i te kotahi tangata o 10 ka paku māuiui haere ai whai muri i te whiwhinga o te rongoā awhikiri, ā, ka toko ake te kirikā, te kauhikahika, te repe pupuhi rānei, e rima ki te 12 rā whai muri i te whiwhinga rongoā awhikiri.

Ko ētahi māuiui paku e hua mai pea (i te nuinga o te wā, kotahi ki te rua rā whai muri i te whiwhinga rongoā awhikiri):

- ānini te māhunga
- he kirikā paku (ka wera te kiri)
- paipairuaki (ka rongo i te māuiui)
- pōātinitini (mā te kai i mua i te whiwhinga tēnei āhutatanga e whakangāwari)
- ka āhua māuiui te tinana.

Me uaua ka kitea te tangata e pāngia kinotia ana e te rongoā āraimate MMR, ā, mēnā ka kinotia, ka kitea i ngā 20 meneti whai muri i te whiwhinga rongoā awhikiri. Koia i tohua ai te tangata ki te noho ki te whare rongoā mō te 20 meneti whai muri i te whiwhinga o te rongoā āraimate MMR. Mēnā ka mate pāwera te tangata, mā te kaituku rongoā āraimate e whakatika.

Mā tō tākuta, nēhi, mātanga rongoā rānei e whakamārama atu ngā āhutanga i a koe e whiwhi ana i te rongoā.

Torutoru noa iho te hunga e kore e taea te whiwhi i te rongoā awhikiri. Me kōrero tahi kōrua ko tō mātanga rongoā mehemea kua pā atu ngā kino ki a koe i te whiwhinga rongoā āraimate, e whiwhi rongoā ana koe mō te mate pukupuku, mate taumaha kē rānei, kua whiwhi toto o tētahi atu koe i te tau kua taha. E kore e taea te whiwhi i te rongoā awhikiri MMR i a koe e hapū ana.

Ka tuku ētahi atu whenua i te rongoā awhikiri ki te patu i te karawaka me te karawaka Tiamana anake. Nō reira, ahakoa kua whiwhi koe i te rongoā awhikiri ki tāwāhi, me whiwhi tonu koe i te rongoā āraimate MMR i Aotearoa kia āraitia ai koe i te mate repe pupuhi hoki.

Ka pupuhi ngā repe o te kanohi i te mate repe pupuhi. Kotahi te tangata o 10 kei pāngia ki te mate kiriuhi kakā.

E kimi ana koe i ngā pārongo kōrero anō?
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