



Close to Home

Hei aha te pakeke o te tangata, e ai ki tētahi tuahangata o Timaru



John the Scooterman

I tōna kāinga o Timaru, e mōhiotia ana a John ki tōna ingoa karanga a Scooterman.

He kiritaki Kāinga Ora a John, otirā i whiwhi ia i tēnei ingoa nā tāna hāereere mā runga kutarere i Timaru, ā, nā wana ataata tuihono rongonui hoki, i tahuri i te aro o te iwi ki ngā mea katoa pēnei i te whakatikatika ara hikoi me ngā raru

parawhiu, tae atu ki ngā kaihautū waka heahea.

“He rongonui ahau mō te haere mā runga kutarere i te tāone, engari kāore i te hiahia kia rongonui ai ahau mō te hauātanga,” hei tā John, 78 ōna tau, otirā he mate iwiturua tōna.

“Mai i te mutunga o taku akoranga rorohiko i te 1994, he rawe ki ahau te pārekareka me te whakaatu-whaiaro i a koe i runga i te ipurangi, mā ngā pae pāhopori hoki.

“Ko ngā ataata ka hangaia e au, he mahi hangareka mōku, hei mene mā te tangata, otirā he mea pai tērā. He āhua takarua te ako haere i ngā hangarau hou, engari he hangareka ki ahau, ā, he umanga nui mōku.”

“He utauta pai rawa ngā pae pāhopori mō te noho tūhono ki tō hapori, ā, ko taku wawata kia maha ake te hunga o taku reanga e whakamātau ana,” hei tā John.

Nā te piki o ngā take aukati nukuhanga, kāore i te nui ngā ataata e mahia ana e John, engari he hua ohore anō o tēnei – kua whai wā ia ki te noho ki tōna whare kātahi anō ka whakahouhia.

HAERE TONU I TE WHĀRANGI 03



Te hauora me te oranga hōtoke mō koutou ko tō whānau

Me whakarite mō te hōtoke, me tiaki i a koutou ko tō whānau, me pātai wawe, me mahi wawe hoki ina māuiuitia koe.

Ki te **whakarite**, ko te kano āraimate rewharewha te āraitanga tuatahi. He koreutu tēnei mā te hunga tūpono māuiui nui - tae atu ki te hunga 65 tau pakeke ake rānei. Tirohia a **bookmyvaccine.health.nz**, waea rānei ki 0800 28 29 26.

Me tiaki i a koe me ētahi atu mā te noho ki te kāinga ki te māuiuitia koe, me te noho wehe i ngā tamariki, te hunga hapū, me ngā kaumātua. Me mau maruhā i a koe e hāereere ana, i ngā wāhi apiapi, me whakamātau ki te RAT mēnā he tohumate Kowheori-19 āu.

Me pātai wawe, me mahi wawe ki te pāngia koe, tētahi au rānei ki te mate - ka taea hoki te whakahaere i te nuinga o ngā mate hōtoke ki te kāinga. Ki te hiahia tohu āwhina koe, whakapā atu ki tō kaiwhakarato hauora, tākuta, Healthline rānei ki – **0800 611 116** i ngā wā 24/7, kāore he utu. Ka taea hoki e koe te kōrero ki tō kēmehi ā-hapori, te toro rānei ki tētahi Whare Haumanu Kōhuki. Waea ki 111 mēnā he take ohotata

Tirohia a **Healthpoint** mō ngā whakamārama o ēnei ratonga.

Ko ētahi atu take hauora ko ngā mōrearea tonu o te **KŌWHEORI-19, te mare motu, te rūmātiki, te huangō** me te **karawaka ki te kore e āraimate** – toro ki **info.health.nz/immunisations** mō ētahi tohutohu, ki te kōrero rānei ki tētahi kaiwhakarato hauora.

Mō ētahi atu mōhiohio, toro ki **info.health.nz**. Mēnā ko Spark, Skinny, One NZ; 2degrees, Warehouse, Slingshot, Orcon rānei tō kaikawe, haere ki **zero.govt.nz** mō te āheinga raraunga koreutu.



Tiakina ō mōkai i te wā mātaotao

He pai ki a tātou katoa te tākaikai mahana me te noho āhuru i te huarere mātao, mākū hoki, ā, he pēnā anō ngā mōkai. Ka hari, ka ora hoki ō mōkai i te hōtoke i ēnei kupu āwhina:

Te marumaruru me te mahanatanga

Mēnā kei te makariri koe, tērā pea he pēnā anō ō mōkai. Me whakamaruru i a rātou i ngā huarere kino mā te tukū ki rō whare i ngā wā e taea ana. Mehemea kei waho te nōhanga o tō mōkai, me whakarite he marumaruru mahana, pai te āraitia, he pākati wai me te hau.

Te kai me te wai

He iti ake te tūpono puta o ngā kararehe ki waho i te wā mātao nā reira he pai pea ngā taputapu tākaro me ngā pūrere panga i te wā kai, mō te hauora ā-hinengaro, ā-tinana hoki. He pai hoki kia tirohia ngā ipu wai i ia rā, kei pātiohia, kei mate pea koe ki te wāwāhi i te tio.

Te kori haumaruru

He pai ki ngā punua kurī te hikoikoi, ahakoa mātao, kōuaua rānei. Me puta ki te hiko i ia rā, kia pakari tonu ō rātou tinana me ngā hinengaro. He ngāwari ake te kite i ngā mōkai mēnā he muramura ngā taura me ngā hānihi i ngā ata me ngā ahiahi pōuri.

Me whai wāhi ki ngā mahere ohotata ā-whare ngā mema katoa o te whānau, otirā ko ngā kararehe ēnei.

Haere ki spca.nz mō ētahi atu tohu āwhina hōtoke.

Kia haumaruru te wā moe o pēpi

E whā ngā mahi hei whakarite i te moe haumaruru o tō pēpi - ko PEPE te kupu:

1

Whakatakotoria a pēpi ki tōna ake moenga i tō rūma tonu

2

Kaua e momi hikareti i te wā o te hapūtanga, ka pare i a pēpi i te auahi

3

Whakatakotoria a pēpi kia tīraha mai, kia wātea i ngā paraikete.

4

E aki, e amo hoki i te mahi whāngote, me te āta hiki i a pēpi

Ki te hiahia moe tahi koe me pēpi, me tiaki i a ia mā te whakatakoto ki tōna ake moenga i tō taha tonu - he wahakura, he Pēpi Pod®, tētahi mea pēnei pea.

Mō ētahi atu mōhiohio me te tautoko mō te moe haumaruru, waea ki PlunketLine 24/7 i te 0800 933 922, haere rānei ki plunket.org.nz

He waea ratonga āwhina me te tautoko koreutu a PlunketLine.



NŌ TE WHĀRANGI 01

Hei aha te pakeke o te tangata, e ai ki tētahi tuahangata o Timaru



Kua tata ki te whā tekau tau e noho ana a John ki tōna whare Kāinga Ora, engari nō nā tata nei i whakahoutia kia mahana ake, kia maroke ake, ā, kia whāomo ā-pūngao ake, me te whakatōroa hoki i te pakari o te whare. He kīhini me te rūma horoi hou, kua whai peita hou, me ngā wini kirirua hou hoki puta noa i te whare.

“Kua noho au ki tēnei kāinga ātaahua mō te 37 tau, engari kāore i pēnei rawa te pai i mua,” hei tā John.

“Ko tā ngā wini hou he pupuri i te mahana, pai ake i ērā o mua, otirā kua kaha te heke o taku pire hiko i ngā marama mātaotao ake. He ngāwari ake te whakamahi i te kīhini me te whare horoi hou. Ka nui taku mihi ki a Kāinga Ora mō tēnei whare me ngā whakahoutanga.”

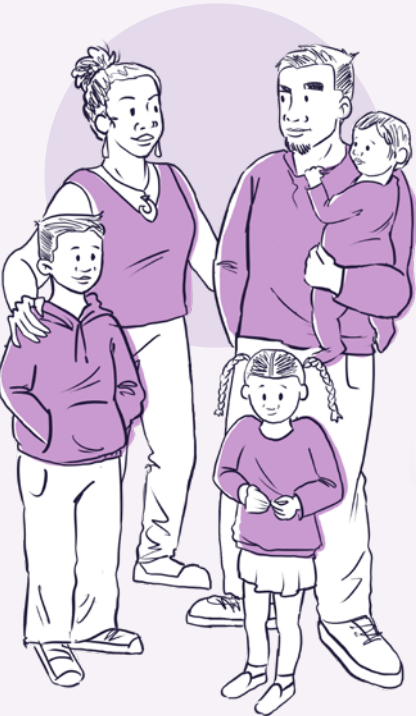
“Ko tāku noa ināianei, ko te whakahou kē i taku mata ake!” Te kata a John.

Te ārai i te kirikā rūmātiki

Me hihira ngā korokoro mamae

Ka timata te rūmātiki i te korokoro mamae, arā ko te 'strep throat'. Ko te nuinga o ngā korokoro mamae ka ora māori noa, i muri o te whā rā pea. Engari ki te kore e maimoatia te korokoro strep ki te rongoā paturopi, ka hua ake pea te rūmātiki i ngā tamariki me ngā taiohi mōrearea nui.

Me hihira ngā korokoro mamae katoa o ngā tamariki me ngā taiohi Māori, Pasifika hoki (4-19 tau) inakoa rā kei Te Tai Tokerau, kei Tāmaki, kei Rotorua me Taupō, kei Waikato, kei Te Moana o Toi, kei Tūranga me Te Tairāwhiti, kei Te Matau-a-Māui, kei Pōneke, kei Awaikairangi rānei.



Mēnā he tohumate kirikā rūmātiki ō tō tamaiti, haria ia ki te tākuta, ki te nēhi rānei kia tirohia.

Ki hea hihiratia ai

He nui ngā wāhi hei hihira i te korokoro mamae.

- Ka taea te haere ki tō tākuta, nēhi rānei. Ka utu pea koe, nā reira me waea i te tuatahi ki te pātai ake. Me whakamōhio i te taupaepae he tamaiti korokoro mamae tāu, tērā pea e wātea ana he nēhi kia wawe ai te whakautu.
- Whakapā atu ki te kura a tō tamaiti ki te rapu mēnā he hōtaka hihira korokoro mamae koreutu tā rātou.
- Whakapā atu ki tō kēmehi tūtata ki te pātai mēnā ka whakarato hihiratanga korokoro mamae rātou.
- Waea atu rānei ki a Healthline ki 0800 611 116 mēnā he āwangawananga kōhukihuki tōu mō te korokoro mamae o tō tamaiti.

He aha te kirikā rūmātiki?

Ko te kirikā rūmātiki he mate awhikiri-aunoa (autoimmune). Ka pā tēnei ina mahi hē tō pūnaha awhikiri, ā, ka whakaeke i ētahi atu wāhanga o tō tinana, me ngā meroiti tahumaero o te korokoro strep.

Ko te nuinga o ngā korokoro strep ka ora pai noa, ā, e kore pea e hua ake te kirikā rūmātiki. Engari, mō te tokoiti tāngata anō, ki te kore e maimoatia te korokoro strep, ka hua ake te kirikā rūmātiki, otirā ka kakā, ka pupuhi hoki te manawa me ngā whatianga (pona), te roro me te kiri hoki.

Ka piki haere te mōrearea o te kirikā rūmātiki i te wā he maha ngā pokenga korokoro strep kāore i maimoatia.

He aha ngā tohumate te kirikā rūmātiki?

Timata ai te kirikā rūmātiki i te 1-5 wiki i muri o te pānga o tō tamaiti ki te korokoro strep. Ka hua ake pea i tō tamaiti:

- **ngā whatianga mamae, pupuhi hoki** (pona, raparapa, kawiti). Ka pūwerawera pea ngā whatianga; ka mamae pea hoki ētahi atu whatianga i ngā rangi rerekē
- **he kirikā mauroa** ka rua rā pea te roa
- **ka hakahaki** ngā ponaringa, ngā pona, ngā raparapa me te iwituaroa
- **he pukupuku iti** i raro i te kiri
- **He nekehanga tāmaki rerekē** o ngā ringa, ngā waewae, te arero me te kanohi
- **he mate kirikā**, neke atu i te 38 waeine Celsius
- **he puku mamae**
- **kua heke te taumaha**
- **kua tino ruha.**

Timata ai te kirikā rūmātiki

1-5 wiki

i muri i te pānga o te korokoro strep ki tō tamaiti

Mō ētahi atu mōhiohio mō te kirikā rūmātiki haere ki info.health.nz/rheumatic-fever