

WHARE KŌHUNGAHUNGA

Te Maimoatanga me te tono ki hea rā mō te whara me te māuiui

TE MAREMARE, TE WHAROWHARO, TE PĀMAHANA HOKI

Maimoatanga wawe:

- Me whakatā, me auau hoki te inu wai.
- Nei ka māuiui te tamaiti, ā, ka pāwera, whakamōhiotia ngā mātua.

Kātahi
ka huri
ki hea

Te Kāinga (Te Tiaki i a Koe Anō)

kia whakatā, kia auau hoki te inu; te whakamāmā korokoro mamae, taringa mamae, mähunga ānini hoki.

Tākutatanga Whānui (arā, he GP)

nei ka rua rā ka māuiui tonu, ka kirikā rānei te tamaiti, ka pōuri, ā, kāore i te hiainu.

Papa Ohotata (ED)

nei he uaua te kapo hau, ka parure hoki/rānei.

MATE PIROPIRO-PUKU (GASTRO)

Maimoatanga wawe:

- Me whakatā; me iti, me auau hoki te inu.

Kātahi
ka huri
ki hea

Te Kāinga (Te Tiaki i a Koe Anō)

me whakatā; me iti, me auau hoki te inu; e noho ki te kāinga kia 2 rā ka mutu ai te ruaki, te torohi rānei.

Tākutatanga Whānui (arā, he GP)

nei ka māuiui tonu e 24 haora i muri i te putanga tohu māuiui, ka māharahara rānei koe.

Papa Ohotata (ED)

nei ka parure, ka kōmā hoki, ka heke werawera rānei.

NGĀ MOTUHANGA ME NGĀ TAOTŪ

Maimoatanga wawe:

- Whakapaitia.
- Uhia.
- Tirohia.

Kātahi
ka huri
ki hea

Te Kāinga (Te Tiaki i a Koe Anō)

kia whakatā, kia tiro tiro ki ngā taotū iti noa.

Tākutatanga Whānui (arā, he GP)

nei ka uru te paru, te aha atu rānei, ki roto i te taotū; nei ka māharahara rānei koe.

Papa Ohotata (ED)

he rahi, he hōhonu rānei te taotū, ki te kino rānei te puta o te toto.

HAREHARE

Maimoatanga wawe:

- Tirohia nei ka māori noa te whanonga me tōna āhua.
- Tirohia ngā tuhinga mō te tamaiti mō ngā māuiui o nāianei (hei tauria, te harehare).

Kātahi
ka huri
ki hea

Te Kāinga (Te Tiaki i a Koe Anō)

mātakina ngā panoni ka puta pea nge; nei he māuiui ka puta kē, mahia ngā rongoā kua tohua.

Tākutatanga Whānui (arā, he GP)

nei ka kino ake te harehare, ka māuiui ake rānei te tamaiti.

Papa Ohotata (ED)

nei ka raru te kapo hau, ka tino māuiui rānei.

HE TANONITANGA, HE RIAKATANGA, HE WHATINGA PEA NGE HOKI

Maimoatanga wawe:

- Me āwhina te tamaiti kia whakatā.

Kātahi
ka huri
ki hea

Te Kāinga (Te Tiaki i a Koe Anō)

kia whakatā, kia whai hoki i ngā aratohu RICED, nei ka iti noa te pupuhi, te marū rānei.

Tākutatanga Whānui (arā, he GP)

nei ka mamae (ahakoa te whakamāmā mamae) tē taea te whakamahi noa i te kaupeka hoki.

Papa Ohotata (ED)

nei ka taikaha te mamae, ka mā, ka makariri, ka hape hoki/rānei te kaupeka.

WHARA MĀHUNGA

Maimoatanga wawe:

- Tirohia nei ka oho, mehemea kāore wāea ki 111.
- Mehemea kua oho: tirohia te puka pārongo; wāea ki tōna tākuta.

Kātahi
ka huri
ki hea

Te Kāinga (Te Tiaki i a Koe Anō)

nei ka āhua ānini te mähunga i muri i te whara.

Tākutatanga Whānui (arā, he GP)

kia aromatawai nei ka hemo wā poto, ka mamae rānei.

Papa Ohotata (ED)

nei ka hiamoe, ka rerekē te whanonga, ka ruaki, tē taea rānei te kori i ngā wāhanga o te tinana, ka atarua te titiro, ka kunanu te kōrero.

KATOA: Nei ka māharahara, wāea atu ki te tākuta ā-rohe rānei, ki Healthline rānei ki waea 0800 611 116. Nei ka ohotata, wāea ki 111, haere rānei ki ED.