

ĒTAHI PAE TUKUTUKU, NAMA WAEA PAI HOKI

Te Pokapu Paitini nama waea: 0800 poison / 0800 764 766
Healthline me te Tamaiti Pai: 0800 611 116 he Nēhi Rēhita kei te wātea hei tuku tohutohu i te 24 haora i te rā
www.medsafe.govt.nz
www.dpunket.org.nz
www.healthed.govt.nz

TE WHAKAMAHI TIKA I NGĀ RONGOA KATOA

Whakamahia te rongoa mā te tangata noa iho nōna te ingoa kei runga i te tohu whakapiri.

Pānuihia ngā pārongo ka whai mai i te rongoa.

Kia rua ngā pānuitanga i te tohu whakapiri i mua i te whāngaihanganga i te rongoa.

Kaua e whakahua i ngā rongoa a ngā tamariki he rare, he rekareka rānei.

Kāore e ōrite te tīpune ki te 5ml pune rongoa

Pātai atu ki tō Taka Rongoa mō te whakawātea rongoa.

Kaua e hoatu aspirin ki ngā tamariki kei raro i te taipakeke 12.

Kaua e hoatu aspirin mō te mate kitakita ki ngā mea kei raro ngā tau i te 19, mā te whakaae rā anō a te tākuta.

TE TIAKI PAI I NGĀ RONGOA

Puritia ngā rongoa

• i roto i tētahi wāhi hauhau, maroke hoki, engari mehe he kōrero rerekē i runga i te tohu whakapiri, whāia ko ērā

• he pai mēnā kei roto i tētahi kāpata raka, ki te kore hunaia

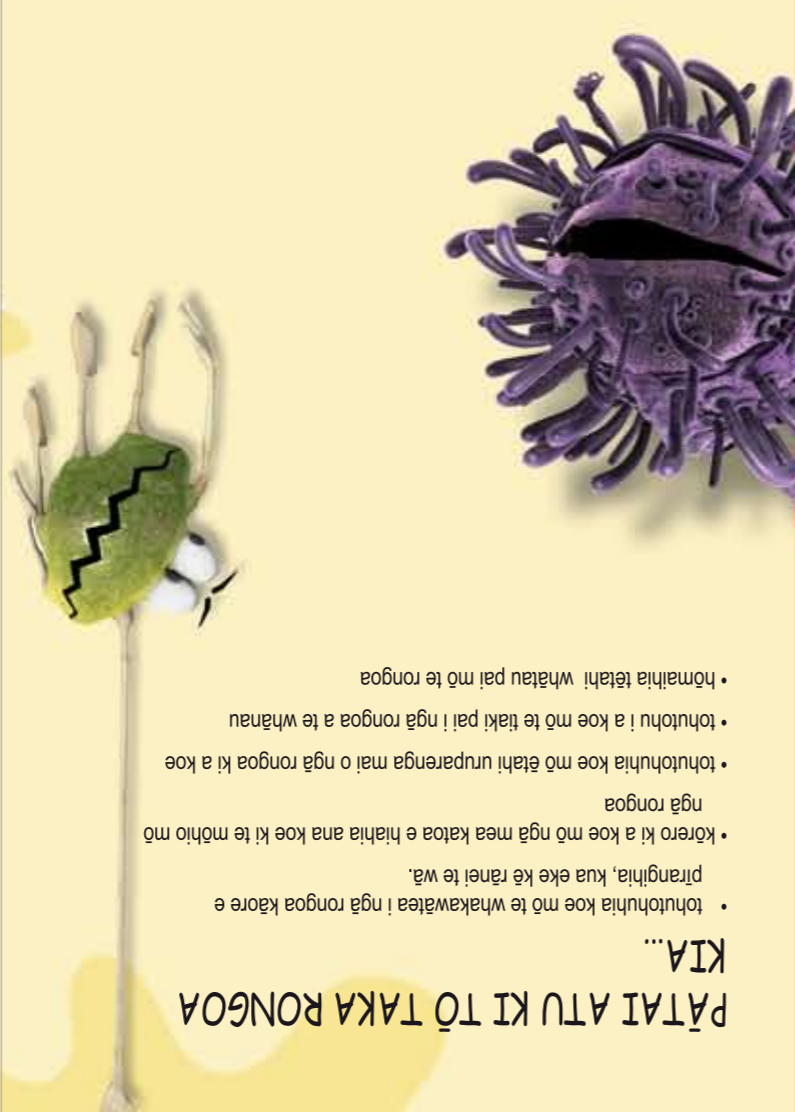
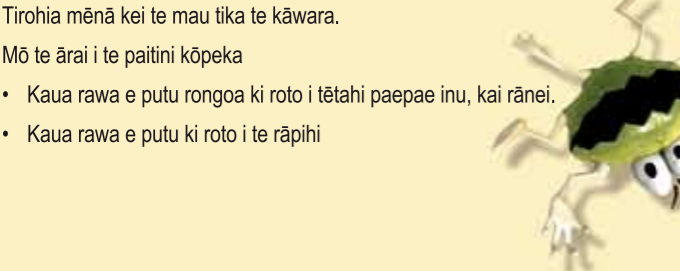
• i roto tonu i tōna ake paepae

Tirohia mēnā kei te mau tika te kāwara.

Mō te ārai i te paitini kōpeka

• Kaua rawa e putu rongoa ki roto i tētahi paepae inu, kai rānei.

• Kaua rawa e putu ki roto i te rāpihi



PĀTAI ATU KI TŌ TAKA RONGOA KIA...

- tohutohuhia koe mō te whakawātea i ngā rongoa kāore e pīrangihia, kua eke kē rānei te wā.
- kōrero ki a koe mō ngā mea katoa e hiahia ana koe ki te mōhio mō ngā rongoa
- tohutohuhia koe mō ētahi uruparenga mai o ngā rongoa ki a koe
- tohutohu i a koe mō te tiaki pai i ngā rongoa a te whānau
- hōmahia tētahi whātau pai mō te rongoa

TE KAI I NGĀ RONGOA PATUROPI

Āta pānuihia te tohu whakapiri i mua i te whāngai/kai i te rongoa.

Me āta titiro

• mā wai te rongoa

• mō āhea whakamahi ai

• kia hia nei tōna rahi

• me pēhea te whakamahi

• te wā e whakamahi ana i te rongoa

Āta rūrūtia te rongoa wai i mua i ia horopeta.

Whakamahia he whātau rongoa tika

• he pūwero mō te pēpē

• he pune horopeta puoto mō te tamaiti

• he pune whātau, rongoa whātau rānei mō te pakeke

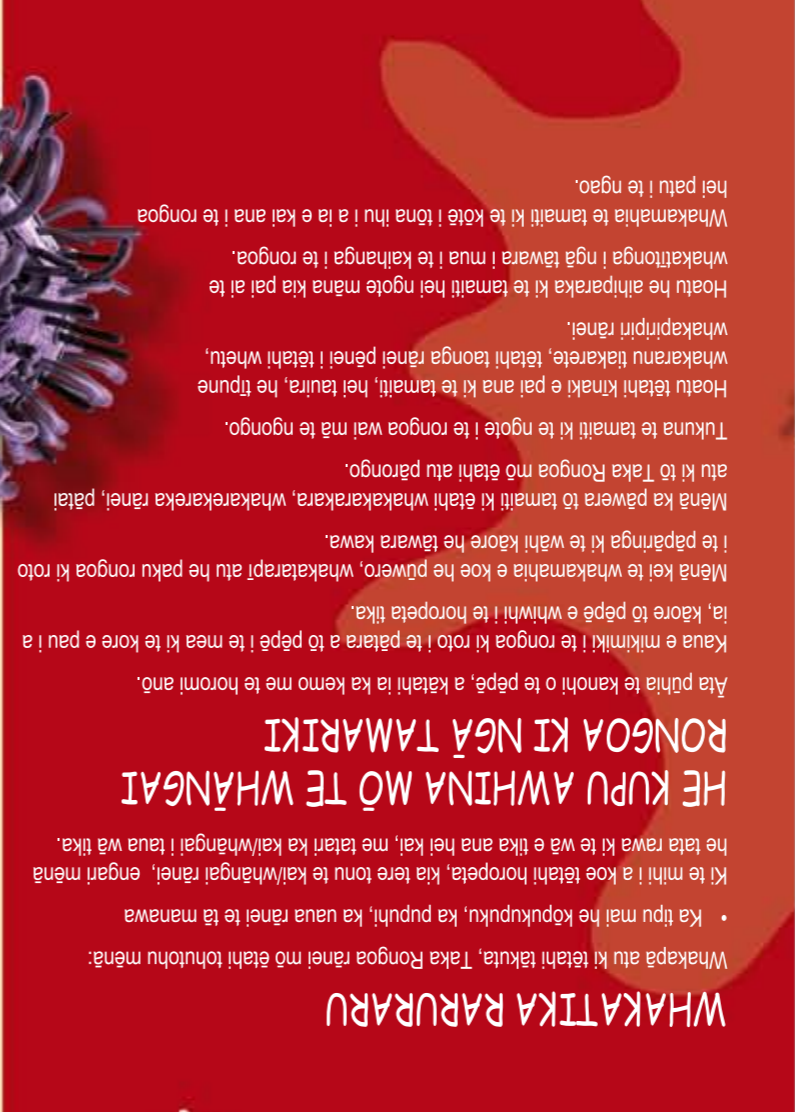
Whakamahia he whātau rerekē mō ia tangata kia kore ai e whakawhitihia te mate, me te horoi anō i muri i te whakamahitanga.

Mō te āta whakarite i te kāwara papare tamariki, kia kotahi te huringa i muri i te katihanga.

Mā te tangata nōna te ingoa kei runga i te tohu whakapiri anake te rongoa.

He mea nui tonu kia tutuki te roanga atu o te maimoatanga ahakoa ki ōu whakaaro kei te pai haere te whakapokenga.

KIA MAUMAHARA... KĀINGA KIA PAU, AHAKOA TE AHA!



HE KUPU AWHINA MŌ TE WHĀNGAI RONGOA KI NGĀ TAMARIKI

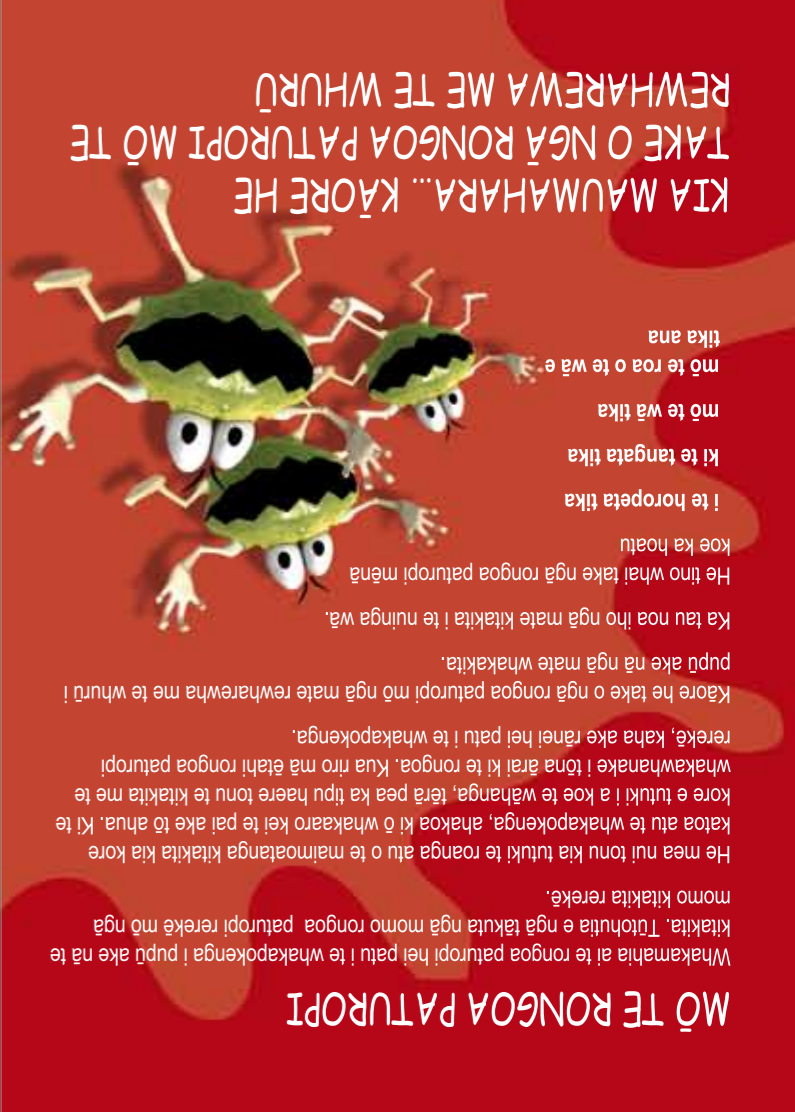
Āta pūhia te kanohi o te pēpē, a kātahi ia ka kemo me te horomi anō. Kaua e mihi i te rongoa ki roto i te pātara a tō pēpē i te mea ki te kore e pau i a ia, kāore tō pēpē e whiwhi i te horopeta tika. Mēnā kei te whakamahia e koe he pūwero, whakatarapi atu he paku rongoa ki roto i te pāpāringa ki te wāhi kāore he tāwara kawa. Mēnā ka pāwera tō tamaiti ki ētahi whakakarakara, whakarekareka rānei, pātai atu ki tō Taka Rongoa mō ētahi atu pārongo. Tukuna te tamaiti ki te ngote i te rongoa wai mā te ngongo. Hoatu tētahi kinaki e pai ana ki te tamaiti, hei taurira, he tīpune whakararu tiakarete, tētahi taonga rānei pēnei i tētahi wheitu, whakapiripiri rānei. Hoatu he ahiparaka ki te tamaiti hei ngote māna kia pai ai te whakaitōnganga i ngā tāwara i mua i te kaihanganga i te rongoa. Whakamahia te tamaiti ki te kōtē i tōna ihu i a ia e kai ana i te rongoa hei patu i te ngao.

KORE UTU PĀNUI WHAKAAHUA MŪ KEI ROTO



PHARMAC
Pharmaceutical Management Agency

"Kei te hiahia a PHARMAC ki te mihi atu ki Te Rōpū Whakaipurangi Rongoā mō te hōmai i tēnei tārua tawheraiti."



MŌ TE RONGOA PATUROPI

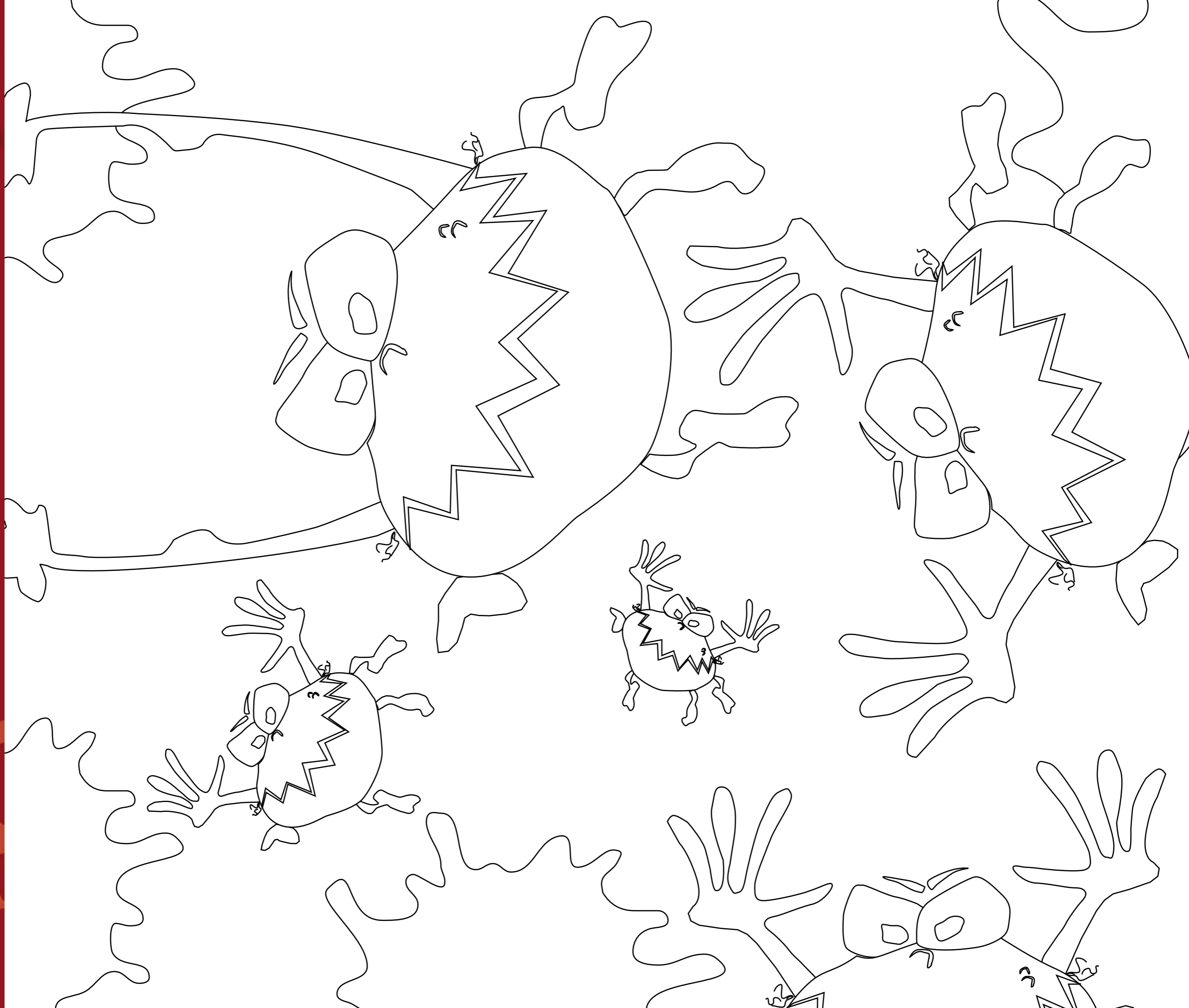
Whakamahia ai te rongoa paturopi hei patu i te whakapokenga i pupū ake nā te kitakita. Tūtohuhia e ngā tākuta ngā momo rongoa paturopi rerekē mō ngā momo kitakita rerekē. He mea nui tonu kia tutuki te roanga atu o te maimoatanga kitakita kia kore katoa atu te whakapokenga, ahakoa ki ō whakaaro kei te pai ake tō ahua. Ki te kore e tutuki i a koe te whāngai, tērā pea ka tipu haere tonu te kitakita me te whakawhanake i tōna ārai ki te rongoa. Kua riro mā ētahi rongoa paturopi rerekē, kāna ake rānei hei patu i te whakapokenga. Kāore he take o ngā rongoa paturopi mō ngā mate rewaharaha me te whuri i Ka tau noa iho ngā mate kitakita i te nuinga wā. He tino whai take ngā rongoa paturopi mēnā koe ka hoatu i te horopeta tika ki te tangata tika mō te wā tika mō te roa o te wā e tika ana hei patu i te ngote i te ngao.

KI TE AWANGAWANGA, ĀTA TIROHIA TE WHAKAMAHI RONGOA PATUROPI I RUNGA I TE MĀRAMATANGA



KI TE AWANGAWANGA, ĀTA TIROHIA

TE WHAKAMAHI RONGOA PATUROPI I RUNGA I TE MĀRAMATANGA



ĀU AKE MŪ HEI KARAKARA ME TE PUPURI MĀU ANŌ