



Mahere Mahi mō te Huaketo (tamaiti pakeke ake i te 6 marama)

Ingua o te tamaiti **Child's name** _____

Pakeke (marama/tau) **Age (months/years)** _____ Taumaha (kg) **Weight (kg)** _____

Kua pāngia tō tamaiti e te pokenga taringa, ihu, pākohu ihu, uma hoki/rānei, he nui te tūponotanga i takea mai i te huaketo. **Ka māuiui pea tō tamaiti atu ki te 10 rā. Ka 4 wiki pea te roa o te maremare.**

Kāore te rongoā paturopi e patu i te huaketo, ā, kāore hoki e whakatere i te pikinga anō o tō tamaiti ki te ora. Ki te kai i ngā rongoā paturopi ka puta pea ngā pānga kino e māuiui ake ai tō tamaiti. Ki te kai i ngā rongoā paturopi ahakoa kāore e hiahia ana, ka kore pea ērā e whai hua ā muri ake.

Hei rongoā mō ngā tohumate o tō tamaiti **Treating your child's symptoms**

Me kaha te okioki o tō tamaiti ina pāngia e te huaketo. Me kaha te inu, ko te wai te inu pai.

Ina whāngaihia tō tamaiti ki te rongoā, me whai i ngā tohutohu i ngā wā katoa, i ngā tohutohu a te tākuta, nēhi, kaitaka rongoā rānei.

NGĀ TOHUMATE SYMPTOMS	RONGOĀ (kua tohua ngā kōwhiringa pai) TREATMENT (suitable options ticked)
Kirikā Fever	Mō te kirikā, horoia tō kanohi, ringaringa me te kakī, ki te papanga mātao. Me mau kākahu taimāmā, ā, kia ruarua noa ngā paraikete. Wash face, hands and neck with a cool cloth. Lightweight clothing.
Ngā mamae, tae atu ki te mamae uaua, taringa, pākohu ihu, kanohi hoki. Mamae korokoro Aches and pains. Sore throat	Paracetamol Ibuprofen ranei Ka taea e koe te kai tētahi o ēnei rongoā, te kai rānei te paracetamol me te ibuprofen i te wā kōtahi.
Mamae, pūtī rānei te korokoro Maremare Sore or dry throat. Cough	Tua atu i te paracetamol me te ibuprofen, ka taea e tō tamaiti ēnei: As well as paracetamol and ibuprofen: Te ngotengote i tētahi tīpune mīere i te wā moe mō te toru rā (mēnā pakeke ake i te 12 marama) A teaspoon of honey (if over 1 year) Ka taea hoki e ngā tamariki pakeke ake i te 6 tau ēnei: If over 6 years: Whakararātia he wai tote mō te 30 hēkona, kia toru ngā wā i te rā (raua kia kotahi hāwhe tīpune tote ki te kapu wai ka kōroritia) A salt-water gargle Tētahi atu whakararā, rehu korokoro rānei Other throat gargle or throat spray Rare korokoro Lozenges
E tūkati ana te ihu i te hūpē, e rere ana rānei te hūpē Blocked or runny nose	Te rehu, pata pongāihu mātaitai rānei Saline nasal spray/drops Ka taea hoki e ngā tamariki pakeke ake i te 6 tau ēnei: If over 6 years: Pire, wē whakawātea ihu rānei, rehu, pata pongāihu rānei Decongestant
Ētahi atu Other	Rongoā Traditional Māori system of healing _____

Hei whaiwhai ake Follow up

Waea atu ki tō kaiwhakarato hauora (Call your health provider) _____ i (on) _____ ki Healthline rānei i 0800 611 116 mēnā: (or Healthline on 0800 611 116 if:)

- Kāore anō kia piki ake te ora o tō tamaiti i roto i te (Your child's symptoms are not improved in) _____ ngā rā/haora (days/hours)
- He kirikā nui ake i te 40°C
- Kua roa e kirikā ana, nui ake i te 38°C mō te (They have an ongoing fever over 38°C for) _____ ngā rā (days)
- Ka kino ake tētahi mate tauroa pēnei i te mate huka, huangō rānei
- Ka pāngia e ētahi atu tohumate hou
- He āwangawanga anō āu
- Kua pāngia e ētahi atu tohumate pēnei i te They have other symptoms such as _____

Tēnā tāpuitia tētahi wāhui kia kitea anō tō tamati i te (Please book an appointment for your child to be seen again in) _____ rā/wiki (days/weeks)



He tohutohu wawe

Me wawe tō waea atu ki tō kaiwhakarato hauora, waka tūroro rānei (waea 111), mēnā e pāngia ana tō tamaiti e ēnei tohumate:

- He uaua, he mamae rānei te hēhē, te kōrero rānei
- Kua kikorangi haere ngā ngutu, te arero rānei
- Kei te puta te toto i te maremare
- E kaumingomingo ana, he uaua rānei te oho
- Mamae te uma
- Kino te wiriwiri, haukōeoeo hoki
- He haumotu te kiri
- He kino te ānini o te māhunga, mamae kaki rānei, e mamae ana ngā karu i ngā rama
- He mate kōpukupuku me ngā kōpurepure waiporoporo, whero rānei, he marū rānei
- Kāore i te mimi, he uri rānei te mimi
- Hauahauaitu, tirehe rānei

**Ka kitea ētahi atu kōrero i te pae tukutuku o Healthify, o KidsHealth rānei:
Find more information on the Healthify or KidsHealth websites:**

healthify.nz



kidshealth.org.nz



Rapua te:

- Kirikā
- Maremare
- Mamae korokoro
- KOWHEORI-19
- Rewharewha

Pātai atu ki tō tākuta, nēhi, kaitaka rongoā rānei kia tāngia ngā kōrero māu.

Or ask your doctor, nurse or pharmacist to print the information for you.

Waea rānei ki Healthline 0800 611 116.

Mā te whai i ēnei mahi ka āwhina kōrua/koutou ko tō tamaiti/whānau kia kaua e horapa haere te pokenga

- Me noho ki te kāinga, kaua e haere ki te whare kōhungahunga, kura pūhou, kura rānei.
- Kia kaha ki te horoi i ō ringaringa, inarā ka whengu koe i tō ihu. Ki te āwhina koe i a ia ki te whengu i te ihu, horoia hoki o ringaringa ā muri ake.
- Mēnā e taea ana, me ārai te waha ina tihe, maremare rānei.