



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

Ingoa 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 hiahiatia 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 <b>Fever</b>	Mō te kirikā, horoia tō kanohi, ringaringa me te kakī, ki te papanga mātao. Me mau kākahu taimāmā, ā, kia ruarua noa ngā paraikete. <b>Wash face, hands and neck with a cool cloth. Lightweight clothing.</b>
Ngā mamae, tae atu ki te mamae uaua, taringa, pākohu ihu, kanohi hoki. Mamae korokoro <b>Aches and pains. Sore throat</b>	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 <b>Sore or dry throat. Cough</b>	<b>Tua atu i te paracetamol me te ibuprofen, ka taea e tō tamaiti ēnei: As well as paracetamol and ibuprofen:</b> Te ngotengote i tētahi tīpune mīere i te wā moe mō te toru rā (mēnā pakeke ake i te 12 marama) <b>A teaspoon of honey (if over 1 year)</b> <b>Ka taea hoki e ngā tamariki pakeke ake i te 6 tau ēnei: If over 6 years:</b> 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) <b>A salt-water gargle</b> Tētahi atu whakararā, rehu korokoro rānei <b>Other throat gargle or throat spray</b> Rare korokoro <b>Lozenges</b>
E tūkatī ana te ihu i te hūpē, e rere ana rānei te hūpē <b>Blocked or runny nose</b>	Te rehu, pata pongāihu mātaitai rānei <b>Saline nasal spray/drops</b> Pani tākohu pēnei i te Vicks (pania ki tōna uma, tuarā rānei, kaua ki te kanohi) <b>Vapour rub</b> <b>Ka taea hoki e ngā tamariki pakeke ake i te 6 tau ēnei: If over 6 years:</b> Pire, wē whakawātea ihu rānei, rehu, pata pongāihu rānei <b>Decongestant</b>
Ētahi atu <b>Other</b>	Rongoā <b>Traditional Māori system of healing</b> _____

## 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](http://healthify.nz)



[kidshealth.org.nz](http://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.