

17 o Pēpuere 2023

Te ārai i te māuiuitanga i muri o ngā waipuke

E whakatūpato ana Te Whatu Ora o Te Matau-a-Māui i te hapori kia kaua e whakatata atu ki ngā waipuke, kia pai ai te ārai ake i te horapatanga o te mate kōpiro.

Hei tā Bridget Wilson te Mātanga Rongoā Hauora Tūmatanui, kua tāhawahawatia pea ngā waipuke e te parakaingaki, otirā ko te mate kōpiro, te mamae puku rānei te hua.

“Ko te hua o te mate kōpiro, ko te mate tikotiko me te ruaki, ā, ka piki te mōrearea o te mate kōpiro i muri i ngā waipuke nui i te mea e tāhawahawatia ai te wai e te parakaingaki, te roke pāmu, te para mōrearea rānei,” hei tā Ms Wilson.

“Inā pā atu koe ki te waipuke, te whenua i waipuketia, ngā taputapu rānei i tāhawahawatia e te waipuke, me āta horoi koe i ō ringa.”

Ka pokea te tangata ina horomia te huakita kino, ngā huaketo, ngā tāoke me ngā pirinoa, i te wā rānei ka whakahā i ngā huaketo.

“Ka tūpono mai tēnei āhuetanga i te wā ka tākaro, ka kaukau rānei i roto i te wai waipuke, te whakapā rānei i ngā mata kua tāhawahawatia, ngā tūemi rānei pēnei i ngā kakau, ngā tāora me ngā mea kua i pā atu ki ngā wai waipuke.”

Ka pokea pea koe ina whakapā atu koe ki tētahi tangata kua pokea, mā te kai tahi i te pereti kotahi, te whakapā atu ki ngā kararehe pāmu, ngā mōkai rānei, te kai rānei i ngā kai me ngā inu kua tāhawahawatia.

Me kaua te tangata e whakatata atu ki ngā kōawaawa me ngā ākau mō te toru rā i te iti rawa i muri i te marangai, i te mea ka kawea e te ua ngā matū tāoke mai i te tāone me te tuawhenua ki roto i ngā arawai.

Te wai inu

Ki te rapu mēnā kua tukua he pānuitanga kia korohūtia te wai inu, ko te wāhi tuatahi hei rapunga ko te paetukutuku a te kaunihera.

Mēnā nāu ake tō wai inu (arā, poka wai, puna wai, tuanui, kōawa), ā, kāore i te mōhio ki te kounga o te wai, e tūtohu ana kia korohūtia te wai mō te kotahi mineti i te iti rawa i mua o te inu, te taitai niho, te horoi huarākau me te huawhenua rānei.

Mēnā kāore ō hiko, whakamahia tētahi atu taputapu pērā i te BBQ ki te korohū i te wai mō te kotahi mineti. (Kia mōhio: me whakamahi te BBQ ki waho anake.) Kaua e kawē ki rō whare, te karāti rānei, nā te nui o te haukino ka hua ake i te waro me te haurehu).

Ki te kore e tareka e koe te korohū i tō wai inu, me whakauru he pire whakamā, te whakatoki (bleach) noa, me te whakakakara kore rānei. Tāpiritia he hāwhe tīpune o te whakatoki ki ia 10 rita o te wai, ka kaurori, ka waiho mō te 30 mineti, me whai rānei ngā tohutohu kei runga i ngā pire whakamā. Me whakamau he taupoki ki te wai kua korohūtia.

Me aha ina pāngia e te mate kōpiro

Ehara te mate kōpiro i te mate taumaha, otirā ka tere ora mai te nuinga o ngā tāngata me te kore e mate ki te haere ki te tākuta. Ina māuiuitia koe i muri i te pānga ki te waipuke, waea atu ki tō tākuta, ki a Healthline rānei ki 0800 611 116.

He mea nui kia kaha te inu wai a te tangata māuiui. Kia kaha te inu wai me ētahi atu kūtere. Ko te painga atu mēnā he kūtere kōataata pēnei i te wai me te waireka kua waimehatia. He pai te ahiparaka mā ngā tamariki.

Mēnā e taumaha ana ngā tohumate, me haere pea ētahi tangata ki te hōhipera, ina koa te hunga tamariki, me ngā kaumātua, ina pāngia ki te mate tauraki. Me haere te tangata e pāngia ana e te mate kōpiro ki te tākuta, te nēhi rānei mēnā:

- Kei raro i te 6 marama te pakeke
- E pāngia ana e te mate tikotiko, e kuiki ana te puku, mō te 24 hāora neke atu rānei, ki te kino haere rānei ngā tohumate
- He teitei te pāmahana, ka kōmā te āhua, ka wana-kore rānei, e tino ngenge ana, e hinamoe ana, e āritarita ana rānei
- He toto, he hūpē, he ero rānei kei roto i te hamuti
- Kāore i te inu kūtere, e whakaatu ana rānei i ngā tohu mate tauraki, pēnei i te kore e haere ki te mimi, he iti rānei te mimi, e maroke ana te waha rānei/hoki
- E pāngia ana ki ētahi atu mate, tohumate rānei.

Me pēhea te aukati i te horapatanga

Ka taea te tuku i te huaketo, te huakita me ngā pirinoa o te pokenga puku ki tētahi atu, i te wā e noho tonu ana ēnei mea i roto i tō tinana me tō hamuti. Ka noho te huaketo te huakita me ngā pirinoa ki roto i tō tinana me tō hamuti, atu i te rua rā ki te rua wiki i muri i te memehatanga o tō tohumate.

Hei aukati i te horapatanga o te mate kōpiro:

- me āta horoi me te whakamaroke i tō ringa. Me patuero ki te kore he wai māori.
- huakina ngā kūaha me ngā matapihi e kuhu mai ai te hau ki te rūma i muri i te ruaki
- whakamahia te whakatoki haumāota kua whakaranua ki te wai, hei patu huakita i ngā wāhi i maringi ai te ruaki me te hamuti, ā, me kaha te horoi i ngā papa me ngā tūemi ka whakamahia nuitia
- kua e taka kai mā ētahi atu kia hipa rā anō te rua rā o te kore tohumate.

Mō ētahi atu mōhiohio tēnā whakapā atu ki:

Te Tira Pāpāho a Te Whatu Ora ki Te Matau a Māui

Waea kawē: 027-599-9507