

Whakaora Ohotata Huangō

NGĀ TAIOHI ME
NGĀ PAKEKE
12 TAU +

Aromatawai



NGĀ TOHUMATE KINO

He auhi, tūngāngā, he uaua te whakaputa kupu ruarua, kua kikorangi te waha.

Mēnā he kino te huangō o te tangata, kei te matakutaku rānei, me waea tonu atu ki 111 mō tētahi waka tūrora.

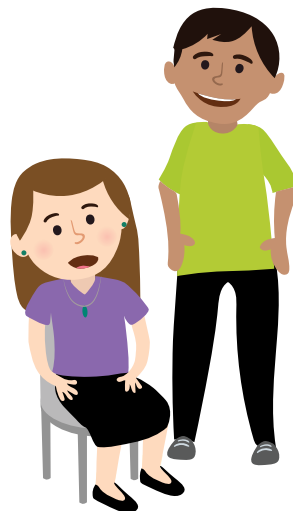
NGĀ TOHUMATE ĀHUA MĀMĀ

He kaha te tīmohu, he uaua te whakahāhā, he poto noa iho ngā kōrero ka taea.

NGĀ TOHUMATE MĀMĀ

Hē manawa, tīmohu, maremare, kiki te uma.

Noho

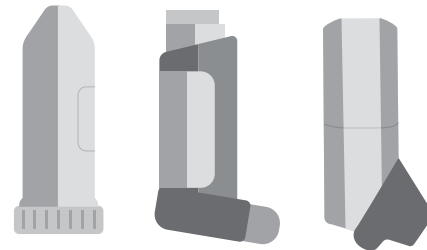


Me noho tū te tangata.

Me whakatau kia tau tōna mauri.

Me noho ki tōna taha.

Whakamaimoa



ĀHUA MĀMĀ, KINO RĀNEI

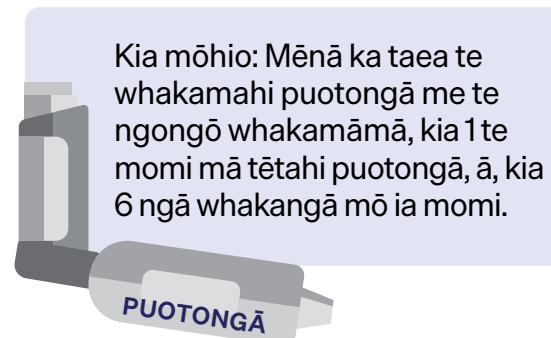
Hoatu kia KOTAHI te potanga i ia wā o tētahi ngongō WHAKAMĀMĀ.*

Me mahi anō mēnā e hiahiatia ana, atu ki te 6 ngā wā. Neke atu ki te mahi whai ake...

MĀMĀ

Hoatu kia KOTAHI te potanga i ia wā o tētahi ngongō WHAKAMĀMĀ.* Me mahi anō mēnā e hiahiatia ana.

(Ina kore atu ngā tohumate, me aroturuki kia pai katoa)



Kia mōhio: Mēnā ka taea te whakamahi puotongā me te ngongō whakamāmā, kia 1 te momi mā tētahi puotongā, ā, kia 6 ngā whakangā mō ia momi.

Āwhina



Mēnā kāore i te pai haere ake, me waea tonu atu ki 111 mō tētahi waka tūrora.

Me whakamahi haere tonu i te puotongō WHAKAMĀMĀ i ia meneti torutoru nei kia tae atu te waka tūrora.

Aroturuki



Mēnā kei te pai haere ake, me aroturuki haere.

Mēnā kāore i te pai haere, me whiwhi potanga puotongō WHAKAMĀMĀ i ia meneti torutoru nei kia tae atu ngā āwhina ohotata.

Kua pai katoa!



Ina kore te tīmohu, te maremare, hēmanawa rānei, me hoki ki ō mahi māmā noa.

Ki te pā mai anō ngā tohumate, me mahi anō te whakamaimoa ka whakatā.

Kia maumahara: Me haere ki te kite i tō mātanga hauora i **ngā wā katoa** i muri i te pānga mai o te huangō.

*Ko ngā tauria o te puotongā WHAKAMĀMĀ ko te: Symbicort™, Vannair™, DuoResp Spiromax™, Ventolin™, SalAir™, Bricanyl™

Ahakoia i āta hangaia tēnei tūtohi whakaora ohotata huangō, ehara i te mea kei te whakakapi i ngā tohutohu hauora/whakamaimoatanga. E tūtohu ana te Cardiac and Respiratory Foundation NZ kia rapu i ngā tohutohu a tō rata i ngā wā katoa, tētahi atu ngaio hauora rānei e whai wāhi atu ana ki tō whakamaimoatanga, ki te pā mai te huangō.

cardiacandrespiratory.org.nz