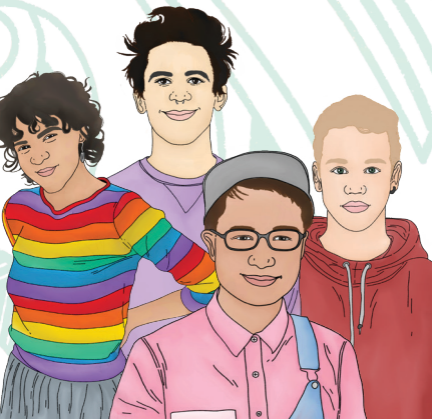


WHAKAMŌHIO ATU KI Ō WHAIĀIPO



Tirohia, tohaina rānei ki

<https://tewhariki.org.nz/article/sti-pamphlet/>

ME WHAKAMOHIIO ATU AU KI A WAI?

- Ki te hoki 'Āe' atu tō whakamātau pokenga paipai (STI test), me whakamōhio ki **ngā hoa ai katoa i ai ā-tara, ā-tero, ā-waha i roto i ngā marama e 3 kua hipa, ahakoa i mau pūkoro pea**



- Ko ngā pokenga paipai (STI) nei he pokenga kitea noatia ka pāngia atu ai i te mahimahi

WHAKAMŌHIO ATU I TE AHA?

- Ko tēhea momo pokenga
- **Me wawe tonu** tā rātou whakarite whakamātau me te rongoā, ahakoa kārekau pea he tohu māuiui e puta mai
- Me whāki atu rātou ki te tākuta, te nēhi rānei kua ai rāua ko tētahi tangata i a ia te mate kōtureture (chlamydia), te pakiwhara (gonorrhoea) rānei
- He māmā noa iho ki te rongoā i ēnei pokenga, engari **ki te kamakama te whai ko te painga atu tēnā**

HE AHA TE TAKE ME MŌHIO RĀTOU?

- Kei tuku rātou kia horapa taua pokenga ki tāngata kē, horapa pokerehū nei
- **E kore pea he tohu māuiui e puta mai** i ngā mate paipai kitea noatia, pērā i te mate kōtureture me te pakiwhara
- Ki te kore e whakamātauria, e kore rātou e mōhio mehemea i a rātou taua mate
- **Me wawe** tā rātou whai rongoā, kei tohaina te pokenga ki tētahi atu, kei whakahokia anōtia rānei ki a koe



ĀHEA AU KŌRERO AI KI A RĀTOU?

- Mōhio kau anō koe kua pāngia koe e te pokenga, ā, i mua ake i te ai anō me aua tāngata, me whakamōhio atu



KA PĒHEA TAKU KŌRERO KI A RĀTOU?

Kei a koe te tikanga:

- Kanohi ki te kanohi
- Waea, īmēra, karere/ pātuhi rānei
- Tukuna rānei he hononga ki ngā mōhiohio pokenga paipai, kia mārama ai rātou me aha rātou: <https://tewhariki.org.nz/article/sti-pamphlet/>



HIAHIA ĀWHINA? KĀORE HE RARU

- Ka taea e tō tākuta, e tō nēhi rānei he pātuhi te tuku ki ō whaiāipo, ā, ka noho muna koe
- Pātai atu mō tēnei take ki te whare haumanu (clinic)



HEI KARO I TE PĀNGA ANŌ MAI O TE POKENGA

- Kaingia **KATOATIA** ngā pire i hoatu ki a koe
- **Taihoa koe e ai kia 7 rā** i muri i te rongoā
- Ākina ngā tāngata katoa e aitia ana ināianei e koe kia whakamātauria, kia rongoātia hoki rātou
- Me mau pūkoro **ia te wā, ia te wā** ka ai
- **Whakaritea he whakamātau anō hei ngā marama e 3 ā muri ake**, kia mōhio ai koe kīhai koe i pāngia anō. Ka tuku pātuhi whakamahara tō whare haumanu - engari **māu anō tētahi whakamahara e whakairi ki tō waea**



TE TIAKI I A KOE ANŌ

- Ahakoa ka whai rongoā, ka pāngia atu anō pea aua pokenga
- Ka taea e te tangata kāore anō kia rongoā, kāore rānei i te mōhio kua pāngia ia, te i. tuku pokenga ki tētahi atu
- Mehemea ka pā tuarua mai neke atu taua pokenga, ka kino ake pea; otirā, ka āraitia pea tō āhei ki te whai uri ā muri atu
- **Me mau pūkoro ia te wā** – he utu-kore, he māmā rānei te utu i ngā whare haumanu
- **Me rite tonu tō whai whakamātau pokenga paipai,** kia wawe ai te whai rongoā

KA KIMI ĀWHINA AHAU KI HEA?

- Pokapū rongoa/ whare haumanu tākuta
- Whare hauora hōkakatanga
- Whare haumanu Family Planning
- Whare hauora rangatahi
- Whare haumanu ā-kura

E HIA TE UTU?

I ētahi wā he utu-kore mā te hunga heke iho i te 25 tau te pakeke, **engari kāore i ngā wā katoa.** I a koe e waea atu, e peka atu rānei ki tētahi whare haumanu, ui atu ki te kaiwhakatau manuhiri o reira