

MATE KŌTURETURE

(Chlamydia)

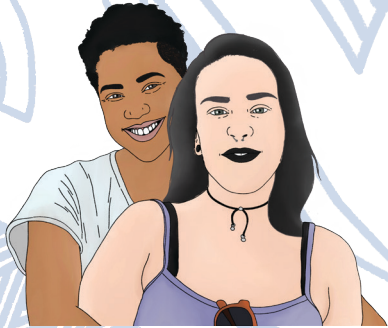
& PAKIWHARA

(Gonorrhoea)

KITEA NOATIA

MATA REHU

MĀMĀ NOA TE RONGOĀ!



Tirohia, tohaina rānei ki
<https://tewhariki.org.nz/article/sti-pamphlet/>

HE AHA ĒNEI MEA?

- He pokenga paipai (sexually transmitted infection/STI), he kitea noatia, ka pāngia atu ai i te mahimahi
- He kaha ake te pāngia ki te hunga e ai ārai kore ana (pūkoro kore)



- **Ki te kore e rongōatia** ka raru pea
- Kei whēuaua tō whai uri ā muri ake

KA PĒHEA TE TANGATA E PĀNGIA AI?

- Mā te ainga ārai kore – ā-tara, ā-tero, ā-waha ki tētahi tangata kua pāngia e taua pokenga
- Ka pāngia hoki pea te pēpi i tōna māmā i te whakawhānautanga mai



KA PĒHEA AU E MŌHIO?

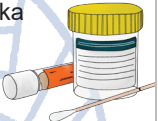
Kāore he tohu māuiui e puta mai ai, engari i ētahi wā:

- ka mamae i a koe e tuku mimi ana, e mahimahi ana rānei
- ka puta te toto i muri i te ai, i waenga rānei i ngā rere o waiwhero, o ikura
- ka puta he paheke rerekē i te tara, i te ure, i te tero rānei
- ka pāwera, ka mangleo rānei te putanga i te kōmore o te ure
- ka ngau te puku, ngā raho rānei

KA PĒHEA AU E WHAI MŌHIO?

He māmā, he mamae kore hoki te whakamātau pokenga paipai, ā, māu e whiriwhiri mēnā **māu anō tāu e whakahaere**

- Ka tonoa koe kia tuku mimi ki te kapu rānei, kia tiki he tīpako ā-tara rānei
- Ka tonoa hoki pea he tipako ā-korokoro, ā-tero hoki mēnā he ure tōu, ā, ka whai ai koe i te ai ure-ki-te waha/ ure-ki-te-tero
- Me whakamātau hoki koe mō pokenga paipai kē atu, pērā i te pākewakewa (syphilis) me te mate ārai kore (HIV)
- Ka tukuna tō whakamātau ki te taiwhanga; taro ake ka whakahokia ki a koe



KI TE HOKI 'ĀE' MAI TAKU WHAKAMĀTAU, ME AHA?

E pai ana, he māmā noa iho ki te rongoā i ēnei pokenga:

- **Mate kōtureture** – ka kai i ngā pire rongoā paturōpi, kia 7 rā te roanga
- **Pakiwhara** – ka pūwero ai me te kai i ngā pire rongoā paturōpi, kia 1 te pota

MĀ TE RONGOĀ TE POKENGA HEI PATU?

- Āe, engari **me mātua kai koe i ngā pire katoa** i hoatu ki a koe
- Kia kotahi wiki hei kite i te hua o te rongoā paturōpi. **Taihoa e mahimahi kia 7 ngā rā** mai i te tīmatanga o te rongoā – kei tuku pokenga koe ki tētahi atu!

ME PĒHEA ĀKU WHAIĀIPO?

Me whai whakamātau hoki rātou

- Whakamōhio atu ki ō whaiāipo **o roto i ngā marama e 3 kua hipa** kia whakamātauria, kia rongōatia hoki rātou
- He āwangawanga ōu? **Pātaitia tō tākuta, te nēhi rānei.** Māna kē ō whaiāipo e whakapā, ā, ka noho muna tō ingoa



KA PĀ ANŌ MAI ENEI POKENGA?

Ka pāngia anō te tangata kotahi o ia tokowhā i roto i te 6 o ngā marama

Hei karo i te pāngia anō mai:

- **Me mātua rongoā ngātahi** koutou ko ō hoa ai
- Ina mahimahi ai koe me tāngata kē atu anō **me mātua mau pūkoro**



He mea nui kia whakamātauria anō koe – ko te 3 marama i muri iho i tō rongoā te wā e tika ana. Ka tuku tō whare haumanu (clinic) i te pātuhi whakamahara mō **tō turukitanga** – engari māu anō hoki tētahi e whakairi ki tō waea

ME AHA AU HEI KARO I NGĀ POKENGA PAIPAI?

- **Me mau pūkoro ia te wā** – he utu-kore, utu-ngāwari rānei i ngā whare haumanu
- **Kia rite tonu te whakamātau pokenga paipai**, kia wawe ai te whai rongoā ina hiahiatia ana
- Ki te ai ārai kore kōrua ko tētahi whaiāipo hou, **whakaritea he whakamātau pokenga paipai anō māu**



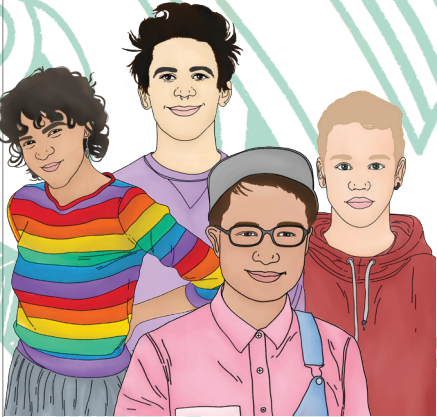
KA KIMI ĀWHINA AHAU KI HEA?

- Pokapū rongoā/ 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.** Kia waea atu, kia peka atu rānei koe ki tētahi whare haumanu, pātai atu ki te kaiwhakataua manuhiro o reira

WHAKAMŌHIO ATU KI Ō WHAIĀIPO



Tirohia, tohaina rānei ki <https://tewhariki.org.nz/article/sti-pamphlet/>

ME WHAKAMŌHIO 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 kōtūreture (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 kōtūreture 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, Imēra, 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

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