# MATE KŌTURETURE
(Chlamydia)

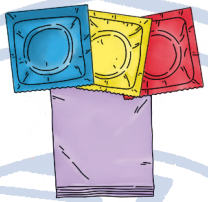
# & PAKIWHARA
(Gonorrhoea)

# KITEA NOATIA MATAREHU MĀMĀ NOA TE RONGOĀ!

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

## HE AHA ĒNEI MEA?

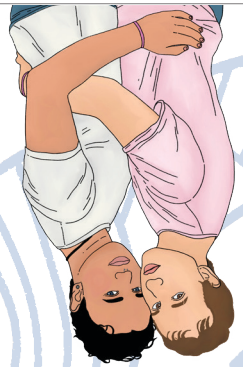
- He pokenga paipai (sexually transmitted infection/STI), he kitea noatia, ka pangia atu ai i te mahimahi
- He kaha ake te pānga ki te hunga **e ai ārai kore ana** (pūkoro kore)



- **Ki te kore e rongoātia** 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 pepi i tōna māmā i te whakawhānautanga mai



## KA PĒHEA AU E MŌHIO?

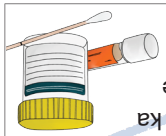
**Kāore he tohu māuiui e puta mai ai**, engari i ētahi wā:

- ka mamae i a koe e tuku mimi ana, e mahimahi ana rānei
- ka puta te toto i muri i te ai, i wenga rānei i ngā rere o waiwhero, o ikura
- ka puta he pahekе rerekē i te tara, i te ure, i te tero rānei
- ka pāwera, ka mangeo 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 tīpako 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



## 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 kaiwhakatau manuhiri o reira

Nā Te Whāriki Takapou i waihanga i 2019
Nā Huriana Kōpeke-Te Aho ngā pikitia whakaari

## 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 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 pānga 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 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 rongoātia hoki rātou
- He āwangawanga ōu? **Pātaitia tō tākuta, te nēhi rānei**. Māna kē ō whaiāipo e whakapā, ā, ka noho muna tō ingoa

## 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 paturopi, kia 7 rā te roanga
- **Pakiwhara –** ka pūwero ai me te kai i ngā pire rongoā paturopi, 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 paturopi. **Taihoa e mahimahi kia 7 ngā rā** mai i te tīmatanga o te rongoā – kei tuku pokenga koe ki tētahi atu!

# WHAKAMŌHIO ATU KI Ō WHAIĀIPO



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## 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**. I a koe e waea atu, e peka atu rānei ki tētahi whare haumanu, ui atu ki te kaiwhakatau manuhiri o reira

Nā Te Whāriki Takapou i waihanga i 2019
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## 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

## 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-wāha 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

## 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**

## 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 TĀKE 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



## 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)



## KA PĒHEA TĀKU 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/**