



Mahere Mahi mō te Huaketo (pakeke)

Ingoa o te tūroro Patient name

Kua pāngia koe e te pokenga taringa, ihu, pākohu ihu, uma hoki/rānei, he nui te tūponotanga i hua ake i te huaketo. **Ka māuiui pea koe atu ki te 10 rā. Ka 4 wiki pea te roa o te maremare.**

Kāore te rongoā paturopi e patu i te huaketo, ā, kāore hoki e whakatere i tō pikinga anō ki te ora.

Ki te kai i ngā rongoā paturopi ka puta pea ngā pānga kino e māuiui ake ai koe. Ki te kai i ngā rongoā paturopi ahakoa kāore e hiahiatia ana, ka kore pea ērā e whai hua ā muri ake.

Hei rongoā mō ō tohumate Treating your symptoms

Me kaha te okioki me te moe ina pāngia koe e te huaketo. Kauga e kaha te kori tinana. Kia kaha te inu, ko te wai te inu pai.

I a koe e kai ana i tō rongoā, me whai i ngā tohutohu i ngā wā katoa, i ngā tohutohu a te tākuta, nēhi, kaitaka rongoā rānei.

Ō TOHUMATE YOUR SYMPTOMS	RONGOĀ (kua tohua ngā kōwhiringa pai) TREATMENT (suitable options ticked)
Kirikā Fever	Mō te kirikā, horoia tō kanohi, ringaringa me te kakī, ki te papanga mātao. Me mau kākahu taimāmā, ā, kia ruarua noa ngā paraikete.
Ngā mamae, tae atu ki te mamae uaua, taringa, pākohu ihu, kanohi hoki. Mamae korokoro Aches and pains Sore throat	Paracetamol Ibuprofen Ka taea e koe te kai tētahi o ēnei rongoā, te kai rānei te paracetamol me te ibuprofen i te wā kōtahi.
Mamae, pūtī rānei te korokoro. Maremare Sore or dry throat. Cough	Tua atu i te paracetamol me te ibuprofen, ka taea ēnei: As well as paracetamol and ibuprofen, you could try: Whakararā, rehu korokoro rānei Throat gargle or throat spray Rare korokoro Lozenges Whakararātia he wai tote mō te 30 hēkona, kia maha ngā wā i te rā (raua kia kotahi hāwhe tīpune tote ki te kapu wai ka kōroritia) A salt-water gargle for 30 seconds Ngote paraka tio Sucking on ice cubes Te inu i ngā inu miere me te rēmana mahana Drinking warm honey and lemon drinks
E tūkati ana te ihu i te hūpē, e rere ana rānei te hūpē Blocked or runny nose	Te rehu, pata pongāihu mātaitai rānei Saline nasal spray or drops Pire whakawātea ihu, rehu, pata pongāihu rānei Decongestant tablet, liquid, nasal spray or drops Pani tākohu pēnei i te Vicks (pania ki tō uma, tuarā rānei, kauga ki tō kanohi) Vapour rub such as Vicks
Ētahi atu Other	Rongoā Traditional Māori system of healing

Hei whaiwhai ake Follow up

Waea atu ki tō kaiwhakarato hauora (Call your health provider) _____ i (on) _____ ki Healthline rānei i 0800 611 116 mēnā: (or Healthline on 0800 611 116 if:)

- Kāore anō kia piki ake tō ora i roto i te (Your symptoms are not improved in) _____ rā/haora (days/hours)
- Kua hua ake ētahi tohumate hou
- He āwangawanga anō āu
- Ka kino ake tētahi mate tauroa pēnei i te mate huka, huangō, COPD rānei

Tēnā tāpuitia tētahi wāhui whaiwhai ake mō te (Please book a follow-up appointment for) _____ rā/wiki (days/weeks)



He tohutohu wawe

Me wawe tō waea atu ki tō kaiwhakarato hauora, waka tūroro rānei (waea 111), mēnā e pāngia ana koe e ēnei tohumate:

- He uaua, he mamae rānei te hēhē, te kōrero rānei
- Kua kikorangi haere ngā ngutu, te arero rānei
- Kei te puta te toto i te maremare
- Kaumingomingo, he uaua rānei te oho
- Mamae te uma
- Kino te wiriwiri, haukōeoeo hoki
- He haumotu te kiri
- Kei te kino te kirikā (nui ake i te 40°C)
- Kino te ānini o te māhunga, mamae kakī, e mamae ana ngā karu i ngā rama
- Mate kōpukupuku me ngā kōpurepure waiporoporo, whero rānei, marū rānei
- Kāore i te mimi, he uri rānei te mimi
- Hauahauaitu, tirehe rānei

Ka kitea ētahi atu kōrero i te pae tukutuku o Healthify You can find other information on the Healthify website

Haere ki [healthify.nz](https://www.healthify.nz) ka rapu i te:

- Maremare
- Mamae korokoro
- KOWHEORI-19
- Rewharewha

Pātai atu ki tō tākuta, nēhi, kaitaka rongoā rānei kia tāngia ngā kōrero māu.

[Or ask your doctor, nurse or pharmacist to print the information for you.](#)

Waea rānei ki Healthline 0800 611 116.



Me whai i ēnei mahi kia kaua e horapa haere te pokenga

- Me noho ki te kāinga, kaua e haere ki te mahi, te kura rānei
- Kia kaha te horoi i ō ringaringa, inarā ka whengu koe i tō ihu.
- Āraihia tō waha ina tihe, maremare rānei.
- Mēnā e taea ana, me mau maruhā ina puta atu koe ki waho o tō whare.