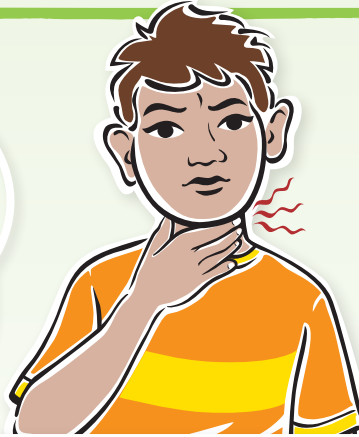




Preventing Rheumatic Fever

Ngā āhuatanga o te kirikā rūmātiki

**Tamariki mā,
kōrero ki ō mātua,
ki tētahi pakeke
rānei mehemea
kei te mamae tō
korokoro**



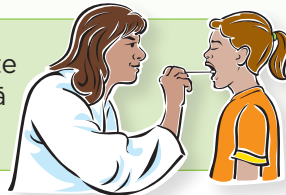
**Mātua mā,
kia mataara ki ngā
tohu o te**

- uaua ki te horomi
- uaua ki te kai me te inu

Korokoro mamae

Kua hihiratia ngā korokoro mamae

Haere tōtika ki te rata, ki te nēhi rānei kia hihiratia ngā korokoro mamae katoa.



Ko te korokoro mamae he 'strep korokoro' (ka take mai i te mate huakita ko Group A Streptococcus te ingoa).



Kua whāngaia te 'strep korokoro' ki te rongoā paturopi - kainga te rongoā mō ngā rā 10
He mea nui kia kainga ngā rongoā kia pau rawa.



Ka aukatitia te 'strep korokoro' me te rūmātiki kirikā.

Manawa ora, manawa kaha - Hauora, kakama me te manawa ora



Ngā korokoro mamae kāore e hihiratia

Kāore i hihiratia tō korokoro mamae e te rata e te nēhi rānei, ā, ka noho māuiui.



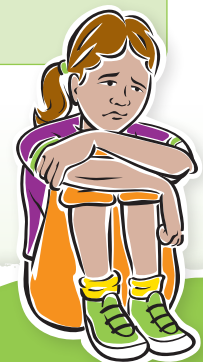
Tērā pea ko te korokoro mamae he 'strep korokoro'.

'Strep korokoro' kāore e whāngaia ki te rongoā (rongoā paturopi).

Tērā pea ka tipu ake te rūmātiki kirikā.

Ka tino māuiui i te rūmātiki kirikā - Ka ngenge, kua mamae, kua pupuhi hoki ngā whatianga (ngā pona, ngā tuke, ngā whatianga raparapa me ngā kawititanga o te ringaringa).

Ka māuiui, ka ngenge hoki, ā, kua raru te manawa - mate manawa rūmātiki



Mate manawa rūmātiki, kua taumaha ngā raru o te manawa mō ake tonu atu

Rūmātiki Kirikā me ngā manawa

Mehemea ka pāngia tō tamaiti ki te rūmātiki kirikā tērā pea ka pā te mate kino ki ngā takirere manawa. Ko te ingoa o tēnei ko te mate manawa rūmātiki.

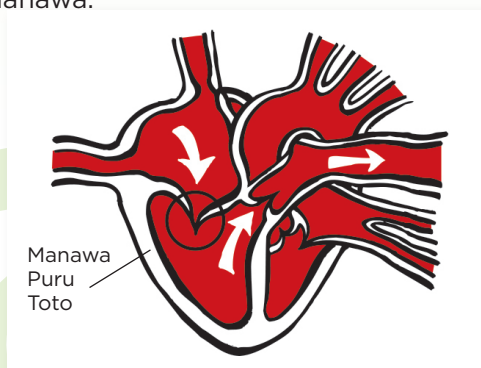
Ka mahi te takirere manawa pērā tonu i te kūaha huaki ki te taha kotahi. Ka pēnei tana mahi kia rere whakamua i ngā wā katoa. Mehemea kei te kino te takirere manawa ka turuturu arā, ka:

- uaua te hā
- ngenge tō tamaiti i ngā wā katoa.



Tō manawa

He tino taonga te manawa nā te mea ko tāna he papu toto ki ngā wāhi katoa o tō tinana. Mā te toto tō tinana e whāngai ki te hāora me ngā whakamōmona. Mehemea ka hē te mahi a tō manawa ka pā tēnei āhua ki ētahi atu wāhi o tō tinana. Koinei he mea whai take te tiaki i tō manawa.



Pikitia i kōhatia mai e te Heart Foundation NZ.

Pēhea te mahi o tōku manawa?

Kei raro tō manawa i tō rara korapa i roto i tō poho i waenga i ngā pūkahunahuna matau me te mauī.

Ka patupatu, arā ka kukuti, ngā pakaua i ngā wā katoa. Mā konei ka papu ai te toto ki ngā wāhanga katoa o tō tinana.

Ko te rahi o te manawa ora o te pakeke he rite tonu ki tō te pakeke ringatahi. Engari, ki te pāngia te manawa ki ētahi mate ka rahi haere ia.



**STOP
SORE THROATS
HURTING HEARTS**

Preventing Rheumatic Fever