

## Te mātūtū

Mēnā e pāngia ana koe e te tahumaero TB o ngā pūkahukahu, o te kakī rānei me noho mohoa koe. Ā muri ake i te kai i te rongoā mō ētahi wiki he pai te kati i te noho mohoa me te hoki atu ki āu mahi noa o ia rā. Ki te kai koe i te rongoā e ai ki ngā tohutohu kāore he mōrearea ka tukuna te tahumaero ki ētahi atu.

Mehemea kei ētahi atu wāhanga o tō tinana te tahumaero TB, mēnā rānei e pāngia ana koe e te Pokenga TB Moe, kāore he take kia noho mohoa koe, ā, e pai ana te haere tonu ki āu mahi noa o ia rā. Me kai noa koe i tō rongoā e ai ki ngā tohutohu a tō Nēhi Hauora Tūmatanui.

## Ngā hoapā pātata

Ko ngā tāngata kua pā tata ki tētahi e pāngia ana e te tahumaero TB o ngā pūkahukahu, o te kakī rānei ka mōrearea pea kia pāngia e te tahumaero.

Ka whakapā atu te ngaio hauora tūmatanui ki a koe mēnā me whakamātau koe.

### Te whakamātau mō ngā hoapā pātata

He utukore te whakamātau TB mō te hunga ka tukuna e tētahi ngaio hauora tūmatanui.

Ka rerekē te whakamātau i runga i tō te tangata pakeke:

·He whakamātau Mantoux mā ngā tamariki nohinohi. Kia pēnei ai ka paku werohia, kātahi ka tirohia kia toru ngā rangi whai muri mai.

·He whakamātau toto mā ngā tamariki pakeke ake, mā ngā pakeke hoki, e kīia ana ko te Quantiferon.

Ā muri i tō whakamātau ka whiwhi mōhiohio atu anō koe mai i te Nēhi Hauora Tūmatanui mō ngā mahi me oti i a koe ā muri ake.

## Te kano ārai mate

I Aotearoa e wātea ana tētahi kano ārai mate TB ki ngā pēpi, ki ngā tamariki nohinohi hoki he iti iho i te rima ngā tau he nui ake te mōrearea ka pāngia ai e te TB. E kīia ana tēnei ko te kano ārai mate BCG.

Ka whakahaumarutia ngā tamariki nohinohi ki ētahi o ngā momo tino mōrearea o te tahumaero. Kia ako atu anō torohia: [www.arphs.health.nz/bcg](http://www.arphs.health.nz/bcg)

## Mō ētahi atu mōhiohio

### **Kohi (TB) - National Public Health Service - Northern Region:**

[www.arphs.health.nz/public-health-topics/disease-and-illness/tuberculosis-tb/](http://www.arphs.health.nz/public-health-topics/disease-and-illness/tuberculosis-tb/)

### **Kano ārai mate BCG - National Public Health Service - Northern Region:**

[www.arphs.health.nz/bcg](http://www.arphs.health.nz/bcg)

### **Kohi (TB) - Health Navigator:**

[www.healthnavigator.org.nz/health-a-z/t/tuberculosis/](http://www.healthnavigator.org.nz/health-a-z/t/tuberculosis/)

**Health New Zealand**  
Te Whatu Ora

Te Reo Māori



# Kohi (TB)

**Health New Zealand**  
Te Whatu Ora

He tahumaero taumaha te TB ka horapa i tētahi tangata ki tētahi atu.

Ahakoia ka tino māuiui ētahi tāngata, ka taea te whakamaimoa, ka taea te whakaora hoki.

## Ngā momo TB

**Ehara i te mea ka māuiui, ka tukumate rānei te katoa ka whakahā i ngā moroiti tahumaero TB, nā te mea ka urupare te pūnaha awhikiri o tēnā, o tēnā (arā, ko ngā wawaonga o tō tinana) mā ngā tini āhua.**

**Pokenga TB Moe (Latent TB Infection):** Ka taea e ngā tinana o ētahi tāngata te tāmi i ngā moroiti tahumaero TB me te 'whakamoe' i ērā. Mēnā pēnei ai ehara i te mea kua whakakore tō tinana i ngā moroiti tahumaero TB, engari kāore e pūtakea mai te mate, ā, kāore koe e tukumate ki ētahi atu. E kīia ana tēnei ko te Pokenga TB Moe (Latent TB Infection). Ko tōna 3 mai i te 10 o ngā tāngata ka whakahā i te moroiti tahumaero TB ka whakawhanake i te Pokenga TB Moe.

**Te tahumaero TB:** Ko ētahi ka whakahā i te moroiti tahumaero TB tē taea te tāmi i te moroiti tahumaero TB, ā, ka māuiui. E kīia ana tēnei ko te tahumaero TB.

Ka whanake hoki pea te tahumaero TB mēnā e pāngia ana koe e te Pokenga TB Moe, ā, ka whakangoikoretia tō pūnaha awhikiri mā reira e āhe ai ngā moroiti tahumaero TB ki te 'oho ake'.

- Mēnā ka whakapoke te TB i tō pūkahukahu, i tō korokoro rānei, ka taea e koe te tuku i ngā moroiti tahumaero TB ki ētahi atu.
- Mēnā ka whakapoke te TB i ētahi atu wāhanga o tō tinana, engari kua ko tō pūkahukahu, ko tō korokoro rānei, tē taea e koe te tukumate kia māuiui ētahi atu i te TB. Me mātua whakamaimoa te katoa o ngā momo TB.

## Te horapa a te mate TB

Ka pā mai anake te TB mai i tētahi e pāngia ana e te tahumaero TB o ngā pūkahukahu, o te kakī rānei. Ka taea e ia te horapa i ngā moroiti tahumaero ina maremare, ina tihe, ina waiata rānei e pātata ana ki ētahi atu.

E tino mōrearea ana kei pāngia ngā tāngata e noho ana i te kāinga kotahi ki tētahi e pāngia ana e te tahumaero TB.

Ehara i te mea he māmā te horapa a te TB, ā, me tini hāora rā anō o te noho pātata kia pāngia mai i tētahi tāngata e pāngia ana e te tahumaero TB.

## Ngā tohumate

Mēnā e pāngia ana koe e te tahumaero TB ka pāngia pea koe e:

- Te whīroki haere
- Te ngaronga o te mina kai
- Te kirikā
- Te werawera (inarā i te pō)
- Te rongo i te ngoikore, i te ngenge i ngā wā katoa
- He uruumu ngā repe kakī
- He mamae kei ngā wāhanga o te tinana e poka ana

Mēnā kei tō pūkahukahu, kei tō kakī rānei te tahumaero TB tērā pea ka pēnei hoki koe:

- Ka pāngia e te maremare haere tonu mō ngā wiki e toru neke atu rānei
- Ka maremare, ka tuwha rānei i te toto
- Ka pāngia e te mamae uma, e te hēmanawa rānei

Mēnā e pāngia ana koe e te Pokenga TB Moe, kāore tō tohumate.

## Ngā tāngata he nui ake te mōrearea ka whakawhanake i te tahumaero TB

He nui ake te mōrearea ka whakawhanake te tangata i te tahumaero TB mēnā e ngoikore ana te pūnaha awhikiri. Kei roto pea i tēnei:

- Ko ngā pēpi me ngā tamariki nohinohi
- Ko ngā kaumātua
- Ko ngā tāngata me ngā mate whāriki, pērā i te mate huka, i te raru whanewhane, i te mate pukupuku, i te HIV rānei
- Ko te hunga e kai ana i te rongoā pēhi awhikiri
- Ko te hunga e momi paipa ana, e noho ana me te wara waipiro rānei

## Ngā maimoatanga

Ka taea te whakamaimoa i te TB mā te kai i ngā rongoā paturopi motuhake ka patu i te moroiti tahumaero TB. He utukore ēnei mō te hunga e noho ana i Aotearoa. Ka tukuna ēnei ki a koe e tētahi Nēhi Hauora Tūmatanui, ka whakamārama atu ki a koe me pēhea te kai, ā, he auau tāna kōrero anō ki a koe. Ka whai tāpuitanga auau hoki koe ki tētahi mātanga hauora TB.

Me mātua kai koe i te katoa o tō rongoā hei patu i ngā moroiti tahumaero TB. Mēnā he rite tonu tō kore kai i tō rongoā kātahi ka huri pea ngā moroiti tahumaero kia ātete atu. Mā konei e uaua ake te whakamoa atu, ā, ka māuiui anō pea koe.

**Ki te hiahia koe ki te tohutohu rongoā me whakapā atu ki tō tākuta, me waea utukore rānei ki Healthline ahakoia āhea ki 0800 611 116.**