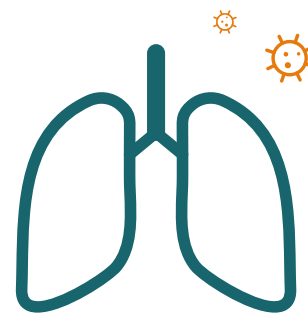


Ngā rongoā ārai huaketo KOWHEORI-19



Ka whakamahia ngā rongoā ārai huaketo KOWHEORI-19 hei whakamaimoa i te whakapokenga KOWHEORI-19. Ka āwhina pea i a koe kia kaua e tino māuiui, ā, kia kaua e kuhu ki te hōhipera.

Ko ētahi o ngā rongoā ārai huaketo KOWHEORI-19 matua e wātea ana i Aotearoa ko:

- pire Paxlovid (nirmatrelvir me te ritonavir)
- ngā pire Lageviro (molnupiravir)

Kāore he utu mō ēnei rongoā ārai huaketo ki te hunga e āhei ana. E whaitake ai, me tīmata i roto i te 5 rā o te pānga mai o ō tohumate.



Ka whakamahia ngā rongoā ārai mate hei whakamaimoa i te hunga ka tino pāngia kinotia pea e te KOWHEORI-19

E ahei ana koe ki ngā rongoā ārai mate mēnā:

1. Ka kitea kei te pāngia koe e te KOWHEORI-19, he pānga ā-kāinga rānei koe ki tētahi tangata kua pāngia e te KOWHEORI-19, ā,
2. I pāngia koe e te mate i roto i te 5 rā, ā,
3. Kei roto koe i tētahi rōpū e āhei ana. Arā, ko te hunga:
 - Māori, Pasifika rānei 50 tau, pakeke atu rānei
 - 65 ō tau, neke atu rānei
 - 50 tau, pakeke atu rānei, ā, kāore anō kia whiwhi i ngā werohanga KOWHEORI-19 e 2 i te iti rawa
 - kei te tino raru tō pūnaha ārai mate
 - he mate pūira kehe
 - he mate rino pūtau toronaihi
 - kua uru ki te hōhipera (ICU tino taumaha, whakamauru nui rānei) mō te KOWHEORI
 - e 3, neke atu rānei ngā mate tino mōrearea.

Kōrero ki tō rata, tō nēhi, he kaitaka rongoā rānei mēnā he mate pūmau ōu kia kite ai mēnā kei te āhei atu koe.

Me pēhea te whiwhi rongoā ārai mate

E rua ngā ara ki te whiwhi rongoā ārai mate.

1. Me pātai ki tō rata, nēhi rānei mō tētahi tūtohu rongoā.
2. Me pātai atu ki tō kaitaka rongoā. He maha ngā kaitaka rongoā ka taea te tuku rongoā ārai huaketo ki a koe me te kore tūtohu rongoā, i muri i tētahi tiro-tiro-tanga hauora mā te waea.

→ Tirohia a [healthpoint.co.nz](https://www.healthpoint.co.nz) mō te kaitaka rongoā tūtata e whakarato ana i ngā rongoā ārai huaketo KOWHEORI-19.

Me noho wātea ngā kete whakamātautau ākipaturopi tere (RAT)

Mēnā kei te noho mōrea koe ki te mate KOWHEORI-19, me mātua whakarite he kete RAT āu i te kāinga, kia pai ai tō whakamātautau i a koe ina pā mai te māuiui ki a koe.



Me whiwhi katoa koe i ō werohanga — tae atu ki ngā whakakaha

Ko te werohanga te tikanga pai rawa hei ārai i te pāngia kinotia mai i te KOWHEORI-19. Kāore ngā ārai huaketo i te whakakapi i te werohanga ārai i te KOWHEORI-19. E tūtohua ana kia tatari koe mō te 3 marama i muri i te pāngia e te mate ka whiwhi ai i te werohanga KOWHEORI-19. Me kōrero ki tō rata, nēhi, kaitaka rongoā rānei mō te wā tika mō te whiwhi i tō werohanga.



Mō ētahi atu mōhiohio mō ngā rongoā ārai huaketo, haere ki [hn.org.nz/covid-antivirals](https://www.hn.org.nz/covid-antivirals)



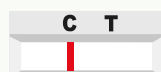
Kia mōhio

Mēnā kei te pāngia koe e te KOWHEORI-19, me mātua noho taratahi koe. Ka taea e ō hoa, tō whānau rānei te tiki ō rongoā, ka taea rānei e te kaitaka rongoā te tuku atu ngā rongoā, mō te koreutu.



Mēnā ka kitea kei te mate koe

- Mēnā kei tō whakaaro kei te āhei atu koe ki tētahi rongoā ārai huaketo, me waea atu ki tō rata, nēhi, kaitaka rongoā rānei.
- Tirohia a Healthpoint mō te kaitaka rongoā tūtata rawa e whakarato ana i ngā rongoā ārai huaketo KOWHEORI-19, me pātai rānei ki tō kaitaka rongoā kia honoa atu koe ki te mea tūtata rawa. [healthpoint.co.nz](https://www.healthpoint.co.nz)



Mēnā ka kitea kāore koe i te mate

- Mena ki tō whakaaro kei te āhei atu koe ki tētahi rongoā ārai huaketo, he mea nui kia whakamātautau anō koe i ia rā kia pai anō tō āhua mō te 24 haora.
- Mēnā kei te kino kē atu koe, me waea atu ki tō rata, nēhi, kaitaka rongoā rānei mō ngā tohutohu. Ka taea hoki te waea atu ki Healthline i **0800 611 116**.