

Mōhiohio mā ngā tūrora, ngā kaihoko me ngā kaitiaki

He whārangi meka tauhohe pāwera inati (anaphylaxis) mā ngā mātua o ngā tamariki e mōrearea ana ki te tauhohe pāwera inati

He aha te tauhohe pāwera inati, ā, ka pēhea te whakamaimoa?

Ko tauhohe pāwera inati te āhua kino rawa o te putanga mate pāwera, ā, ka mōrearea pea te oranga o te tangata. I te nuinga o te wā ka tū tere mai whai muri mai i te pā tinana ki tētahi kai, pepeke, rongoā rānei kua mate pāwera kē pea te tangata ki tērā. Me whakamaimoa hei ohotata rongoā te tauhohe pāwera inati i ngā wā katoa, ā, ka hiahia te maimoatanga tangetange ki te adrenaline (epinephrine). Kua hoahoatia ngā **adrenaline autoinjectors**, arā ngā epipene, kia tukuna e te hunga ehara i te kairongoā, pērā i ngā mātua, kaiako, kaimahi tiaki tamariki rānei, e ngā hoa, ngā tauhou, e te tangata mate pāwera ake rānei (mēnā he pai tonu te hauora, te pakeke hoki). Kei roto i ngā taputapu adrenaline autoinjector, te epipene, te kai kotahi, pūmau te rahi o te adrenaline, he tere te mahi hei huri kōaro i te tauhohe pāwera inati. Kei te whai wāhi he tohutohu ki ngā tapanga taputapu, ki ngā Mahere Mahi ASCIA mō te Tauhohe Pāwera Inati, ki te paetukutuku ASCIA hoki: www.allergy.org.au/anaphylaxis

Mēnā kua whakatauhia tāu tamaiti e mōrearea ana ki te tauhohe pāwera inati, me whakarato e tōna tākuta whakamaimoa:

- He Whakaakoranga e pā ana ki te ārai i ngā mea pāwera e mōhiohia ana (ngā matū e whakakā ana i te putanga mate pāwera).** He hira rawa tēnei ki te tauhohe pāwera inati e ahu mai ana i te mate pāwera kai, ka taea te whakakā mā te moroiti paku rawa o te kai, mā te pā tinana pokerehū rānei. Me whakatinana ngā rautaki hei ārai i te pā tinana ki ngā mea mate pāwera ā-kai, ā-pepeke e mōhiohia ana ki te kāinga, me te kura, te kōhanga, te wāhi tiaki tamariki rānei. E wātea ana ētahi atu mōhiohio ki te paetukutuku ASCIA: www.allergy.org.au/schools-childcare Mate pāwera ā-kai - www.allergy.org.au/patients/food-allergy Mate pāwera ā-pepeke - www.allergy.org.au/patients/insect-allergy-bites-and-stings
- Mahere Mahi ASCIA mō te Tauhohe Pāwera Inati.** Kei te whakatakotoria e tēnei mahere me aha koe mēnā ka pā tētahi putanga mate pāwera ki tāu tamaiti. Me whakaoti, me haina hoki e te tākuta o tāu tamaiti, ā, me pupuri ki te taha o te adrenaline autoinjector, arā te epipene, ahakoa kei te kawea e tāu tamaiti. Kei roto i te mahere ko ngā taipitopito whaiaro, ngā tohu o ngā putanga mate pāwera, ngā tohutohu mō te whakamahi i te taputapu, ā, mēnā rānei me tuku ētahi atu rongoā.
- He whakahau rongoā mō ngā adrenaline autoinjectors (epipene) e rua.** Mā konei koe e āhei te waiho i tētahi ki tāu tamaiti i ngā katoa (kei te kāinga, kei waho rānei i te kāinga), ā, me te waiho i tētahi atu ki te kura, ki te wāhi tiaki tamariki rānei. I te nuinga o te wā me kawea e ngā ākonga kura tuarua, kura tuatahi o runga hoki, tētahi taputapu ki tōna tinana, ā, me pupuri te mea tuarua ki te kura. E rua ngā taputapu he mea tautoko te utu PSB ki Ahitereiria, ā, ka taea te hoko i ētahi atu taputapu mō te utu katoa ki ngā kēmehi. He mōhiohio anō: www.allergy.org.au/health-professionals/anaphylaxis-resources/adrenaline-autoinjectors-faqs
- He whakaakoranga mō te āhua o te whakamahi i tētahi adrenaline autoinjector (epipene).** Kei te ākina kia whakaharatau auau koe mā te whakamahi i tētahi putanga whakangungu o te adrenaline autoinjector (epipene) kua whakahautia mā tāu tamaiti. Kāore he ngira tō ngā putanga whakangungu o ngā taputapu, ā, kāore he adrenaline kei roto, nō reira e pai ana hei whakamahi auau mō te whakaharatau me te whakaako i te whānau, i ngā hoa anō hoki.
- He mōhiohio e pā ana ki ngā whakapīwari tautohu rongoā.** He kōwhiringa tēnei, ā, kāore i te whakakapi i te Mahere Mahi ASCIA mō te Tauhohe Pāwera Inati.

He aha te mahi a te matua?

- Whakamōhiohia te tumuaki kura, te rangatira kōhanga/wāhi tiaki tamariki rānei** mēnā ko tāutamaiti kua whakahautia ki tētahi adrenaline autoinjector (epipene); kua pāngia e te tauhohe pāwera inati i mua, whai muri rānei; kua rerekē ētahi mate pāwera; me ērā atu hiahia, hauātanga tiaki ā-hauora rānei ahakoa he aha (tae atu ki ngā uaua o te ako) ka pā pea ki te whakahaere i te tauhohe pāwera inati.
- Tukuna tētahi Mahere Mahi ASCIA mō te Tauhohe Pāwera Inati kua whakaoti, kua hainatia e te tākuta whakamaimoa o tāu tamaiti.** Me whakahou tēnei (tae atu ki te whakaahua) i te wā e whakahoungia ana ngā whakahau adrenaline autoinjector (epipene) (i te nuinga o te wā ia 12-18 marama) mēnā rānei ka rerekē ngā mate pāwera. He puka rongoā ēnei mahere, ā, me kua e whakaoti, e whakarerekē rānei e ngā mātua, ngā kaimahi kura, ngā kaimahi tiaki tamariki rānei.
- Tukuna tētahi adrenaline autoinjector (epipene) ki te kura, te kōhanga, te wāhi tiaki tamariki rānei o tāu tamaiti.** Āta tirohia te rā kei te tapanga i ngā wā katoa, ā, whakakapia te taputapu i mua i tana hurumutu. Ahakoa kei te kawea e tāu tamaiti tāna ake adrenaline autoinjector (epipene), me tuku koe i tētahi atu adrenaline autoinjector (epipene) ki te kura. Kei te hiahia tēnei kei kore e pupuritia e tāu tamaiti i te wā ka hiahia.
- Tautokona te whanaketanga o tētahi Mahere Tiaki Hauora Takitahi, tētahi Mahere Whakaiti Mōrearea rānei.** He mahere tēnei ka whanaketia e ngā kaimahi ā-kura, ā-kōhanga, ā-wāhi tiaki tamariki rānei hei tautoko i ngā hiahia tiaki hauora a tāu tamaiti.
- Whakaakoranga hāngai tika ki te pakeke.** Whakaakona tāu tamaiti mō te karo i ngā mea mate pāwera e mōhiohia ana, ā, he aha i hira ai. Whakamaharatia ia mēnā ka rangona te māuiui, me kōrero tōtika atu ki tētahi tangata tata, pērā i tētahi kaiako, tētahi atu pakeke rānei. Whakatūturutia ki a ia koirā te mahi tika, ā, me kua ia e matakua kei raru ai i te mahi pēnei.

He aha ngā kawenga o te kura, te kōhanga, te ratonga tiaki tamariki rānei o tāu tamaiti?

- Te whakangungu i ngā kaimahi** ki te mōhiotanga, te whakahaere, te kite, me te maimoatanga ohotata mō te tauhohe pāwera inati.
- Te whakatinana i ētahi rautaki** hei whakaheke i te mōrearea o te pā tinana tūpono ki ngā mate pāwera e mōhiotia ana, tae atu hoki ki ngā mahi motuhake pērā i ngā haerenga.
- Te whakaputu tika i ngā adrenaline autoinjectors (epipene)** me tētahi Mahere Mahi ASCIA mō te Tauhohe Pāwera Inati ki tētahi wāhi māmā te pā atu, kei waho atu i te whitinga tōtika mai a te rā, me te mahana. Me mōhio hoki ngā kaimahi ki te wāhi kua whakaaetia (hei taurira te pūkoru, te pēke whītiki, te pēke kura) o ngā taputapu kei te kawea e ngā taurira.

He mōhiohio anō

- Australasian Society of Clinical Immunology and Allergy (ASCIA)** www.allergy.org.au
He whakahaere rongoā ngaio e whakarato ana i te ī-whakangungu, ngā rauemi ngaio hauora, ngā mōhiohio mō ngā tūrora rātou ko ngā kaihoko
- Allergy & Anaphylaxis Australia** www.allergyfacts.org.au
He whakahaere tautoko tūrora ā-motu e whakarato ana i te tohutohume ngā rauemi e pā ana ki te mate pāwera me te tauhohe pāwera inati
- Food Standards Australia and New Zealand (FSANZ)** www.foodstandards.org.au
E whakarato ana i te mōhiohio mō ngā ture tapanga kai me ngā mea mate pāwera ā-kai ki ngā tapanga kai