



Health Quality &
Safety Commission
Te Tāhū Hauora



Koinei pea te mate whakatāoke?

He aha te mate whakatāoke?



Ka puta te mate whakatāoke ina kaha rawa (kāore i te whakamatuatia) te urupare a te pūnaha awhikiri, e tūkinia ai i ngā pūtautau, i ngā whēkau hoki. Ka pūtaka mai taua āhuatanga i tētahi whakapokenga taketake ahakoa te momo, hei tauira, nā ngā whakapokenga huakita, huaketo, puruheka rānei.

Ka puta te mate whakatāoke ina kaha rawa te urupare a te pūnaha awhikiri o tō tinana – e āwhina ai i a mātou i te nuinga o te wā ki te whawhai whakapokenga – me te aha ka tūkinotia ngā pūtautau, ngā whēkau hoki. Ka puta i taua mea he panoni i roto i tō tinana e hemo ai pea te tangata.

Ka taea e taua mea te tāmi, te tūkinia rānei ngā whēkau pērā i ngā ia toto, te kiri, ngā pūkahukahu, te manawa, ngā tākihi, te roro hoki.

Ka tūkinotia pea hoki ngā pūnaha ā-roto o tō tinana. Hei tauira, tō pūnaha ioio.



**EHARA TE MATE WHAKATĀOKE
I TE WHAKAPOKENGĀ.
He urupare hē, mōrearea hoki
nō tō pūnaha awhikiri.**

He aha te pūtaka o te mate whakatāoke?

Kei te whawhai ō mātou pūnaha kaupare māori me te pūnaha awhikiri ki aua whakapokenga, me te korenga, i te nuinga o te wā, o te mate ki te toro atu ki te rata, ki te hōhipera rānei. Engari, i ētahi wā, ka kaha rawa te urupare a te pūnaha awhikiri o tō tinana – e āwhina ai i a mātou i te nuinga o te wā ki te whawhai whakapokenga – me te aha ka tūkinotia ngā pūtautau, ngā whēkau hoki.



He nui ake te tūraru o ētahi ki te mate whakatāoke

Ka pā pea te mate whakatāoke ki a wai rānei, engari he nui ake te tūraru o ētahi i tō ētahi atu.

- » Ko ngā taiohi i raro i te 12 tau te pakeke, inarā ko ngā pēpi me ngā tamariki kāore anō kia whiwhi i ō rātou rongoā āraimate katoa.
- » Ko te hunga atu i te 60 tau te pakeke.
- » Ko ngā wāhine hapū, kua hapū i nā tata tonu nei rānei (kei roto o ēnei ko ērā whai muri i te whānautanga, ko ērā hoki whai muri i te whakatahe, i te tahe rānei).
- » Ko te Māori me ngā Tāngata Moutere, inarā ko ngā mea rangatahi ake.
- » Ko ngā tāngata kua pāngia kētia e te mate whakatāoke.
- » Ko ngā tāngata kua tukuna i nā tata tonu nei i te hōhipera.
- » Ko ngā tāngata e pāngia nei e te mate tauroa, e te awhikiri pahara rānei.



He pēhea te āhua o te mate whakatāoke, ā, he aha ngā tohu me ngā tohumate e kitea whānuitia ana?

Ka tere pea te putanga o te mate whakatāoke. I ētahi wā he uaua te āhukahuka i ngā tohu tōmua. Ko te tōmua atu o te tautuhia o te mate whakatāoke, ko te nui ake o te tūpono whakaiti i te tūkinu.

Ko ngā tohu o te mate whakatāoke e kitea whānuitia ana e pēnei ana:

- » ka makariri, ka hāwiniwini koe
- » ka wera, ka hahana koe
- » ka kōpure te kiri
- » ka uaua te hēhē
- » ka hīwiniwini ngā uaua
- » ka tino ngenge
- » te kore hiahia ki te kai
- » he mamae nō te puku, tērā pea ko te ruaki, te tikotiko rānei
- » te kore e mimi ana mō te 12 haora, neke atu rānei, te tino iti rānei o te rahinga o te mimi
- » te whakaatu i ngā tohu o te pōkaikaha, te whanonga rerekē, te kunanu rānei o te kōrero.

Mēnā kei te ine koe i te pāmahana tinana, ka tino teitei pea, TĒRĀ RĀNEI, ka tino iti. Ka tohu pea ngā mea e rua i te whakapokenga me te whakatāoke.

**Mēnā, ki ō whakaaro, kua pāngia tētahi e tētahi whakapokenga, e ētahi rānei o aua tohumate, me kimi āwhina me te pātai atu:
KOINEI PEA TE MATE WHAKATĀOKE?**

Ka ahatia te tinana

- » Ka heke pea te pēhanga toto inā nā te urupare a te pūnaha awhikiri e whakawhānui ai i ngā ia-auraki me ngā ia-tuku (ngā ia toto) me te aha ka neke te wē ki roto i ngā pūtautau me ngā whēkau e karapoti ana.
- » Me kaha ake te mahi a te manawa, me tere ake hoki tana kakapa nā ngā ia toto kua whakawhānuitia te take. Ina kaha ake te mahi a te manawa ka hāhā ētahi tāngata, ka tere ake rānei te hēhē.
- » Ka kōangi, ka kōmā haere pea te kiri. I ētahi wā ko te āhua o te kiri he kōpure, he tae rerekē, ka puta pea he kōpukupuku.
- » I ētahi wā ka wera, ka hahana te kiri.
- » Kā pāngia ētahi tāngata e te hiamoe, e te pōkaikaha rānei. Ka puta taua āhuatanga i te iti mōrearea o te pēhanga toto me te aha kāore e rawaka ana te nui o te toto e tae atu ana ki te roro, i te pānga tāoke rānei o te mate whakatāoke.

HE OHOTATA HAUORA TE MATE WHAKATĀOKE

Kei te āhua o te whakapokenga taketake he tohumate anō pea, hei tauria, he maremare taumaha.

I ētahi wā, kāore i te tino tauwhāiti ngā tohumate, ā, ka whakaahuatia pea aua tohumate e ngā kupu 'āhua māuiui'.

I a te mate whakatāoke e kauneke ana, ka hiahiatia te maimoatanga hōhipera kōhukihuki.

