



Anei ētahi mahi māmā hei āwhina i a koe mēnā he tohumate ōu:

- me tutuki ētahi mahi korikori tinana ngāwari ia rā
- me whakamahere – me nui ake ina whai kaha koe
- kia iti ake ō kai
- me whakatā ina ngenge koe, kua e ngana ki te whakamoe i a koe
- me kaukau ki te tāpu wai mahana, me pānui rānei i mua i tō hokinga ki te moe
- kua e korikori tinana, e inu kawhe, tī rānei i mua i tō hokinga ki te moe
- kua e moe paku i te awatea.



The Hepatitis Foundation of New Zealand

61 Alexander Ave, Whakatāne, New Zealand

Waea 07 307 1259 *Waea whakaahua* 07 307 1266



Hepatitis Helpline 0800 33 20 10

hepteam@hfnz.nz

www.hepatitisfoundation.org.nz

Mate ate kakā

Māori
Ngā Mea
Waiwai
Anake

Te tiaki i a koe anō me te mate ate kakā

*He maha ngā tikanga
hei tiaki i tō ate*

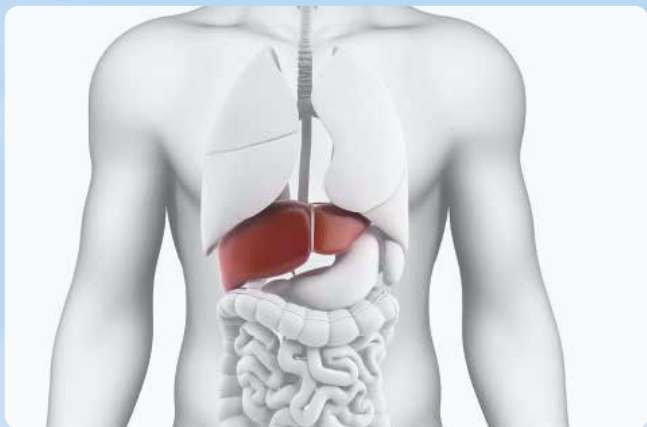
*Looking after yourself with
hepatitis - just the basics*

Te tiaki i a koe anō me te mate ate kakā

He mate kei roto i te toto te mate ate kakā e pā ki te ate.

Ka tino māuiui pea koe i te mate ate kakā, ā, ka mutu ka puta pea mai te mate pukupuku ki te ate.

Kei reira ngā tikanga hei tiaki i tō ate.



Me Pēhea te Tiaki i Tō Ate

Me whakaiti te inu waipiro

Ka pēhia tō ate e te mahi inu waipiro nui.

Ko te whakaiti i te inu waipiro te hurihanga nui rawa ka whakatinanahia e koe.



Me whakaiti te kai tarutaru

Ka patua tō ate e ngā mahi kai tarutaru nui.



Kaua e kai i ngā kai hinuhinu

Ka purukati tō ate i ngā kai hinuhinu, ā, kua kore e mahi.



Me noho haumaruru

Anei ētahi tikanga:

- kaua e tino taumaha rawa tō tinana
- kia iti iho te kai i ngā kai me ngā inu he nui te hinu, te huka rānei
- kia nui ake te kai huawhenua, huarākau hoki
- me pakari te tinana
- me tiro tiro mō te mate huka, ā, mēnā kua pāngia koe me whai i ngā tohutohu a tō tākuta.

Ngā tohumate

Ko te nuinga o te hunga mate ate kakā kāore e whai tohumate.

Engari tērā ētahi tāngata ka pā mai te:

- ngoikoretanga
- kore hiahia ki te whakakori tinana
- kore hiakai
- kore taea te whakaaro.

**me
mātua auau te
aromatawai i ō
toto**



Me waea atu ki te Hepatitis Helpline i **0800 33 20 10** mēnā kei te āwangawanga koe, he pātai rānei āu.