

Pēhea rā te noho matatapu?

Ka noho matatapu ngā otinga katoa

Mēnā kei tētahi wahine te huaketo, ka whakawhiwhi ki a ia te atawhainga ngaio, manaaki tangata, matatapu.

Ka puritia tahitia āna otinga me āna pūrongo hauora e taea anake e te hunga e tiaki ana i a ia.

Hei tiaki kei te haumaruru, kei te pai rawa atu hoki tēnei kaupapa mō ngā wāhine, ka aroturukitia ā-motutia. Ko tōna tikanga, ka pupuritia mō te take aroturuki ngā raraunga o ia whakamātau. Mō konei hore kau tētahi wahine e taea te mōhiotia.

Ko te Rōpū Ārai ā-Motu a te Manatū Hauora kei te whakahaere i te Kaupapa Ārai HIV i Mua i te Whānautanga. Ko te whāinga o tēnei Kaupapa ko te kite i te HIV i roto i ngā wāhine hapū hei āwhina kia whakaititia te nuinga o ngā pēpi ka whānau HIV mai.

Mō ētahi atu pārongo mō tēnei kaupapa haere ki te paetukutuku a te Rōpū Ārai ā-Motu: www.nsu.govt.nz

Mō ētahi atu pārongo mō te whakamātau HIV i mua i te whānautanga

- kōrero ki tō tākuta, kaiwhakawhānau, tohunga hauora rānei
- haere ki te paetukutuku a te Tūāpapa AIDS o Aotearoa: www.nzaf.org.nz
- haere ki te paetukutuku Positive Women Inc: www.positivewomen.co.nz



MINISTRY OF
HEALTH

MANATŪ HAUORA

E wātea ana tēnei rauemi i www.healthed.govt.nz, i te Kaiwhakarato Whaimana rānei i tō Poari Hauora ā-Rohe.

Ngā whakamātau HIV o te hapūtanga

he wāhi o ngā whakamātau toto i mua
i te whānautanga

Te Kāwanatanga o Aotearoa

Ngā whakamātau HIV

hei wāhi o ngā whakamātau toto i mua i te whānautanga

Ko te HIV (te whakaruhi ārai mate) ko tētahi huaketo e pāngia ai te kaha o te tinana ki te whawhai whakapokenga. Ka hua pea te mate AIDS (te mate ārai kore) ki te kore e kitea, ki te kore e whakamaimoatia.

He torotoru noa ngā tāngata i Aotearoa kua pāngia e te HIV. Heoi anō kei te piki haere taua nuinga, nā reira kei te toroa ki ngā wāhine hapū katoa he whakamātau HIV hei wāhi o tō rātou atawhainga i mua i te whānautanga. Ka taea hoki e te wāhine hapū te tuku i te huaketo ki ētahi atu tae hoki ki tāna pēpi i te wā hapū, i te wā whānau, mā roto o te waiū rānei.

Ka mahia te whakamātau HIV i te wā ka mahia ngā whakamātau toto tikanga noa o mua i te whānautanga (rōpū toto, āhuatanga Rhesus, tatauaanga toto katoa, mate ate kakā B, kōpukupuku me te mate paipai pākwakewa). Ka whakamahia he tauira toto kotahi mō ngā whakamātau katoa. He mea kore utu ēnei whakamātau katoa ki te nuinga o ngā wāhine.

Te whakaaetanga whai mōhio

Pērā i ērā o tō whakamātau o mua i te whānautanga he mea nui kia whai pārongo koe hei āwhina i tō whakatau mō te whakamātau.

Ki te mānukanuka koe, ki te hiahia rānei i ētahi pārongo anō mō te whakamātau HIV, kōrero ki tō tākuta, tō kaiwhakawhānau, tō tohunga hauora rānei. Tērā anō koe e hiahia kia matapaki tahitia tēnei me tō tahu, tō whānau rānei.

Kei a koe te motika ki te whiriwhiri kia kua tētahi o ēnei whakamātau e tangohia.

He aha hoki e tangohia ai he whakamātau HIV?

He tata ki te katoa o ngā wāhine hapū kei a rātou te HIV, kāore i te mōhio kei a rātou tēnei mate. Ko te whakamātau nei anake te huarahi e mōhioia ai tēnei.

Ko te wāhine e kite ana kei a ia te HIV ka taea e ia te whiwhi ki te maimoatanga tōmua me te tautoko mōna ake, mō tōna tahu, tōna whānau hoki, otirā he āwhina hoki tēnei kia whakaititia te mōrea e tukua ai te huaketo ki tāna pēpi.

Ko te nuinga o ngā wāhine hapū ka kitea kāore i a rātou te HIV.

He whakamātau tino tika rānei tēnei?

Kei te tino tika tēnei whakamātau. Heoi anō, tērā pea kāore e tino mārama te otinga o ētahi wāhine ruarua, ā, ka hiahia he whakamātau toto tuarua. I te nuinga o ngā whakamātau tuarua ka puta he otinga kore.

Ka whiwhi pēhea ahau ki aku otinga?

Mā te ratonga hauora nāna i whakarite tō whakamātau toto e hoatu ki a koe o otinga.

Ki te takatika ia te whakamātau HIV a tētahi wāhine, ka hoatu ki a ia te tohutohu ngaio, te āwhina me te tautoko hei tiaki i tana hauora, te hauora o tana pēpi, tō tana tahu, tō te whānau rānei. Ko ngā wāhine HIV kei te hapū ka tukua kia whiwhi ki te atawhai me te maimoatanga o te hunga tohunga.

He pēhea te pai o te maimoatanga?

He tino pai rawa te maimoatanga e ārai ai i te hekenga o te HIV ki te pēpi. Ki te kāhore he maimoatanga e 25 ōrau pea te rokohanga ka whānau HIV te pēpi. Ki te whakamaimoatia, he iti ake i te 1 ōrau te rokohanga ka whānau HIV te pēpi.

He mea nui tonu kia whiwhi tōmua ai ngā wāhine HIV ki te maimoatanga me te tautoko, he āwhina hoki kia noho hauora rātou.

He aha te maimoatanga?

Ko te tikanga ka toroa noa ki ngā wāhine HIV he huinga o ngā maimoatanga me ngā momo waonga, tae ki:

- ngā rongoā i te wā o te hapū me te whānautanga hei āwhina kia roa ake te noho hauora a ngā wāhine, hei ārai kei tukua te huaketo e rātou ki te pēpi
- he tohutohu hoki mō ngā tikanga whakawhānau haumarū
- ngā rongoā mā te pēpi ka hoatu mō ētahi wiki ruarua i muri i te whānautanga. I tēnei wā e tohu ana ngā taunakitanga ā-ao kāore te maimoatanga ki te rongoā i mua, i muri hoki i te whānautanga e pā kino ki te pēpi
- ngā tohutohu mō ngā tikanga whāngai tino haumarū mō te pēpi.