

## Te 'akamāro'iro'ī'anga kia ora

Me kua tū'ia koe i te maki-marō (TB) o te ate-māmā, me kore ra, o te karaponga, ka anoano'ia koe i reira, kia no'o 'akatakake. I muri ake i te kai'anga vairākau no teta'i nga 'epetoma, ka rauka i reira iā koe i te 'akamutu i te no'o'anga 'akatakake, ma te 'oki atu ki ta'au i mātau i te rave. I te mea e, te kai ra koe i te vairākau mei tei 'iku'iku'ia, kāre i reira e 'irinaki'ia e, ka 'akapiri koe i te maki ki teta'i atu.

Me kua tū'ia koe i te maki-marō (TB) ki roto i teta'i atu au ngā'i o to'ou kōpapa, me kore ra, kua tū'ia koe i te Latent TB Infection, kāre koe i reira, e anoano'ia kia no'o 'akatakake, e ka rauka iā koe i te rave i ta'au i mātau. Ka anoano'ia koe, kia kai 'ua rāi i te vairākau, mei tei 'iku'iku'ia e to'ou Public Health Nurse.

## Te aronga piri-vaitata

Te 'irinaki'ia nei e, ka tū'ia pa'a te aronga tei piri-vaitata ana ki teta'i tei tū'ia i te maki-marō (TB) o te ate-māmā, me kore ra, o te karaponga, i te maki-marō. Ka 'ārāvei atu teta'i tangata rapakau iā koe, me ka anoano'ia koe kia vāito'ia.

**Te vāito'anga no te aronga piri-vaitata:** Kāre e tutaki no te vāito'anga TB no te aronga tei tono'ia e teta'i public health professional. Ka tūkē rāi te vaito'ia'anga, tei runga 'ua i te mata'iti o te tangata:

- E vāito Mantoux to te tamariki rikiriki. Tei roto i teia, teta'i mānga pātia'anga, te ka 'ākara 'aka'ōu'ia, i teta'i toru rā, i muri mai.
- E vāito toto to te au tamariki pākarikari ake, e to te aronga mama'ata, e karanga'ia ana e, ko te Quantiferon.

Ka 'akakite atu te Public Health Nurse, i te mea ka anoano'ia koe kia rave, i muri ake i to'ou vāito'ia'anga.

## Te pātia vairākau-pāruru

Te vai nei ki roto i Aotearoa, teta'i vairākau-pāruru TB tutaki-kore, no te au pēpē, e te tamariki rikiriki tei raro ake i te rima mata'iti, te 'irinaki'ia ra e, ka tū'ia i te TB. E karanga'ia ana teia, ko te vairākau-pāruru BCG.

E pāruru ana teia i te tamariki, mei teta'i o te au tū maki kino rava atu. No teta'i atu mārama'anga, 'ākara'ia te: [www.arphs.health.nz/bcg](http://www.arphs.health.nz/bcg)

## No teta'i atu 'akakitekite'anga

### Tuberculosis (TB) - RPH:

<https://www.rph.org.nz/public-health-topics/illness-and-disease/tuberculosis-tb/>

### BCG vaccination - RPH:

<https://www.rph.org.nz/health-professionals/immunisation/>

### Tuberculosis (TB) - Health Navigator:

[www.healthnavigator.org.nz/health-a-z/t/tuberculosis/](http://www.healthnavigator.org.nz/health-a-z/t/tuberculosis/)

**Te Whatu Ora**  
Health New Zealand

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Cook Island Māori



**Maki-marō**  
(TB)

**Te Whatu Ora**  
Health New Zealand

E maki kino te TB, e ka rauka i te toto'a mei teta'i tangata, ki teta'i tangata.

I te mea e, ka 'akamaki kino i teta'i aronga, ka rauka katoa i te rapakau, e ka meitaki.

## Te au tū TB

**Kāre te katoatoa te 'akaea ra i te au manumanu TB ki roto, e 'āpikēpikē maki, me kore ra, e toto'a i te maki, i te mea e, e tūkē 'ua ake rāi te turanga tamaki maki o te katoatoa, (te au rāvenga tamaki i te maki, a to'ou kōpapa) e ka tūkē rāi i reira te rāvenga tamaki'anga.**

**Te Latent TB Infection:** Ka rauka i te kōpapa o teta'i aronga i te 'aka'aere i te manumanu TB, ma te 'akamoe' atu ia ratou. Me tupu teia, kare to'ou kōpapa i tā i te au manumanu TB kia mate, māri ra, kāre e rauka ia ratou i te 'akamaki iā koe, kare e 'akapiri i te maki ki teta'i atu. E karanga'ia ana teia e, ko te Latent TB Infection. Mei te 3 i roto i te 10 tangata, te 'akaea ana i te manumanu TB ki roto, te ka tū'ia i te Latent TB Infection.

**Te maki-marō (TB):** Kare e rauka i teta'i aronga me 'akaea i te manumanu TB ki roto, i te 'aka'aere i te manumanu TB, e ka tū'ia i te maki. E karanga'ia ana teia, ko te maki-marō (TB).

Ka tū katoa pa'a koe i te maki-marō (TB), me kua tū'ia koe i te Latent TB Infection, e kua 'akaparuparu to'ou turanga tamaki i te maki. e ka 'akatika teia i te au manumanu TB kia 'ara' ('wake up').

- Me ō te manumanu TB ki roto i to'ou ate-māmā, me kore ra, i to'ou karaponga, ka rauka i reira iā koe i te 'akapiri atu i te au manumanu TB ki teta'i atu.
- Me o te au manumanu TB ki roto i teta'i ngā'i ke atu o to'ou kōpapa, māri ra, kāre i roto i to'ou ate-māmā, me kore ra, i to'ou karaponga, kāre i reira e rauka iā koe i te 'akamaki i teta'i atu tangata ki te TB. Ka anoano'ia te au tū maki-marō (TB) pouroa, kia rapakau'ia.

## E 'akape'ea ana te toto'a'ia'anga te TB

Ka tū anake 'ia koe i te TB mei ko i teta'i tangata, me e maki-marō (TB) tōna no te ate-māmā, me kore ra, no te karaponga. Ka rauka ia rātou i te toto'a i te au manumanu, me mare, maretī'a, me kore ra, me ĩmene ratou ki te pae i teta'i atu.

Ko te aronga te no'o nei ki roto i te ngutu'are kua tū'ia teta'i i te maki-marō (TB), te 'irinaki'ia nei e, ka tū'ia i teia maki.

Kāre e māmā ana te toto'anga, e kia roa te tārē'anga ora i te piri'anga vaitata, e tū'ia ei i te maki-marō (TB).

## Te au 'akairo-maki

Me kua tū'ia koe i te maki-marō (TB) ka kite pa'a koe:

- Te topa'anga o te teima'a o te kōpapa
- Kāre e matepongi ana
- Te pīva
- Te pata'anga 'ōu (i roto tikāi i te po)
- Te turanga paruparu, me kore ra, ro'iro'i i te au taime ravarāi
- Te au uaua kakī 'akaea (swollen neck glands)
- Te mamae i roto i te au ngā'i o te kōpapa tei tomo'ia

Me tei roto te maki-marō (TB) i to'ou ate-māmā, me kore ra, i to'ou karaponga, ka kite katoa pa'a koe i te:

- Maremare mutukore no teta'i toru 'epetoma, me kore ra, ka tere atu
- Te mare, me kore ra, te tutu'a'anga toto
- Ka kite koe i te umauma mamae, me kore ra, i te potopoto o te a'o me 'akaea.

Me kua tū'ia koe i te Latent TB Infection, kare koe i reira, e kite i teta'i 'ua atu au 'akairo-maki.

## Te aronga te 'irinaki'ia nei e ka tū'ia i te maki-marō (TB)

Ko te aronga kāre e mātūtū ana to rātou turanga tamaki i te maki, te aronga te 'irinaki'ia nei te ka tū vave i te maki-marō (TB). Tei roto pa'a i teia:

- Te au pēpē, e te tamariki rikiriki
- Teta'i atu aronga mama'ata
- Te aronga e maki takere to rātou, mei te diabetes, kidney failure, cancer, me kore ra, HIV
- Te aronga te kai nei i te immune supressing medication
- Te aronga kai 'ava'ava, me kore ra, te aronga te 'irinaki nei ki runga i te kai-kava.

## Te au rapakau'anga

Ka rauka i te rapakau i te TB, na roto i te kai'anga i te au special antibiotics te ka tā i te manumanu TB kia mate. Kāre e tutaki no te aronga te no'o nei ki roto i Aotearoa. Na teta'i Public Health Nurse e 'ōronga atu i teia no'ou, e 'akamārama atu i te rāvenga kai'anga ia ratou, ma te 'ātoro putuputu atu iā koe. Ka tātuātau putuputu katoa ia to'ou 'ārāvei'anga i teta'i ta'unga, no runga i te ora'anga maki-marō (TB)

E tau kia kai pouroa koe i to'ou vairākau, i te tā i te au manumanu TB kia mate. Me putuputu koe i te 'akaruke i te kai'anga i to'ou vairākau, ka mātutū atu i reira te au manumanu TB, i te pāruu i te vairākau. Ka 'akatupu teia i reira i te ngatā atu i te rapakau'anga, e ka maki 'aka'ou pa'a koe i reira.

**Me te anoano arataki'anga ra koe no runga i te rapakau'ia'anga, 'ārāvei atu i to'ou taote, me kore ra, tāniuniu'ia te Healthline tutaki-kore, i teta'i 'ua atu taime, ki runga i te numero 0800 611 116.**