

E manawa piharau ai koe me te KOWHEORI roa

Mō te nuinga o ngā tāngata, ka tau anō ngā tohumate o KOWHEORI-19 i roto tonu i te 4 wiki. E kīia ana ko te 'KOWHEORI roa' te pā tonu mai o ngā tohumate mō ētahi wiki, marama rānei whai muri i te tīmatanga o te māuiuitanga, tē taea te hono atu ki ētahi atu mate noho-pūmau.



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Ko wai e pāngia nei ki te KOWHEORI roa?

Ko te āhua nei ka kaha ake te pā atu ki ērā tāngata kua kino kē atu o rātou tohumate tuatahi, engari ka tūpono te pā atu ki a wai hoki, ki a wai hoki. Kua iti iho te tūpono o te pā atu ki te tamaiti, ki te rangatahi hoki.

Arā ētahi āhuatanga e nui ake ai tō mōrearea, ko:

- te kaumātuatanga
- te whai neke atu i te kotahi ngā mate noho-pūmau
- te nui ake tō tauine taumaharoa (mate mōmona)
- te noho hei wahine
- te noho ki te hohipera mō te KOWHEORI-19 te take.



He aha ētahi tāngata e pāngia ai ki te KOWHEORI roa?

Kāore he urupare pai ki tēnā, ā, kua matea te rangahau tonu. Engari, he hua pea o ētahi o ēnei āhuatanga:

- te pēheatanga o tā te huakita pānga ki tō tinana
- te noho tonu o te huakita ki tō tinana, e puta tonu mai ai ngā tohumate moroki
- te hīkaka rawa o tō pūnaha awhikiri hei whakautu ki te haukita.

Ka pāngia ētahi tāngata whai KOWHEORI roa ki ngā tohumate e orite ana ki ērā o te mate ruhi tauroa.



He aha ngā tohumate?

Arā ngā tohumate kanorau, ā, ka rerekē pea i ngā tohumate māori o te KOWHEORI-19. Ina pāngia te tangata ki te KOWHEORI roa, ka piki haere pea te ora i tētahi wiki, ā, ka heke haere anō pea hei te wiki o muri atu.

Ka tae noa ngā tohumate ki:

- te mamae poho, te manawa kakapa
- te ruhi, te kirikā, te mamae, te raru puku
- te ngāhoahoa, te moe whēuaua, te mamae pona, te raru maharatanga, te pōātinitini
- te mamae korokoro, te mamae taringa, te kore rongu o te ihu, waha hoki/rānei
- te tūngāngā, te maremare.

Ka pāngia hoki ētahi ki te mate āwangawanga, te mate pāpōuri, te kohuki taumuri (PTSD) rānei. Ka ara mai pea ēnei āhuatanga i tō kite kua pāngia koe ki te KOWHEORI roa, tō noho ki te hohipera, tō māuiuitanga mauroa rānei me ana pānga ki tō taha hinengaro, tō taha whānau hoki.




Me pēhea te haumanu?

Kāore tētahi haumanu, rongoā whāiti, nō reira māu anō ō tohumate e whakahaere.

E whai ai koe i te tautoko whakahaere i ngā tohumate o te KOWHEORI roa, kōrero ki tō rata, tō tapuhi, tō mātanga taka rongoā rānei – inā noa atu ka puta mai ētahi tohumate hou, ka kino haere rānei ō tohumate o ināiane.

He mea hirahira te āta haere i roto i tō whakamāuitanga. Me nui pai te whakatā me te moe, āta haere me te whakamahere i ngā mahi me oti, ā, kaua e hīkaka rawa.

Toroa tō mātou pae tukutuku mō ngā tiwhiri e pā ana ki: 

- ētahi nohoanga, takotoranga rānei e ngāwari ake ai te whakahā
- te whakahaere i te ngenge (ruhi)
- me te hoki ki te korikori tinana me te hākinakina.

Mā te rongoā āraimate te mōrearea ki te KOWHEORI roa e whakamimiti?

Ko te tino huarahi e karo ai te KOWHEORI roa ko te karo i te KOWHEORI-19. Ko te whiwhi rongoā āraimate te tino huarahi e āraihia ai te pāngia ki te KOWHEORI-19. Arā ētahi rangahau e marohi ana ka whakamimiti te whiwhi rongoā āraimate i te mōrearea ka pāngia koe ki KOWHEORI roa whai muri i tō māuiuitanga KOWHEORI.

Ka pūmau taku pāngia ki te KOWHEORI roa?

Ka mātūtū katoa te nuinga o ngā tāngata, engari he rerekē te roanga o te wā e matea ana e tēnā, e tēnā tangata e ora ai anō ia. Aroturukitia ō tohumate, ā, ki te kore te oranga e piki haere ana whāia te āwhina. Pātai atu ki tō rata e pā ana ki te hoki ki te mahi me ētahi atu mea.



Ki hea taku haere e whāia ai te āwhina?

Mā tō rata te manaaki moroki me te tiwhikete mahi e rato, me tana marohi hoki i ngā ratonga tautoko. Kia maumahara koe, he waka eke noa – arā ngā tāngata huri noa te ao e pāniga ana ki te KOWHEORI roa.

- Rōpū Pukamata – **Long COVID Support Aotearoa**
- Rōpū Pukamata – **COVID-19 Long Haulers Support**
- Pae Tihau – **@LongCovidNZ**
- **Complex Chronic Illness Support – Bay of Plenty**



Haurapatia ō tohumate

Mā te tuhi i ō tohumate ki tētahi rātaka tohumate ka mārama pea ērā, ka whai mōhio hoki koe ki ērā e tino kaha ana te pānga ki a koe, me te tautuhi i ētahi panonitanga, āhuatanga moroki rānei.



Mō te roanga ake o te kōrero:

www.healthify.nz/long-covid