

Paracetamol

‘Oku kau ‘i he ‘ū hingoa ‘o e kautaha ‘a e:


- Panadol®
- Paracare®
- Pacimol®


Ongo ‘o hangē ko e “pa-la-SI-ta-mol”


‘Oku ngāue‘aki ‘a e fo‘i‘akau paracetamol ke faito‘o ‘aki ‘a e mofí mo e langá ‘o kau ai ‘a e langa-‘ulú, mo e ngaahi langa mo e ‘ū mamahi ‘oku fekau‘aki mo e COVID-19. ‘Oku kamata ngāue ia ‘i ha miniti nai ‘e 30 hili ‘a hono foló, pea ko hono ‘ū ola ‘oku fa‘a fuoloa ‘o a‘u ki ha houa ‘e 4 ki he 6.


‘I he taimi ‘oku folo ai ‘o fakatatau ki he fakahinohinó, ‘oku ngāue lelei ‘a e paracetamol. Ka neongo iá, ‘oku mahu‘inga ke ‘oua e toe folo ‘o lahi ange ‘i he folo faka‘aho ‘oku fokotu‘u atú. ‘O kapau ‘oku fu‘u tōtu‘a ‘a ho‘ foló – faka‘angataha pe ‘i ha ngaahi ‘ahó – ‘oku malava ke maumau‘i ‘e he paracetamol ‘a ho‘o ‘até.


Ko e founga ki hono folo ‘o e paracetamol

 Ko e ‘ū fo‘i‘akau paracetamol ‘oku anga maheni ke ma‘ú ko e ngaahi fo‘i‘akau fuopotopotó pe fo‘i‘akau fuolōloa ‘i he 500 mg.

 Ko e fua totonu ‘o e folo fo‘i‘akau angamaheni ma‘a e kakai lalahí ko e fo‘i‘akau ‘e 1 pe 2 ‘i he houa ‘e 4 ki he 6 kotoa pē ‘o ka fiema‘u ki he langá pe mofí.

 Tatali ma‘u pē ‘i ha houa ‘e 4 ‘i he vaha‘a taimi ‘o e folo fo‘i‘akau.

 ‘Oua na‘a folo ‘o laka hake ‘i he fo‘i‘akau ‘e 8 ‘i he houa ‘e 24 PE kalamí ‘e 4 ‘i he houa ‘e 24.

 Tauhi ha lēkooti ‘o e lahi ‘o e ngaahi fo‘i‘akau kuo ke foló.

‘Oku lahi mo ha ‘ū faito‘o kehe ‘oku ‘iate kinautolu ai ‘a e paracetamol

Kuo ‘i ai foki ‘a e paracetamol ‘i he ‘ū faito‘o ki he langá, momokó mo e fulū, eg, Codrat®, Nuromol®, Lemsip® mo e Maxigesic®.

Vakai‘i fakalelei ‘a e ‘ū me‘a ‘oku ngaohi‘aki ‘a e ‘ū faito‘ó ki mu‘a ia pea ke toki ‘ave kinautolú.

‘O kapau ‘oku ke folo ha ‘ū faito‘o kehe ‘oku ‘iate kinautolu ai ‘a e palasitamoló, ‘oua na‘a ke folo ‘o toe lahi ange ‘i he lahi ‘o e paracetamol kuo fokotu‘u atu ke folo ‘i he ‘aho takitahá (kalamí ‘e 4 ‘i he houa ‘e 24).

Fehu‘i ki ho‘o tokotaha hu‘ivai ‘o kapau ‘oku ‘ikai ke ke fakapapau‘í.

Ko e folo ‘o fu‘u tōtu‘a pe ‘ovatousi (overdose) he paracetamol ko ha me‘a fakatu‘upakē fakafaito‘o iá

Kapau ‘oku ke ‘ilo‘i kuo ke folo ‘o fu‘u tōtu‘a ‘aupito ‘a e paracetamol (kau ai ‘a e ‘ū faito‘o kehe ‘oku ‘iate kinautolu ai ‘a e paracetamol), telefoni leva ki ho‘o toketā, neesí pe ko e Senitā ki he Koná (Poison Centre) ‘i he 0800 (0800 764 766).

- ‘OUA ‘E TOE TATALI ki he ‘ū faka‘ilonga ‘o e ‘ovatousí ‘o hangē ko ‘ene hā mai ‘i he taimi kuo ‘osi fai ai ‘a e maumau ki ho ‘até.
- ‘Oku kau ‘i he ngaahi faka‘ilonga ‘o e ‘ovatousi ‘a e tokakoví (ongo‘i puké) pe luá (puké), fakalelé, lanu engeenga ‘a e kilí pe ongo fo‘i matá, u‘a koví, puputu‘ú pe tōtu‘a ‘a e fiemoheá.
- ‘Oku tu‘u fakatu‘utāmaki taha ‘a e kakai ta‘u motu‘a angé, ko ia ai ‘oku totonu ke nau toe tokanga lahi angé.

Ki ha fakamatala lahi ange fekau‘aki mo e paracetamol, ‘a‘ahi ki he hn.org.nz/paracetamol