Te whakamahi puotongā

Mēnā e whakamahia ana e koe he ngongō horopeta ine (MDI), ko tā te puotongā he whāngai i te horopeta tika o te rongoā ki ō pūkahukahu.

Ka tukuna e tō rata he puotongā kāore he utu. Kaua rawa e hoatu tō puotongā ki tētahi atu hei whakamahi, ā, tonoa tētahi mea hou i ia tau.

1. Puritia te ngongo kia torotika ka rureruretia.
2. Whakamaua te ngongō ki te pito o te puotongā.
3. Me mau ō ngutu ki te ngutu o te ngongō – kia kotahi te pēhi i te ngongō.
4. Kia 6 ngā whakangā pōturi mā tō waha. Kaua e tango i te puotongā mai i tō waha i waenga whakangā.
5. Tangohia te puotongā mai i tō waha. Mahia anō ngā upane 1-4 mō ngā horopeta atu anō.







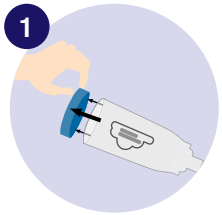




- Me āwhina koe i ngā tamariki nohinohi ki te whai i ēnei upane
- Ka taea e ngā tamariki i raro i te whā tau te whakamahi ārai kanohi me te puotongā.

Me pēhea te tiaki i tō puotongā

1. Wehewehea te puotongā (ka weherua te puotongā iti, nui ake hoki ki ngā wāhanga e 2).
2. Whakamahia te wai mahana me te hopi horoi rīhi iti, ka horoi ā-ringa i tō puotongā.
3. Kaua e opeope, e muku rānei i te puotongā. Waiho ngā wāhanga ki te taha kia maroke.
4. Whakamau anō i te puotongā.









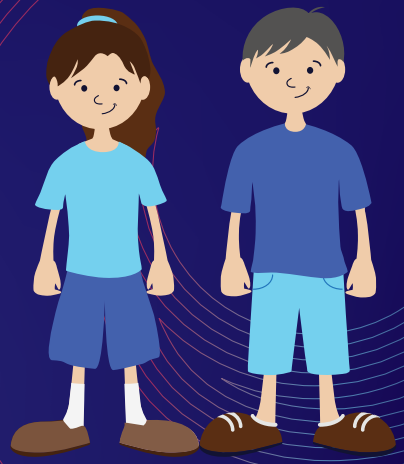
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July 2026

Cardiac + Respiratory FOUNDATION NZ

Mahere Mahi Huangō Tamaiti



Ingoa:

Cardiac + Respiratory FOUNDATION NZ

Tō Mahere Mahi Huangō

Ingoa

Rā i Whakaritea

Waitohu a te Rata

Me arotake te mahere ina panonihia te whakamaimoatanga

PAI



Ina pai ahau:

- Kāore ahau i te maremare
- Ka tākaro ahau pēra i ētahi atu tamariki
- He iti iho i te 2 ngā wā i te wiki e whakamahi ana ahau i taku pūhau

Ko aku pūhau:

Pūārai: Whakamahia ai e au tēnei i ia rā i te wā e pai ana ahau.

Ko te ingoa o taku pūārai ko te _____

Ko te tae he _____

E _____ aku momi i te ata, ā, e _____ i te pō mā tētahi puotongā.

Ngongō: Whakamahia anake e au tēnei mēnā e tino hiahiatia ana.

Ko te ingoa o taku ngongō ko te _____

Ko te tae he _____

E _____ aku momi mā te puotongā i ahau ka tīmohu, maremare, ka uaua rānei te whakangā.

Ki te uaua te whakangā i ahau e korikori tinana ana me:
Momi kia _____ mai i taku ngongō

KINO KĒ ATU



Ki te kino haere taku huangō:

- Ka maremare ahau, ka tīmohu rānei, ā, ka uaua ki te whakangā
- Kei te oho ake ahau i te pō nā taku huangō rānei
- Ka maremare ahau, ka tīmohu rānei ina tākaro ahau rānei
- Me whakamahi e au taku pūhau hei whakamāmā i taku huangō neke atu i te 2 wā i te wiki rānei

Ki te kino kē atu taku huangō me:

Kai haere ahau i taku pūārai i ia rā me te momi i taku ngongō kia _____ i ia 4 haora.

Kāore ahau i te pai ake i tēnei, me haere ahau ki taku rata i tēnei rā.

Whakapā:

ĀWANGAWANGA



Kei te āwangawanga ahau mō taku huangō ina:

- Kāore he take o taku pūārai
- He uaua ki ahau te whakangā rānei
- He kaha, he tere taku whakangā rānei
- Kei te tūngāngā ahau mai i ōku rara/korokoro, me tiro pea i raro i taku hāte rānei

- Kua kōmā, kikorangi rānei tōku āhua
- Whakanohohia ahau ka ngana ki te noho mauri tau.
- Homai kia 6 ngā momi o taku ngongō mā te puotongā, ā, kia 6 ngā whakangā mō ia momi
- **Ki te kore ahau e pai haere me whiwhi āwhina ahau ināianei tonu**

OHOTATA

WAEA 111 ka tonoa tētahi waka tūroro

I A KOE E TATARI ANA:

- Me ngana ki te noho mauri tau, ā, me awhina mai i a au ki te noho tōtika
- Kia 6 ngā momi mai i te ngongō mā te puotongā i ia 6 meneti, ā, kia 6 ngā whakangā mō ia momi tae atu ki te taenga mai o te āwhina