

Kei te tūhonotia tātou katoa

Kei te tūhonotia katoatia te hauora o ngā kararehe, o ngā tāngata, me tō tātou taiao. Ka taea e ngā huakita ātete rongoā kua kōmitimiti i rō kararehe me te taiao te whakapoke tangata anō hoki. Nā te mea he āhua rite te nuinga o ngā rongoā paturopi e hoatu ana ki ngā kararehe me ngā tipu ki ngā rongoā paturopi e whakamahi ana tātou, e āta hāngai ana ngā whakatūpatō ōrite mō te whakamahi.

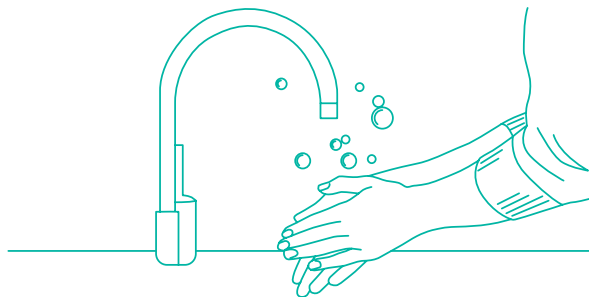
Me aha au?

Kei te tūtohu te World Health Organization kia whāia ēnei mahi ki te whakapōturi i te hora o ngā huakita ātete rongoā.

Te noho kiriora me ngā kano ārai mate

Ka taea te takaware te hora o ngā huakita me ētahi atu moroiti mā te whai i ngā ritenga papai whaiaro mō te noho kiriora me te whāwhā kai. Ko te putanga pea o te whakamahi hopi patu huakita ko te nui ake o ngā huakita ātete rongoā. I te nuinga o ngā kāinga e pai ana te horoi pūputu ki te wai me te hopi hei whakaiti i te tūponotanga o te whakapokenga.

Ko te ārai tino pai rawa ki ngā tahumaero tino mau noa ko te whakarite kia hou rawa ō kano ārai mate.



Āta whakamahia ō rongoā, ā, kua e tiria

Kei te hia rongoā paturopi tātou ki te rongoā i ētahi whakapokenga huakita. I ēnei āhuetanga e hira ana me whai koe i ngā tohutohu a tō rata mō te whakamahi rongoā paturopi i runga i te haumarū. Kainga ngā rongoā paturopi ina tūtohua anake, kua rawa e tiria ki ētahi atu. Kainga tonutia ō rongoā paturopi kia pau rawa e ai ki ngā tohutohu a tō rata, kua e kai i ngā toenga rongoā paturopi. Kua rawa e tono rongoā paturopi mēnā ki tō rata ka koretake. Kāore te taea e te rongoā paturopi te rongoā i ngā whakapokenga huaketo pēnei i te rewharewha, ā, ko te tikanga ka piki anō tō ora me te kore whiwhi rongoā i tō rata. Heoi anō, mēnā he āwangawanga tōu mō tō māuiui, me haere ki tō rata kia tirohia ai. Kōrero ki tō rata kia mōhio mēnā he whakapokenga huakita, huaketo rānei tōu.



Mō ētahi atu pārongo whakapā ki a

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Haere rānei ki

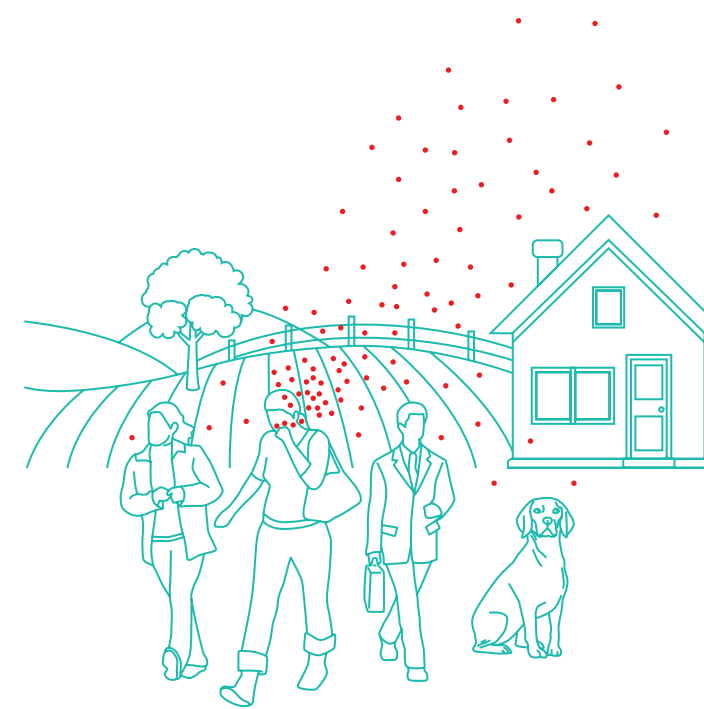
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He uaua ake te rongoā i ngā whakapokenga ātete rongoā

Ngā mea me mōhio koe



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Ka tūpono pea he wā anamata e kore ai ngā whakapokenga e rongoaia?

Ka kitea ngā huakita i ngā wāhi katoa. Ko te tikanga kāore te nuinga e kino ana ki a tātou, ka whai hua rānei ki a tātou, engari ka whakapoketia tātou e ētahi atu. Ka taea e ngā whakapokenga te tangata te whakamate, engari ko te tikanga ka rongoaia ēnei ki te rongoa tika. Whakamahia ai ngā rongoa paturopi ki te whawhai whakapokenga huakita, ā, ka whakamahia ētahi atu rongoa hei patu whakapokenga ka hua mai i ngā huaketo, ngā kōpura whetū, ngā pirinoa rānei.

Ka iti ake pea te pai o aua rongoa ā tōna wā nā te mea ka ātete haere ngā huakita me ētahi atu moroiti e pā mai ai ngā tahumaero mau noa ki aua rongoa. Ki te kore e whakatika wawetia tēnei, 10 miriona pea tāngata ka mate i ia tau puta noa i te ao i ngā whakapokenga ātete rongoa hei te tau 2050. Ko te tikanga o tēnei ki Aotearoa nei, ka nui atu ngā tāngata ka māuiui, ā, ka mate ētahi nā ngā whakapokenga ātete rongoa i ō tātou hapori.

Kei te horapa ngā whakapokenga ātete rongoa

He ōrite ngā ara horapa o ngā whakapokenga ātete rongoa ki ō ērā atu tahumaero mau noa. Ka taea e ngā huakita ātete rongoa te noho i runga i ngā mata i roto, i waho hoki i ō tātou kāinga. Ka horapa mā te whakapā a te tangata ki ētahi atu tāngata, ki ngā kai, ki te kararehe, ki tō tātou taiao anō hoki. Ka uru ētahi huakita ātete rongoa ki Aotearoa mā roto i ō tātou kōpiro, mā runga rānei i tō tātou kiri ina hoki mai tātou i tāwāhi.

Ko te mate kē, nā te whakamahi nuitia o ngā rongoa paturopi i Aotearoa kua puta mai ngā āhuatanga e ngaruru ai ngā huakita ātete rongoa.

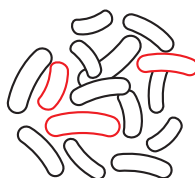
He uaua ake te rongoa i ngā whakapokenga ātete rongoa

Ki te whakapokea koe ki te whakapokenga ātete rongoa, ka roa ake pea te wā ka hiahia ki te rongoa i tō ērā atu momo whakapokenga. Tērā tonu pea me hiahia koe i ngā rongoa paturopi nui te utu me ngā pānga kino matangerengere, me whiwhi pokanga rānei ki te tango atu i ngā wāhi kua whakapokea. I ngā āhuatanga tino kino rawa ka tūpono, kua mate kē ētahi tāngata i ngā whakapokenga kua hua mai i ngā huakita e ātete ana i ngā rongoa paturopi katoa e wātea ana.

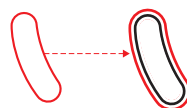


Ka ahu mai te ātete rongoa paturopi i hea, ka pēhea hoki tana horapa i waenga huakita

Ka tipu te ātete rongoa paturopi i roto i ētahi huakita nā ngā huringa ki ō rātou ira



Ka whiwhi ātetenga ētahi huakita mā te whakawhitinga ira i ētahi atu huakita.



Ka pāngia ngā huakita kore ātete ki ngā rongoa paturopi ka whakamatea, ka tino pōturi rawa te tupu, engari ka ngaruru kē ngā huakita ātete rongoa paturopi



Mā te pāngia mau tonu ki ngā rongoa paturopi ka nui ake te tipu o ngā huakita ātete rongoa paturopi

