

## SALBUTAMOL (hei whakangā)

*sal-bew-ta-mol*

### He aha te mahi?

Ka huaki te *salbutamol* i ngā arahau whāiti ki ngā pūkahukahu. Ka āwhina ki te whakamaene i ngā tohumate huangō me ngā raruraru whakahā.

### Me pēhea te whakamahi?

Me whakangā te *salbutamol* e ai ki ngā tohutohu a tō ngaio hauora.

### Ka taea anō e koe ētahi atu rongoā te kai?

Me kōrero atu ki tō kaitaka rongoā, rata rānei mō ngā rongoā katoa, whakamaimoatanga rānei e whiwhi ana koe, tae atu ki ngā huaora, ngā hua otaota, ngā whakapōauau rānei.

### He aha ngā hua kino ka rongo pea koe?

Ngā Hua Kino	Tūtohutanga hei whai
Kapa manawa tere, pokapoka rānei, mamae te uma	Me kōrero atu ki tō rata
Rure, ka uauawhiti Ānini māhunga, pōātinitini Āmāimai, raruraru te moe Waha maroke, reo whangowhango, tāwara mōtuhi, maremare	Me kōrero atu ki tō rata mēnā kei te mamae

Ki te pā mai ētahi atu hua kino, me kōrero atu ki tō rata, kaitaka rongoā rānei.

### Ētahi atu mōhiohio:

- Me kōrero atu ki tō rata mēnā he mate manawa, toto pōrutu.
- Me kōrero atu ki tō rata mēnā kei te hapū koe, kei te whai rānei koe kia hapū koe, kei te whāngaiū rānei.
- Ka hēmanawa ētahi tāngata e pāngia ana e te mate huangō i muri i te kai i ngā rongoā whakamaene mamae pērā i te aspirin (hei tauira, Aspec®), diclofenac (hei tauira, Voltaren®), ibuprofen (hei tauira, Nurofen®) rānei. Me kōrero atu ki tō ngaio hauora.
- Mēnā me whakamahi koe i te *salbutamol* i ngā wā maha i te wiki, ka tukuna pea e tō rata he ngongō 'pūārai' ki a koe. Ka āwhina ngā pūārai hei whakaiti i ngā tohumate me ngā raruraru whakahā.
- Ka hē kē atu te whakahā i te whakamahi ngongō. Me kōrero atu ki tō ngaio hauora mō tēnei.
- Me noho tata mai tō *salbutamol* i ngā wāhi katoa, kia mōhio ai koe kei hea ina hiahiatia e koe.