PARACETAMOL

par-ah-see-tah-mol

He aha te mahi?

Whakamahia ai te *paracetamol* hei whakamaimoa me te ārai i te mamae paku ki te āhua nui, me te whakaiti i te kirikā.

I mua i to tīmata

- Me kōrero atu ki tō mātanga hauora mēnā he raruraru ate tōu.
- Me kōrero atu ki tō mātanga hauora mēnā kei te hapū koe, kei te whai rānei koe kia hapū koe, kei te whāngaiū rānei.

Me pēhea te kai?

Me kai ngā pire *paracetamol* e ai ki ngā tohutohu me tētahi karāhe wai.
Whakamemehatia ngā pire meha ki rō wai.
Me horopuku ngā pire tuku pōturi hoki.
Āta inea te wē mā tētahi pūwero, kapu ine rānei. Kia kaha te rurerure i te pātara i mua i te ine i ia horopeta.
Tangohia te tākai i mua i te kōkuhu atu pire tou ki te tou.

Ka aha mēnā ka wareware i a koe tētahi horopeta te kai?

Ki te tāhapa he horopeta i ētahi wā ehara i te mea me kai ā muri ake.

Ka taea anō e koe ētahi atu rongoā te kai?

Kei roto te *paracetamol* i ngā momo rongoā whakamauru mamae maha me te whurū me te rewharehwa. Kaua e kainga ētahi atu rongoā whai *paracetamol*, engari ia ka kōrero atu koe ki tētahi mātanga hauora mō tēnei.

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
Kōpukupuku, kiri horehore, hoipū rānei	Me mutu te kai rongoā, ā, me wawe tō haere ki te kite i tō rata

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

Ētahi atu mōhiohio:

- Kaua e nui atu te horopeta ka kainga ki tērā e whakatauhia ana. Mō ngā pākeke, ko te tikanga atu ki te 8 pire (500 mg) te mōrahi i roto i te 24 haora, e 6 rānei ngā pire (665 mg) tuku pōturi i roto i te 24 haora. Ki te nui rawa te kai *paracetamol* ka mate te ate.