

He wā pai te hapūtanga kia hauora ai



Smoke And Alcohol Free
Auahi Kore, Waipiro Kore



Mental Wellbeing Matters
Ngā Take Oranga
Hinengaro



Immunise
Tuku awhikiri



Lie On Your Side
Takoto i runga
i tō kaokao



Eat Healthy
Kai tōtika
mō te
tinana



TE REO MĀORI



Kano ārai mate Boostrix koreutu

Tiakina kōrua ko tō pēpi mai i te mare heihei

Ina eke koe ki te **16 wiki** o tō hapūtanga me haere
ki tō rata (GP) mō tō kano ārai mate KOREUTU.

Ka 16 wiki ahau ā te: / /

INGOA O TE TAPUHI
ŌMAHU MATUA

WAEA A TE TAPUHI
ŌMAHU MATUA

He KOREUTU te kano ārai mate i waenga i ngā
wiki 16 me te 38 o IA hapūtanga

Mō ngā tohutohu hapūtanga hauora haere ki www.pregnancysmile.nz

Tīmata ai te tiaki i te pēpi i te wā e hapū ana

He mate hōrapa te mare heihei ka māmā te hōrapa mā te maremare me te matihe. He tino mōrearea te mare heihei mō ngā tamariki – otirā mō ngā tamariki i raro i te 1 tau.

- Ka tiakina tō pēpi ina tukuna te kano ārai mate Mare heihei (Boostrix) i te wā e hapū ana koe kia pakeke rā anō tōna tinana ki te ārai mate i tōna ekenga ki te 6 wiki te pakeke.
- E ai ki ngā rangahau ko ngā pēpi a ngā wāhine i whiwhi kano ārai mate i te wā e hapū ana ka iti iho te tūponotanga ka uru ki te hōhipera me te mare heihei.
- Me whiwhi kano ārai mate Boostrix koe i ia wā ka hapū koe.
- Ina eke koe ki te **16 wiki o tō hapūtanga** me haere koe ki tō rata kia whiwhi ai i te kano ārai mate KOREUTU. Me whiwhi kano ārai mate koe i te wāhanga hauroru 2, 3 rānei o tō hapūtanga. E tūtohu ana mātau kia tōmua tō whiwhi i te kano ārai mate kia kaha ake te tiaki i tō pēpi.
- He haumaruru te ārainga mate i te wā e hapū ana.

Me tiaki i a koe anō me tō pēpi mai i te mare heihei—
me whiwhi kano ārai mate!

Mō ngā tohutohu hapūtanga hauora haere ki www.pregnancysmile.nz

