

# Te whakamahi puotongā

# Me pēhea te tiaki i tō 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 pūkahu. 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. Whakamaui te ngongō ki te pito o te puotongā



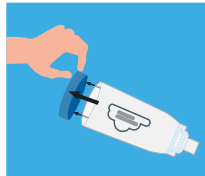
3. Me mau ō ngutu ki te ngutu o te ngongō – kia kotahi te pēhi i te ngongō



4. Kia 6 ngā whakangā pōturi mā tō waha. Kaua e tango i te puotongā mai i tō waha i waenga whakangā



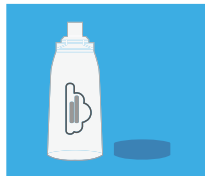
5. Tangohia te puotongā mai i tō waha. Mahia anō ngā upane 1-4 mō ngā horopeta atu anō



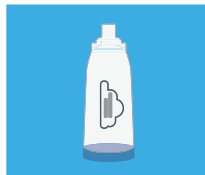
1. Wehewehea te puotongā (ka weherua te puotongā iti, nui ake hoki ki ngā wāhanga e 2)



2. Whakamahia te wai mahana me te hopi horoi rihi 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. Whakamaui anō i te puotongā

## Mahere Mahi Huangō Tamaiti



He mea waihanga e te Asthma and Respiratory Foundation NZ

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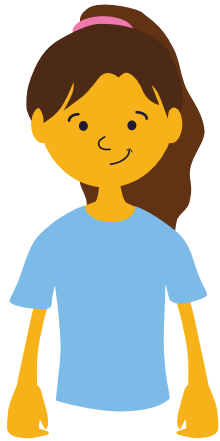
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🌐 asthmaandrespiratory.org.nz

Ingoa:

Kia pai ake te whakangā,  
kia pai ake te oranga

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



## Pai

### Ina pai ahau:

- Kāore ahau i te maremare
- Ka tākarō 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 [redacted]. Ko te tae he [redacted].  
E [redacted] aku momi i te ata, ā, e [redacted] 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 [redacted]. Ko te tae he [redacted].  
E [redacted] aku momi mā te puotongā i ahau ka timohu, maremare, ka uua rānei te whakangā.

Ki te uua te whakangā i ahau e korikori tinana ana me: Momi kia [redacted] mai i taku ngongō.



## Kino Kē Atu

### Ki te kino haere taku huangō:

- Ka maremare ahau, ka timohu rānei, ā, ka uua ki te whakangā
- Kei te oho ake ahau i te pō nā taku huangō rānei
- Ka maremare ahau, ka timohu rānei ina tākarō 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 [redacted] 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 uua 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