

## PHENOXYMETHYLPENICILLIN

*fen-ox-ee-meth-il-pen-ih-sil-in*

### He aha te mahi?

Whakamahia ai te *phenoxymethylpenicillin* hei whakamaimoa me te ārai i nga whakapokenga huakita.

### Me pēhea te kai?

Me kai i te *phenoxymethylpenicillin* e ai ki ngā tohutohu. Kua he kai ki roto i tō puku ina kainga e koe – kotahi haora i mua, e rua haora rānei i muri i te kai. Me kai haere kia pau katoa, ahakoa ka pai haere tō āhua.

Me kīnaki ngā pire ki te inu wai.

Āta inea te wē mā tētahi pūwero, pune ine rānei. Kia kaha te rurerure i te pātara i mua i te ine i ia horopeta.

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

Me wawe tonu te kai i te horopeta ka haere tonu e ai ki ngā tohutohu.

### 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
Ngā tohumate o te mate pāwera, tae atu ki te: kōpukupuku, mangeo, pupuhi, uaua te hēhē	Me wawe te kōrero atu ki tō rata
He tino kaha, mauroa rānei te mate tikotiko, mamae puku Ngā hakihaki mā iti i rō waha, arero huruhuru (mateīhi ā-waha) Mangeo te tara, tahe (mateīhi ā-tara) rānei	Me kōrero atu ki tō rata
Mate tikotiko, ka mamae te puku	Me kōrero atu ki tō rata mēnā kei te mamae
Poapoa niho	Ko te tikanga ka makere mai i te parāhe, te horoi ngaio rānei

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 tākihi, puku rānei tōu, ka mate pāwera rānei koe ki te rongoā paturopi, ētahi atu rongoā rānei.
- Me kōrero atu ki tō rata mēnā kei te hapū koe, kei te whai rānei koe kia hapū koe, kei te whāngaiū rānei.
- Me rokiroki te wē *phenoxymethylpenicillin* e ai ki ngā tohutohu. Ina pau te wā mō te kai i te rongoā, me whakahoki e koe te toenga wē ki tō taka rongoā.

**He mōhiohio hira kei roto i tēnei mātārere, engari ehara koinei ngā mōhiohio katoa, mō tēnei rongoā.**

He mea whakarite mai e te Komiti PIL i Te Hōhipera o Waitaha, Te Poari Hauora o Waitaha, Aotearoa. Whiringa-ā-rangi 2017