

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 uauawhitit | |
| Ānini māhunga, pōātinitini | |
| Āmaimai, raruraru te moe | Me kōrero atu ki tō rata mēnā kei te mamae |
| Waha maroke, reo whangowhango, tāwara mōtuhi, maremare | |

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 pōruntu.
- 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.