

Hei whai ake - me whakamātautau rawa i ō toto mō te kotahi tau hei muri ake i tō rongoātanga kia whakatau ai kua ora katoa koe. Ka noho tōrunga tonu ngā whakamātautau toto ki ngā pae iti mō ngā tau e hia i muri ake i te oranga ōu - hei aha māu.

## Me kōrero ahau ki a wai?

Mēnā ka kite koe kei te pāngia koe e te mate pākewakewa me whakamōhio atu koe ki te hunga i aitia e koe, tae ana ki te ai ā-waha. Me pēnei kia whakamātauria, kia rongoātia hoki ai rātou. Ka taea te pāngia anō e te mate pākewakewa, ahakoa kua rongoātia kētia koe, nō reira me kaua e moe anō ki a rātou kia rongoātia rā anō rātou.

E āhei ana te tono āwhina i tō rata, nēhi, he whare hauora ā-tōkai rānei kia whakamōhiotia ō hoa moe tōmua, kei te hiahia rānei koe kia noho muna te whakamōhiotanga.

Mea nei ētahi rauemi āwhina hei tautoko i te haurapa tūtakitaki me te pānuitia o ngā hoa moe tōmua

- Burnett Foundation - Me pēhea te whāki atu ki tētahi kua pāngia koe e tētahi mate paipai [burnettfoundation.org.nz/tellme/](http://burnettfoundation.org.nz/tellme/)
- NZSHS Partner Notification [sti.guidelines.org.nz/wp-content/uploads/2021/10/Partner-Notification-final-Sept-2021-v2.pdf](http://sti.guidelines.org.nz/wp-content/uploads/2021/10/Partner-Notification-final-Sept-2021-v2.pdf)

## Mō pārongo anō

He pārongo anō mō te mate pākewakewa me ētahi atu mate paipai mai i:

- tō rata, nēhi, tapuhi whakawhānau rānei
- te nēhi tūmatanui kei tō kura
- ngā whare ratonga Hauora Ākonga i tō whare wānanga, kuratini, kura rānei
- ngā whare hauora taiohi i tō rohe
- Ngā Ratonga ā-Tokai - mō ngā whare hauora i tō rohe, haere ki [nzshs.org/clinics](http://nzshs.org/clinics)
- Family Planning - mō ngā whare haumanu i tō rohe, waea (koreutu) ki INFOLINE (0800 4636 5463), haere ki [familyplanning.org.nz](http://familyplanning.org.nz)
- Just the Facts [justthefacts.co.nz/](http://justthefacts.co.nz/)
- HealthEd [healthed.govt.nz](http://healthed.govt.nz)

**Te Whatu Ora**  
Health New Zealand



**Te Kāwanatanga o Aotearoa**  
New Zealand Government

E wātea ana tēnei rauemi ki [www.healthed.govt.nz](http://www.healthed.govt.nz) ki te ratonga whaimana i tō rohe. I whakahoungia i June/Pipiri/Hune 2023. Code **HE2577**.

# He aha ia te pākewakewa?

Te tautohunga,  
te rongoātanga,  
te āraitanga o tēnei  
mate paipai

## He aha te mate pākewakewa?

He mate paipai (STI) te mate pākewakewa (syphilis). Ka taea ngā tāngata katoa e te pākewakewa. E māori haere ake ana i ngā tini whenua tae ana ki Aotearoa. He pokenga huakita, heoi anō ko te mea pai e taea ana te whakaora mā te rongoā paturopi.

## Ka pēhea te pāngia ōu?

He mate horapa pū anō te mate pākewakewa he māmā hoki te pā atu.

Pāngia mai ai e te tangata kua pāngia kētia ka ai ana (ā-waha, ā-tero, ā-tara rānei), te pā tata o te kiri ki te kiri, te pā ā-taihemahema rānei. Ko te tikanga ka iti iho te pā mai o te mate pākewakewa ki a koe mēnā ka whakamahia he pūkoro ure kei ai ana koe. Kāore te whakamahinga o te ure pūkoro e papare rawa i te mate pākewakewa ki te 100%, koirā e hira nei te honohono o te hihira hauora taihemahema mēnā e mahi hōkaka ana koe. Mēnā e kōpū ana koe – ka taea hoki te mate pākewakewa te tuku ki tō pēpi.

## He aha e hira nei kia whakamātauria, kia rongoātia ai hoki?

He tino hira te take kia wawe tonu te whakamātauria, te rongoātia hoki ōu. He whakapokenga tino kino te mate pākewakewa. Ki te kore e rongoātia ka noho tonu ki te tinana, ā, ka kino haere ai.

Ka pā kino pea ngā roro, te kanohi, te rongorongoro, te ate, ngā tākihi, te manawa me ngā kōiwi. Ki te kore te mate pākewakewa e rongoātia ai ka piki te tūponotanga o te pā mai o te HIV ki a koe. Ka whakatahe, ka whānau mai pea te pēpi me te mate pākewakewa mēnā kāore i rongoātia kei hapū ana.

## Me pēhea e mōhio ai kua pāngia au e te mate pākewakewa?

Mā te whakamātautau toto nahenahe e whakamōhio mai ai mēnā kua pāngia koe e te mate pākewakewa. Pēhea te tini o te hunga kua pāngia e te mate pākewakewa kāore o rātau tohumate, ka mutu, tē aro hoki i a rātau kua pāngia. Pāngia ai ētahi ki ngā tohumate: ko ngā tohumate tōmua e mōhiohia whānuitia ana ko ngā harehare kāore he mamae, ngā kōpukupuku me ngā repe pupuhi. Ki te ai koe i te korenga o te pūkoro ure ko te painga atu kia whakamātauria ai koe ki ngā momo mate paipai.

## Me pēhea te whakamātau i ahau?

Tautohua ai te mate pākewakewa ki tētahi whakamātautau toto. I tētahi wā, ka whakamātauria ai tētahi ūki i ngā harehare. He hatepe kia tuku ai i tētahi whakamātautau toto mō te mate pākewakewa i te wāhanga tōmua o te hapūtanga. Engari, koni atu i te toru marama e puta ai te whakapokenga i tētahi whakamātautau toto. Nō reira, mēnā kātahi anō koe ka moe i tētahi kua pāngia e te mate pākewakewa, ka tukuna pea te rongoā ki a koe

ahakoa e tohu ana tō whakamātautau toto e wātea ana.

E āhei ana te tono i ngā whakamātautau mate pākewakewa i tētahi whare haumanu hauora taihemahema, i tō whare haumanu whakarite whānau, i tō hui ki tō rata arowhānui, i tētahi whare haumanu taitamariki hoki. He muna ngā whakamātautau mate, ka mutu, he utukore, he utu-iti hoki ngā whakamātautau e wātea ana ki ngā taitamariki. Whakamahia tēnei utautau rapu i te whārangi o Just the Facts kia kite ai i ngā haumanu hauora taihemahema e tata ake ana ki a koe; [justthefacts.co.nz/about-sti-sexually-transmitted-infection-testing](http://justthefacts.co.nz/about-sti-sexually-transmitted-infection-testing)

## He aha te rongoā?

Rongoātia ai te mate pākewakewa ki ngā rongoā paturopi, ki te wero penicillin.

Mā te potanga kotahi e rongoā ai te whakapokenga mate pākewakewa tōmua – me nui atu ngā potanga mēnā kua roa te pāngia ōu. He rongoā anō mēnā e pāwera ana koe ki te penicillin. Me pau i a koe te rongoā kia ora ai. Ki te kore e rongoātia, ka pāngia e te mate pākewakewa ngā mate āpiti kikino. Mā te rongoā tika i a koe e hapū ana e aukati ai te pāngia o tō pēpi e te mate pākewakewa i tana whānautanga mai.

Kaua e ai kia hipa rā anō te 7 rā i muri i te otinga o tō rongoā, ā, kia whakamahu rā anō ngā harehare, ngā kōpukupuku rānei, kia kore ai e pā te mate pākewakewa ki tētahi atu.