

Mare Mamae/Whooping Cough

Eaa te Mare Mamae/Whooping Cough?

Ko te mare mamae, e maki teia na roto ite akaea teia akatupu ia e tetai manumanu i roto ite reo papaā koia te ***Bordetella pertussis*** e maki kino e ka totōa. Ka totōa mei tetai tangata ki tetai tangata na roto ite reva me mare tetai tangata, ka rere teia au manumanu mearikiriki.

Akapeea teia tupu'anga/Causes

Ko teia manumanu ka piri te reira ite tua apa runga i toou ngaai akaea'anga. Ka tuku i reira te manumanu i tona paitini te ka riro ite tākino i toou ngaai akaea'anga e ka akaea (swell) te reira. Penei ka akamata te veravera ki toou kopapa, ete mare ka tae mei tetai au epetoma me kare marama.

Te au akairo/Symptoms

Ka tuke mei tetai tangata ki tetai tangata, te mataiti e pera me kua patia ia kite vairakau paruru. Ka tae ki tetai 5 ki te 10 ra e kitea ei tetai akairo mei tei tuatau i arapaki ia ei koe ete manumanu. Tetai taime kare te akairo e kitea no tetai roa'anga 3 epetoma.

Au akairo mua – ka taena tetai 1 – 2 epetoma

- Taetae te upe i toou putangio
- Veravera te kopapa (raro ake ite 38 degrees celsius)
- Maremare kare i kino roa

Au akairo I muri mai – 1-2 epetoma muri ake ite akairo mua

- Ka tupu tetai maki uti ki tetai au tangata (paroxysms/coughing fits) mei tetai 1 – 6 epetoma, tetai taime ka tae ki te 10 epetoma.

Te Mare Uti ka tupu tetai o teia au au akairo i raro nei:

- Ka tangi teitei (high-pitched or whoop) me akaea ki roto I muri ake ite mare uti
- Ka ruaki ite tuatau e mare ara me kare I muri ake
- Ka roiroi I muri ake ite mare uti, inara ka akaraanga meitaki ua I rotopu me mare
- Ngatā me moe
- Ngatā ite akaea
- Ka ati tetai ivi kaokao
- Ka muramura toto te ngai ote teateanga mata (Subconjunctival Haemorrhages).

Ravenga Paruru

- Tamā meitaki te rima, te mata ete kopapa
- Tamā ite au ngaai tei topa ia ete manumanu me mare ki te pua ete vai
- Aao ite paruru va'a me mare
- Mare ki roto ite ttou po rima me kare ki roto i tetai kakau me kare peap (tissue) Tuku ite peapa tei tāangaanga ia ki roto ite pute I mua ake ta tutungi ei/titiri ei.
- Aere kia patia ia koe ki te vairakai paruru
- Kia papu e kua oti taau anau tamariki ite patia ia ki te vairau paruru.

Akamaara'anga: Me kite koe i teia au akairo, akatakake iakoe (self isolate) taniuniu ite Puna Ora Tumanava (Primary Health Care) i runga ite numero Ph: 20065/20066