

# Horoia ō Ringaringa



**kia noho ora ai**

## He aha te take he mea nui te horoi ringaringa?

- Nā te tino paku rawa o ngā ngāngara me ngā iroriki e kore nei e kitea e tātou.
- Kei wāhi katoa ngā ... he pai ētahi, he kino ētahi... ā, me te maha hoki o ngā momo rerekē.
- Nā ngā mea pai tātou ka noho hauora ai, ā mā ēnei hoki e taea e tātou te hanga kai, te inu me te parapara.

### Kōrero Nui

- ⑤ I tēnei rā ka kōrero tātou mō te horoi ringaringa
- ⑤ \* HE AHA AI
- ⑤ \* Ā HEA
- ⑤ \* MĀ HEA
- ⑤ Whakatenatena i ngā kōrerorero mō ngā *iroriki* pai ka tiaki i te kiri me roto i te tinana
- ⑤ Kōrero mō ngā iroriki hei tiaki i ngā rongoā, kai, inu, waipupuru, waipiro, aha atu
- ⑤ He āwhina nui tō ngā iroriki ki te whakakore i te para
- ⑤ Me kōrero anō mō ngā iroriki pai me tō rātou wāhi nui ki tēnei ao.
- ⑤ Ka pā te mate ki a tātou ki te kuhu he iroriki ki ō tātou tinana.

# He aha te take he mea nui te horoi ringaringa?

- Nā te tino paku rawa o ngā ngāngara me ngā iroriki e kore nei e kitea e tātou.
- Kei ngā wāhi katoa... he pai ētahi, he kino ētahi.. ā, me te maha hoki o ngā momo rerekē.
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## Kei mate koe i te iroriki, kei mate hoki ētahi atu



- ⑤ Ka maremare ana, ka tihe ana tātou ki hea noa

**Nā reira kia maumahara, me mare ki te ringa i tō hāte, mahia rāneitia he aikiha pepa!**

**Me kōrero mō ngā mate ka pā mai i ngā iroriki.**

- ⑤ ka pā ō tātou ringa ki ngā mea katoa
- ⑤ koinei te pānga mai o ngā iroriki ki ō tātou ringa
- ⑤ koinei te ara whakapā mate ki ētahi atu tāngata.
- ⑤ Rewharewha, te Whurū, Harehare, Mate Puku
- ⑤ ka kuhu rātou ki ō tātou tinana ina whakamahi tātou i ō tātou ringa ki te
  - kai
  - inu
  - pā ō tātou ringa ki ngā karu
  - whāwhā i te kiri ina whara ana

**\* Mā te horoi i ngā ringaringa e pare atu i te hōrapatanga o te iroriki.**

# Kei mate koe i te iroriki, kei mate hoki ētahi atu



- ⦿ Ka maremare ana,  
ka tihe ana tātou ki  
hea noa

## Kei mate koe i te iroriki, kei mate hoki ētahi atu



- ⑤ Ki te kore koe e whakapai i ō motunga i ō hārau

## Te kiri hei ārai mō te tinana

Me kōrero mō te wāhi nui ki ō tātou kiri, kapi katoa te tinana i te kiri.

Me kōrero ka aha ki te pā he raruraru ki te kiri, tae atu ki ngā āwhina kia pai ai tana hoki ora anō.

Kōrero mō ngā motunga me ngā wharanga

- ⑤ Me pēhea te ārai i ēnei
- ⑤ Me aha tātou ina whara ō tātou kiri
- ⑤ Me aha tātou ki te kore e pai haere ngā harehare

Hei tauira:

- ⑤ Horoi ringaringa, kuti matimati, te horoi i ngā wharahanga, te ārai ngā ngaungau a te aitanga pepeke. Te haumaruru i te kāinga arā, kia tūpato i ngā mea koi i te māra.

# Kei mate koe i te iroriki, kei mate hoki ētahi atu



- Ki te kore koe e whakapai i ō motunga i ō hārau

## Kei mate koe i te iroriki, kei mate hoki ētahi atu



- ⑤ Ki te kore koe e horoi, e whakamaroke i ō ringaringa i muri i te haerenga ki te wharepaku

### Wharepaku

I te nuinga o te wā kei te tere tātou ki wīwī ki wāwā, he hōhā te haere ki te whare paku, ka pōrearea ā rātou haututū engari....

Ki te kore tātou e horoi i ō tātou ringaringa, ka ruaki, ka korere tātou, tērā pea ka kuhu he noke ki roto i ō tātou tinana.

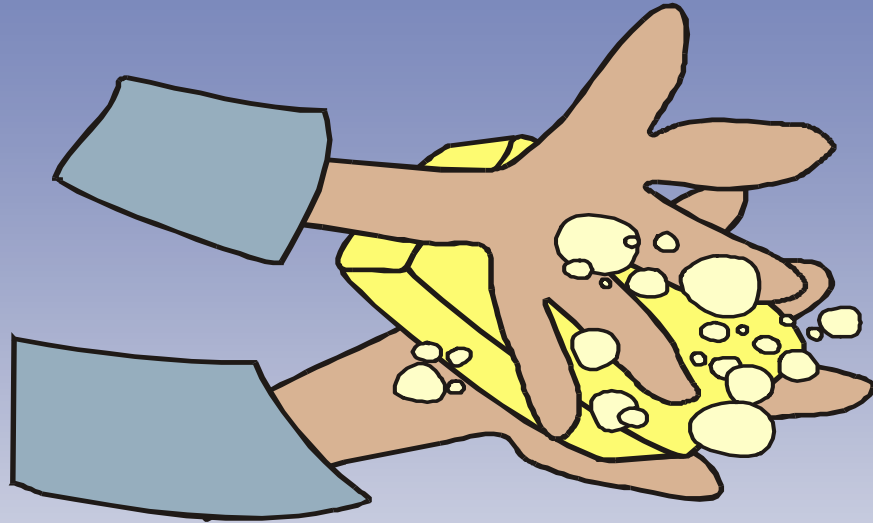
- ⑤ Me horoi ka tāora i ō tātou ringa ā muri i te haerenga ki te wharepaku, i mua hoki i te noho ki te kai

# Kei mate koe i te iroriki, kei mate hoki ētahi atu



- ⊕ Ki te kore koe e horoi, e whakamaroke i ō ringaringa i muri i te haerenga ki te wharepaku

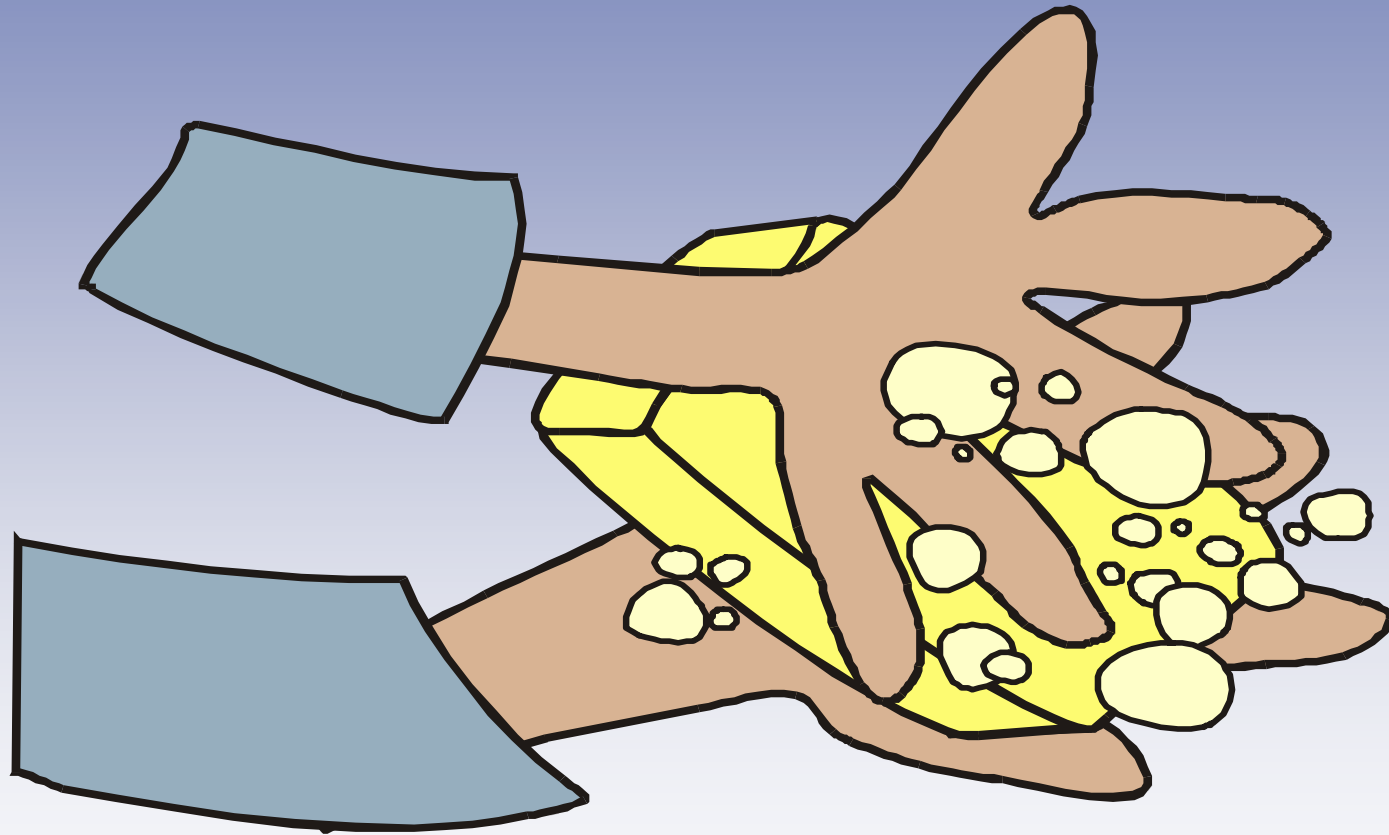
## Patua ngā iroriki whakamate i a koe



- ▣ **Kaua e wareware.... Horoia, Whakamarokehia ō Ringaringa**

**He Ngāwari Noa te Noho Ora!**

# Patua ngā iroriki whakamate i a koe



**Kaua e wareware... Horoia, Whakamarokehia ō Ringaringa**

## He aha te take me horoi tātou i ō tātou ringaringa



- Kia patua ai ngā ngāngara me ngā iroriki
- Kia kore ai tātou e pāngia ki te mate
- Kia kore ai tātou e tuku mate ki ētahi atu

Iroriki e

Ka rite ki te Noke

Pai, kino

Ka kino, ka pōuri

Ka mate koe

He mahi hīanga

Ka piri ki ngā ringa

Ka hanga mahere ia

Kia tere ki roto

Kimihia he wāhi huna

☉ Ka hōrapa te mate i te mare, i te matihe

☉ Ka mamae ngā harehare mō te wā roa

☉ Ka pā mai te kōrero, te mate puku

☉ **KĀORE** he kura

Nāu rātou i pare

I horoia e koe ō ringa

Tō rātou tere whakangaro

I kōrero koe ki ō hoa

Ka aukati e koe ā rātou mahi nanakia

Horoī ō ringa i ngā wā katoa

- Nā Suzanne Miller

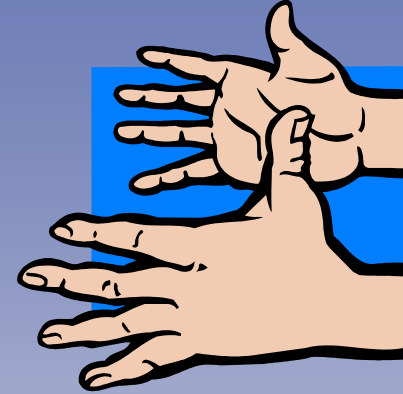
# He aha te take me horoi tātou i ō tātou ringaringa

- Kia patua ai ngā ngāngara me ngā iroriki
- Kia kore ai tātou e pāngia ki te mate
- Kia kore ai tātou e tuku mate ki ētahi atu



## Ngā wā tika ki te horoi i ō ringaringa

- Ka mutu ana tō haere ki te wharepaku
- I mua i tō whakapā, i tō kai i ētahi kai
- I muri i te tākaro me ngā kararehe
- I muri i tō maremaretanga, tō tihetanga



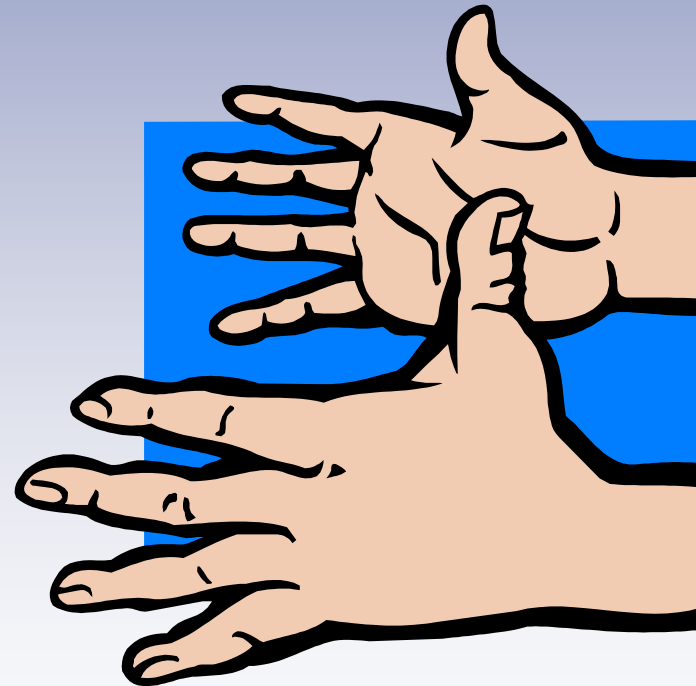
## Wāhanga Whakawhitiwhiti

Me pātai i te minenga he aha atu ngā wā me horoi e tātou ō tātou ringa?

- ⑤ Hei mua, hei muri hoki i ngā āwhina ki ngā tūroro, te hunga pāngia rānei e te mate.
- ⑤ Me whakamaumahara tātou i ō tātou hoa, whanaunga, kia horoi ō tātou ringaringa.
- ⑤ Me kōrero ki ō hoa, ki tō whānau rānei.

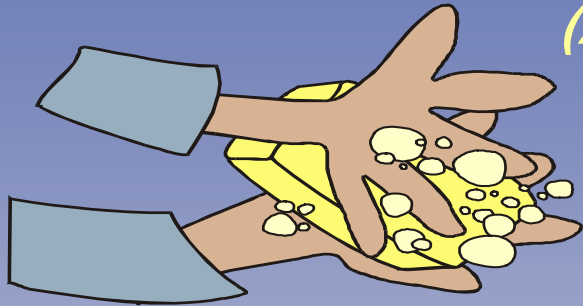
# Ngā wā tika ki te horoi i ō ringaringa

- Ka mutu ana tō haere ki te wharepaku
- I mua i tō whakapā, i tō kai i ētahi kai
- I muri i te tākaro me ngā kararehe
- I muri i tō maremaretanga, tō tihetanga



## Pēhea te horoi i ō ringaringa

*(20 hekona horoi ringaringa)*



Kia kaha tonu te ūkuiukui i ō ringaringa kia taea ai ngā wāhi uaua te whakamā

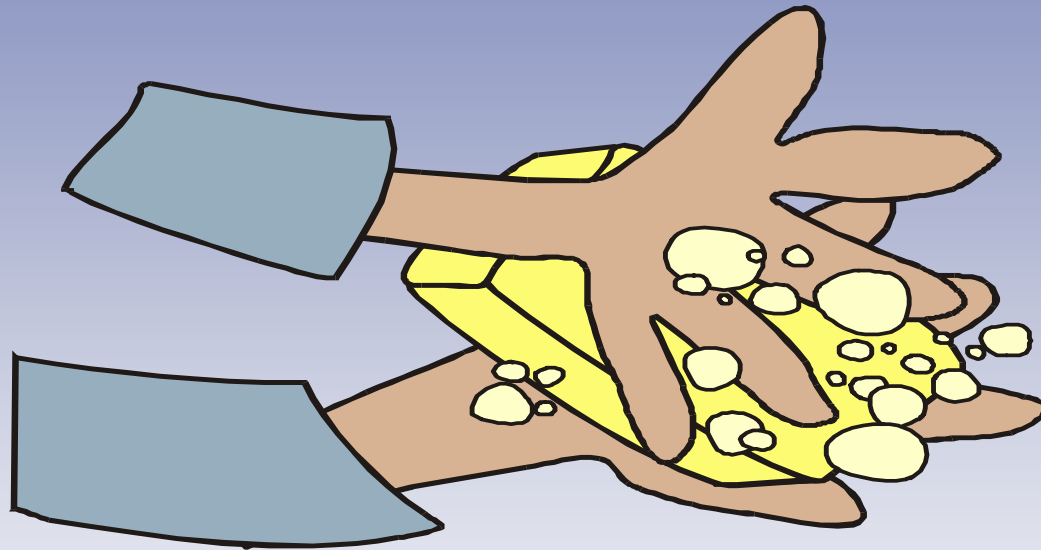
**KĀTAHI KA ĀTA WHAKAMAROKI**

## Pēhea te horoi i ō ringaringa

- ⑤ Ringihia ō ringaringa ki te wai, ka pani ki te hopi. Kia kaha te mirimiri i ngā ringaringa, tētahi i tētahi.
- ⑤ Ahakoa he aha te momo hopi kei te whakamahi e koe, kia e 20 hekona te roa o tō horoi, taea rawatia ai ngā wāhi i ngā ringaringa kāore e tino horoia.
- ⑤ I a koe e horoi ana, me waiata “RĀ WHĀNAU KI A KOE”, e 20 hekona te roa o te waiata.
- ⑤ Kia maumahara, mēnā kei te whakamahi koe i te hopi kia pai tonu te horoi ō ringa kia kore katoa te hopi, me tāora pai i ō ringa.

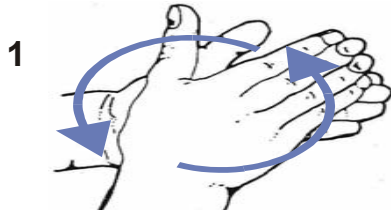
# Pēhea te horoi i ō ringaringa

*(20 hekona horoi ringaringa)*

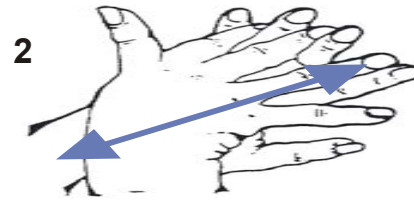


**Kia kaha tonu te ūkuiukui i ō ringaringa kia taea ai  
ngā wāhi uaua te whakamā  
KĀTAHI KA ĀTA WHAKAMAROKI**

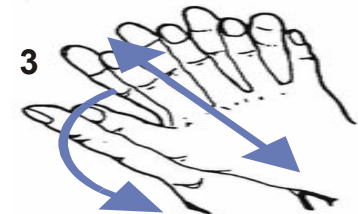
## Me Pēhea Te Horoi I Ō Ringaringa (20 hekona horoi ringaringa)



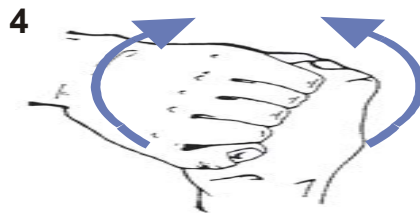
1  
Whakamākuhia ō ringaringa tae noa ki te whatinga.  
Pania ki te hopi, horoi rūrua ngā kapu



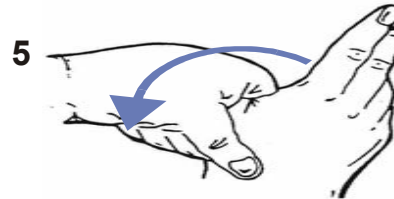
2  
Horoia te ringa mauī mā te kapu o te ringa  
-kātahi ka huri ngā ringaringa



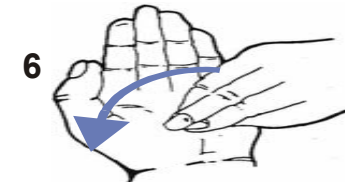
3  
Kōtuia ngā matimati



4  
Puritia pēnei ō matimati – kaua e wareware ō matikara



5  
Puritia tō kōnui taha matau mā tō ringa  
maui kātahi ka hurihuri koaro



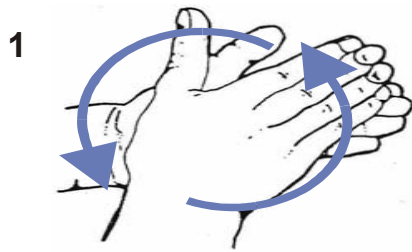
6  
Horoia te kapu o tō ringa mauī mā ngā matimati  
o tō ringa matau – kātahi ka hurihuri koaro

### NĀ TE KAIKO ĒNEI WHAKAATURANGA

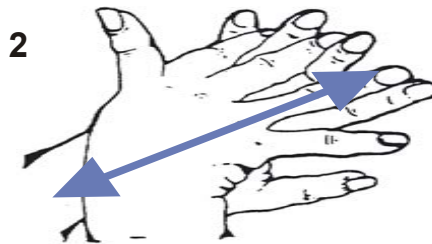
- ⑤ Ahakoa he aha te momo hopi, momo hopi waipiro rānei, mā te horoi i ō ringa mō te e 20 hekona ka taea rawatia ngā pito kāore e tino horoia te horoi.
- ⑤ Waiata “RĀ WHĀNAU KI A KOE” i a koe e horoi ana i ō ringa, e 20 hekona te roa o te waiata.
- ⑤ Kia maumahara, mēnā kei te whakamahi koe i te hopi kia pai tonu te horoi ō ringa kia kore katoa te hopi.
- ⑤ Mēnā kei te whakamahi koe i ngā momo hopi waipiro, āta tatari kia maroke rā anō kātahi anō ka tahuri ki ētahi atu mahi.

# Me Pēhea Te Horoi I Ō Ringaringa

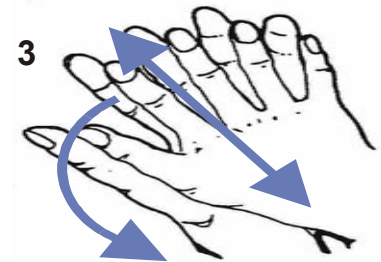
*(20 hekona horoi ringaringa)*



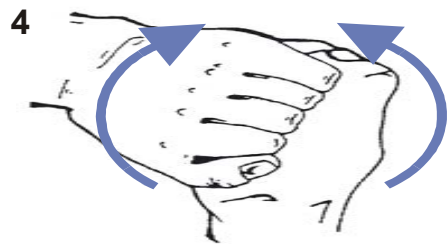
Whakamākuhia ō ringaringa tae noa ki te whatinga.  
Pania ki te hopi, horoi rūrua ngā kapu



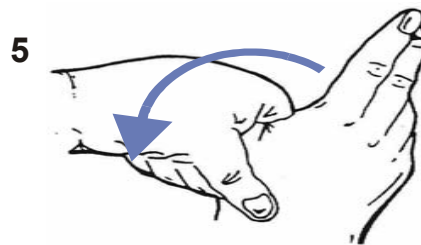
Horoia te ringa mauī mā te kapu o te ringa  
kātahi ka huri ngā ringaringa



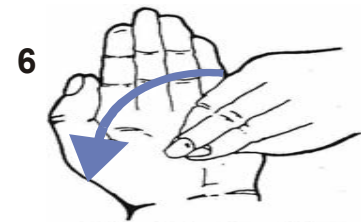
Kōtuia ngā matimati



Puritia pēnei ō matimati – kaua e wareware ō matikara



Puritia tō kōnui taha matau mā tō ringa  
maui kātahi ka hurihuri koaro



Horoia te kapu o tō ringa mauī mā ngā matimati  
o tō ringa matau – kātahi ka hurihuri koaro

## He aha te take me tino whakamaroke i ngā ringaringa?



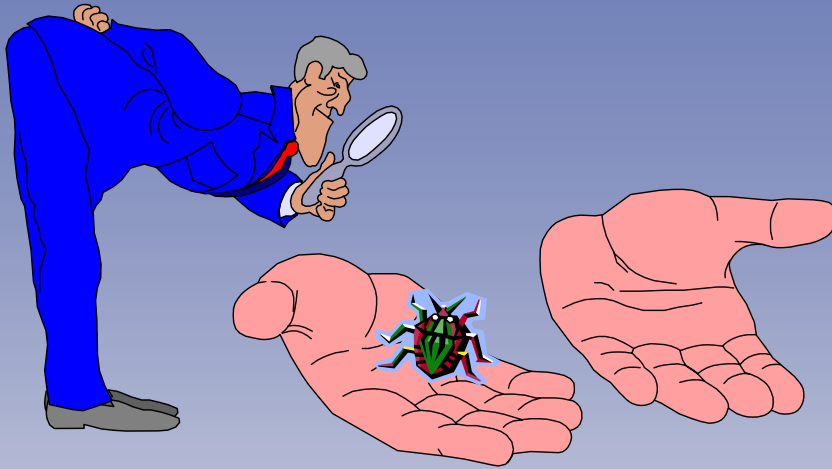
**Nā te mea ka waiho hāraunga iroriki  
ngā ringaringa mākū!**

# He aha te take me tino whakamaroke i ngā ringaringa?



**Nā te mea ka waiho hāraunga iroriki ngā ringaringa mākū!**

## Kāore ōku ringaringa i te paruparu



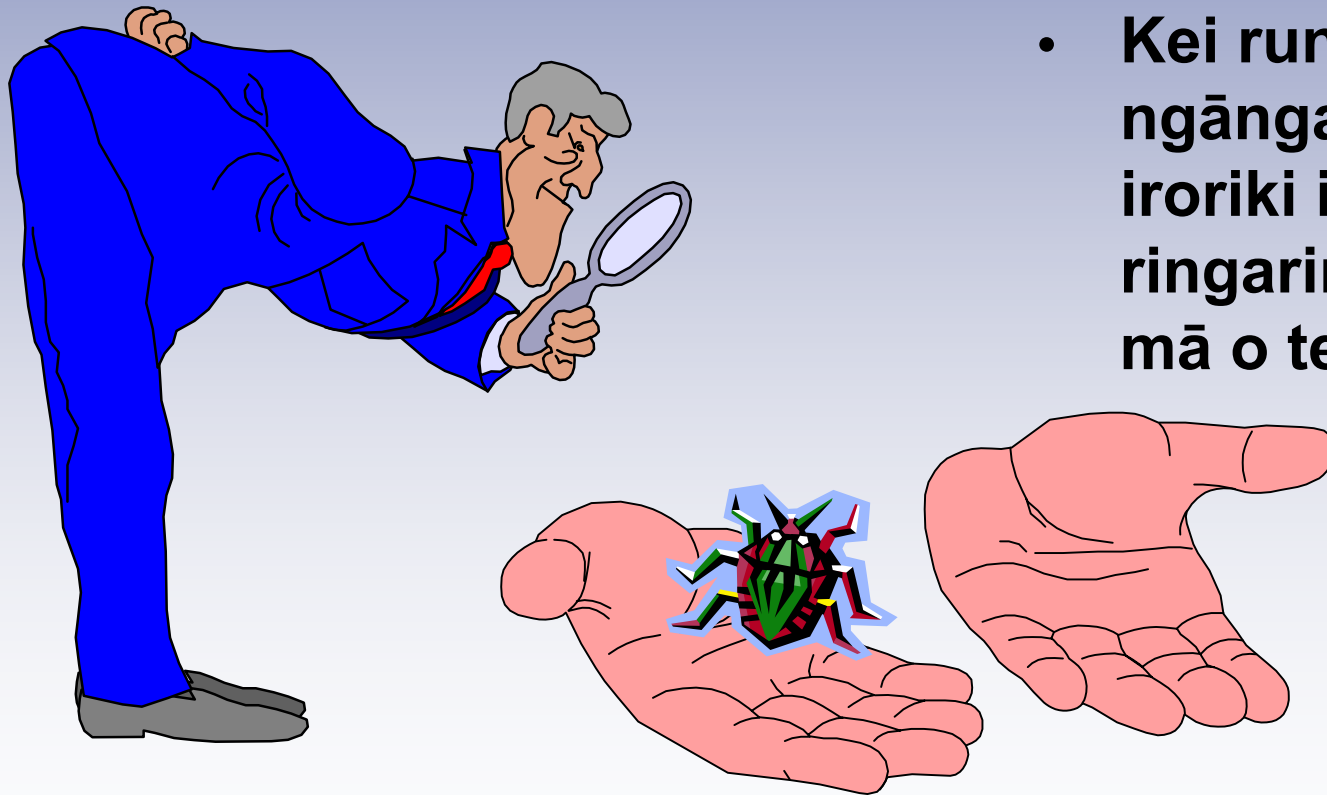
- Me maumahara!
- Kei runga ngā ngāngara me ngā iroriki i ō tātou ringaringa ahakoa te mā o te āhua

### Ko te horoi i ō ringaringa te huarahi pai rawa atu ki te ārai i te mate

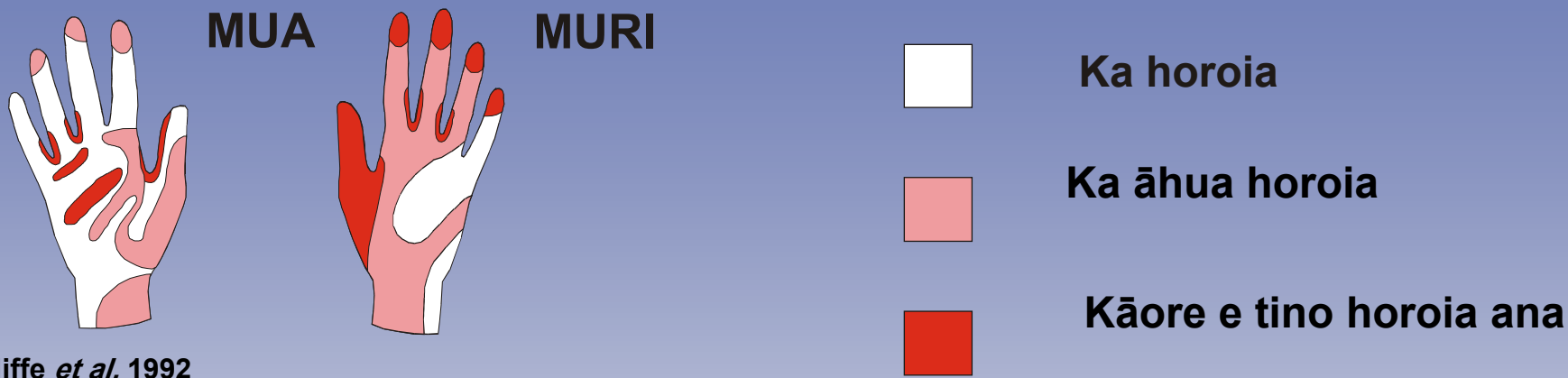
- ⑤ Ko ngā iroriki ngā huarahi nui rawa ki te hōrapa i te mate.
- ⑤ Ka paruparu ō ringaringa (kāore e kitea ā-kanohitia) i ngā iroriki, i a koe ka tūtaki tāngata, ka pā rānei ō ringa ki ngā mea.
- ⑤ Mā te horoi pai i ō ringa e pana ai i ngā iroriki, e ārai hoki i ngā mate i a koe, i ētahi atu tāngata rānei.

# Kāore ōku ringaringa i te paruparu

- Me maumahara!
- Kei runga ngā ngāngara me ngā iroriki i ō tātou ringaringa ahakoa te mā o te āhua



## Ngā wāhi kāore e horoia ana e tātou i ngā wā horoi o tātou ringaringa

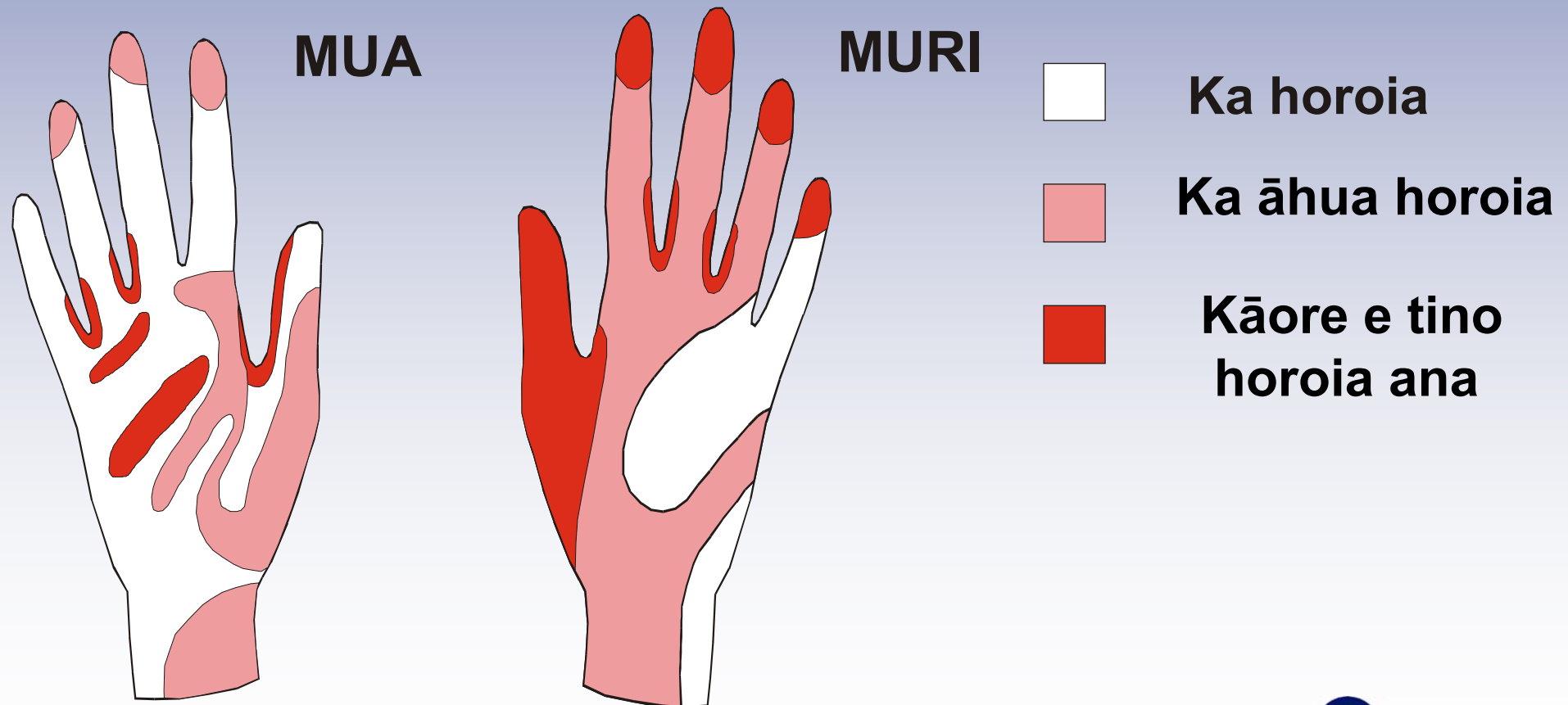


Ayliffe *et al.* 1992

## NĀ TE KAI AKO ANAKE ĒNEI WHAKAATURANGA

- ⑤ Ngā wāhanga o ngā ringa kāore i tino horoia. (Ayliffe *et al.* 1992)
- ⑤ Ko ngā mea tē kitea kei te hōrapa i ngā iroriki
- ⑤ Mārama te kite i tēnei āhuatanga i te mahinga o te rauemi ako a Iroriki Kakā
- ⑤ I oti tēnei mahi e te nuinga o koutou. Kua whakaaturia mai e ngā mātauranga pūtaiao, he rite aua wāhi uaua te taea, kei tēnā, kei tēnā o tātou katoa!

# Ngā wāhi kāore e horoia ana e tātou i ngā wā horoi o tātou ringaringa





## Patua aua ngāngara me aua iroriki

Horoia, whakamarokehia ō ringaringa

### Kōrerorero

Mā te piki o te ora ka taea te ngahau me te hari....te haere ki te kura, te haututū me ngā hoa, aha atu.

# Patua aua ngāngara me aua iroriki



Horoia, whakamarokehia ō ringaringa

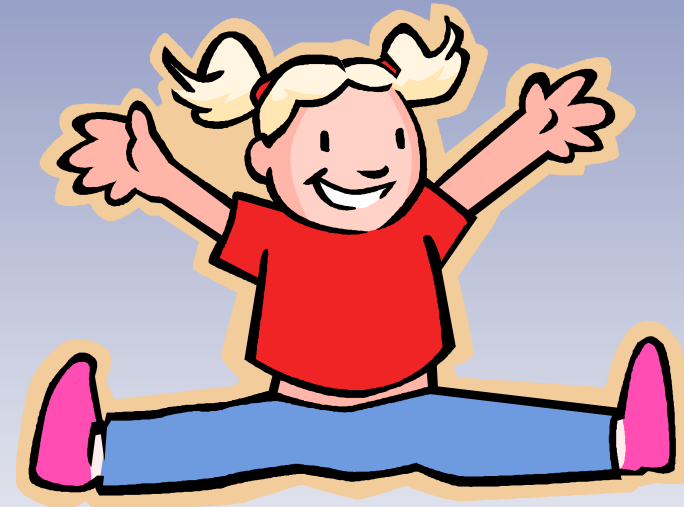
**Created by Suzanne Miller**  
**Community Infection Control Facilitator – Advisor**  
**Capital & Coast District Health Board**

**Acknowledgements**

- o **Capital & Coast District Health Board**  
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- o **Hutt Valley District Health Board**
- o **Auckland Regional Public Health**
- o **Te Taura Whiri | Te Reo Maori**

**Sources for Resource Development**

- o **Ayliffe GAJ, Geddes AM, Lowbury EJJ, Williams JD. 1992**  
**Control of Hospital Infection A Practical Handbook, 3<sup>rd</sup> edition. Chapman and Hall, London**
- o **Centres for Disease Control**
- o **World Health Organisation, Influenza pandemic preparedness plan. 2004**
- o **National Institute for Clinical Excellence (NICE) for use in community care 2003**



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## Horoia ō Ringaringa

kia noho ora ai



### Korikori Titiwai

- ⑤ ka taea e ngā mea tē kitea te hōrapa e te *Iroriki*.
  - ⑤ ka mārama te kite i tēnei āhuatanga mā te whakamahi i te Iroriki Kakā. Me mahi i tēnei korikori i mua i tō tīmata i te whakaaturanga nei. Ka oho ake te minenga, ka areare mai ō rātou taringa ki ngā take ka horahia e koe ki mua i a rātou!
1. Ūkuia ō ringaringa ki te Glitter bug (Iroriki whakatakune)
  2. Ka horoi, ka tāora i ō ringaringa
  3. Whakamahia tētahi rama UV pango (ki tētahi wāhi pōuri) kia tiroiro i ō ringa. Titiro ki ngā wāhi kā i ngā matimati, i ngā kōnui, i waenganui i ngā ringaringa
- ⑤ He wā roa tonu ki te horoi i ngā ringa
  - ⑤ Me tono ki te minenga kia horoi ō rātou ringa ki te Glow Germ kātahi ka whiuwhiu pōro haere i te rūma. Whakamahia te rama kia kitea ai i ō ringa me te pōro e kā ana. Māna, me mahi tohu ringa ki ngā pakitara, ki tētahi atu rānei – Kia ngahau ngā mahi!