

He kōrero matua nā te Manatū Hauora o Aotearoa

Kia ora, nau mai ki Aotearoa.

Mehemea ka **māuiui** koe ki roto i te **kotahi marama** o te taenga mai ki Aotearoa, me rapu **tohutohu rongoa** i te wā poto noa ka taea.

Waeahia te nama waea **koreutu** ki **0800 611 116** ka whakapā atu rānei ki te rata.

He mea nui **te whakamōhio** atu ki a rātau kua puta koe **ki waho o Aotearoa** inā tata nei.



New Zealand Government

Free health advice
when you need it.

The Healthline logo, consisting of a green speech bubble icon with a white question mark and a blue circle with a white question mark, followed by the text "Healthline" in blue and "0800 611 116" in blue below it.

Healthline
0800 611 116

Me kōrero atu ki te ngaio hauora mehemea kei te eke tō **paemahana** ki **te 38°C, nui ake rānei** ā kei te pāngia hoki koe e **tētahi, ētahi rānei, o ngā tohumate** e rārangi iho nei:

- he maremare e haere tonu ana
- he ngāngā uaua
- he mate tikotiko e haere tonu ana
- he ruaki e haere tonu ana
- he kiri hakihaki
- he marū, he rerenga toto ahakoa kāore he wharanga
- kei te hanga māuiui tō āhua
- kei te rangirua.

