

**THE SCIENCE
OF MEDICINES**
**TE MĀTAURANGA
O TE RONGOĀ**



Navigate your waka on a voyage through the safe use of medicines.

Whakaterea tō waka ki tēnei haerenga ki te whakamahinga tika o te rongoā.

Steer carefully, watch out for tricky taniwha! Don't forget your destination – Be a Wise Guy, KA PAI!

Me āta rūnā, ā, kia tūpato hoki i ngā taniwha nanakia! Kaua e wareware te whakaurunga – Me atamai, KA PAI!

**CURIOUS
MINDS**
HE HIHIRI | TE MAHARA



**START
TE TĪMATANGA**

1

2
You stop taking your antibiotic medicine earlier than you're supposed to because you're starting to feel better. Bacteria become resistant – a SUPERBUG is born!

Ka mutu wawe tō kai i te rongoā paturopi i te mea i te piki haere te ora. Ka ātete te huakita – Ka puta mai ko te TUPUA NGĀRARA!

**GO BACK 2 SPACES
E HOKI WHAKAMURI KIA
RUA NGĀ TŪRANGA**



7

8
You take unwanted medicines back to a pharmacy instead of pouring them down the sink. The sea creatures are saved! Ka pai!

Ka whakahokia kētia ō rongoā e kore tonu e pīrangī ki te whare rongoā, kīhai i riringi ki te puoto. Kua ora ngā tamariki o Tangaroa! Ka pai!

**ROLL AGAIN
PĪRORIHIA ANŌTIA**



9

14



15

You take your medicine even though you're feeling okay because you know that some medicines are taken to help PREVENT us from becoming unwell. Ka pai!

Ahakoā kāore koe e rongo i te māuiui ka kai tonu koe i te rongoā, i tō mōhio ko ētahi rongoā ka KAUPARE i te māuiui. Ka pai!

**ROLL AGAIN
PĪRORIHIA ANŌTIA**

10



19

12

13

20

You have questions about your medicine & decide to T.A.L.K (Tell. Ask. Listen. Know.) about it with an adult who can help. Ka pai!

He pātai āu mō tō rongoā, ā, ka waea atu koe ki 'T.A.L.K (Tell. Ask. Listen. Know.)' ki te kōrero ki tētahi pakeke e taea te āwhina. Ka pai!

**GO FORWARD 3 SPACES
KA NUKU KIA TORU NGĀ
TAURANGA KI MUA**

11

Your Auntie offers you some of her leftover antibiotics. You say NO because you know never to share medicines that are not meant for you. Ka pai!

Ka tukuna e tō Whaea Kēkē ētahi o ōna toenga rongoā paturopi. Kāore koe e whakaae nā tō mōhio kia kaua e kai i te rongoā ehara i te mea mōu ake. Ka pai!

**ROLL AGAIN
PĪRORIHIA ANŌTIA**



21

22

You forget to carefully measure out the correct amount of your medicine & take more than you're supposed to. There is too much medicine in your body & it is TOXIC!

Ka wareware i a koe ki te āta ine i te nui tika o te rongoā, ka nui kē tō inu i te rongoā i tērā e tika ana. Ka nui kē te rongoā ki tō tinana, ā, ka PAITINI haere!

**MISS A TURN
KA MAHUE HE WĀ**



23

24

25

You feel worse after taking your medicine. You tell an adult because you know ALL medicines can have unwanted side effects as well as benefits. Ka pai!

Pēnei tonu koe ka pai te rongoā, engari kua hipa kē te rangi hurumutu. Kāore tonu te rongoā e mahi ana i tana mahi, ā, kāore tō orange e piki.

**GO FORWARD 1 SPACE
KA NUKU KIA MUA KIA
KOTAHĪ TE TŪRANGA**



26

**FINISH
TE MUTUNGA**

27

You mistakenly take medicine that has past its expiry date. The medicine no longer works & does not help you feel better.

Pēnei tonu koe ka pai te rongoā, engari kua hipa kē te rangi hurumutu. Kāore tonu te rongoā e mahi ana i tana mahi, ā, kāore tō orange e piki.

**MISS A TURN
KA MAHUE HE WĀ**



28

3

4

5

Your medicine is left on the bench instead of being kept safely out of reach of younger children. Your little brother drinks it & becomes unwell because the medicine is not right for him.

Kua waiho kē tō rongoā ki te raumanga ki te wāhi e taea ai te hunga tamariki te toro atu. Ka inumia e tō teina, tō tungāne rānei, ā, ka māuiui haere ia i te mea ehara tērā i te rongoā tika mōna.

**GO BACK 2 SPACES
E HOKI WHAKAMURI KIA
RUA NGĀ TŪRANGA**



16

17

18