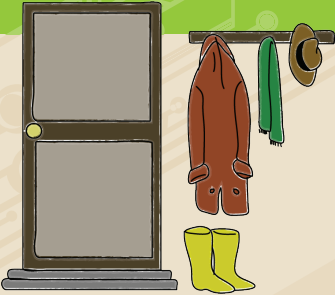


#Tiakina Tō Whakapapa

Mehemea kei te māuiui koe,
kei te rewharewha, kei te hēmanawa,
kei te mamae tō korokoro,
kei te mate kirikā rānei —

waea atu ki te Waea Hauora
0800 358 5453



Te taenga atu ki te kāinga i muri i te mahi

Wetekina ōu hū me ōu kākaku, waiho ki te kuaha.

Whāia ēnei ritenga haumarū i mua i tō tatanga atu ki tō whānau:

- **Kia wawe te horoi i ōu ringa.**
- **Kia wawe te horoi i tō tinana,** ōu makawe me ōu kākahu.

Mehemea kāore e taea e koe ōu kākahu te horoi, **waiho taratahi atu mo te 24 hāora**, kia roa atu mō te pūeru pēnei i te kirikau, te kirihou, te rapa rānei.



Te whakarite pānga-kore i te haringa ō

Kei te hariharia e ngā karere ngā ō waiwai anake.

Ka pātōtō te karere i tō tatau, ka waiho iho te pūhera ki raro, ka hoki rua mita ki muri.

Mehemea he pūhera whai waitohu, ka tono te karere, kia whakaae mai koe māna tō ingoa e tuhi me te tāpiri i te CV-19 hei tohu i te korenga ōu e taea te waitohu.



Tikanga akuaku i te kāinga

Whakaritea he teihana hopi patu huakita ki ngā tomokanga katoa o tō whare.

Me rite tonu te patuero i ngā papa katoa pēra i ngā toi-tākaro, ngā pana raiti, ngā reke kūaha, ngā pouaka whakamakariri, ngā waea, ngā tēpu me ngā nohoanga wharepaku.

Whakaritea he rātaka whakapaipai hei mahi.

Whāia ngā tikanga arataki e mā ai tō whare.



He ritenga moe

Me kōrero ki tō whānau mō te whakatika moenga, ā, whakamaheretia.

Ki te māuiui koe, kaua e moe ki te taha o tētahi atu. Me whai hīti, paraikete, pera hoki mōu ake.

Whakaritea he wāhi tapu i tō whare. Ki te māuiui tētahi i tō whare, koina te wāhi whakaora mōna ake.

Ki te hiahia kōrero anō mo te noho mohao haumarū, tirohia www.uruta.maori.nz ki

<https://covid19.govt.nz/> rānei.

Te Noho i Ia Te Rā

He ritenga whakahaere mō ia rā i tō whare



Hoko me te tono kai

Ka puare tonu ngā hokomaha me ngā toahokoiti i te wā o te rāhū.

He tikanga haumarū ā ngā hokomaha me ngā toahokoiti hei tiaki i ō tātou whānau me ā rātou kaimahi hoki. Mehemea ka haria āu tamariki ki reira, kaua rātou e tata atu ki te tūpapa.

Horoia ngā huarākau me ngā huawhenua katoa.



Hei tānga manawa

Wāhia ake ētahi rohe o tō whare hei wāhi tānga manawa mō te tangata.

He pai tonu te noho takitahi! He hāora noa pea mōu ake ki te whakatā, ki te pānui pukapuka, ki te waea atu rānei ki tō hoa.

He uaua rawa te noho kōpā ki roto i tō whare mō te whā wiki. Ki te hōhā tō whānau, tēnā pea me haere takitahi katoa koutou ki tōna wāhi motuhake, ki tōna wāhi motuhake whakatā ai, tae atu ki ngā pakeke.

E ahei tonu te puta ki waho, heoi, me rua mita tō tawhiti ki tangata kē atu (atu i ēra e noho tahi ana i tō kāinga).

Mā tātau katoa e ārai atu te COVID-19