

# Tiakina koutou ko too whaanau mai i te COVID-19



Me maremare, matihe  
raanei ki too tuke, maa  
te kaupoki i too waha  
me too ihu maa ngaa  
aikihapepa.



Kia auau tonu  
te horoi i oo  
ringa ki te hopi  
me te wai moo  
te 20 heekona i  
te iti rawa.

Meenaa kei te  
maauui koe,  
me noho atu ki  
te kaainga.



Kaua e piritata atu ki te tangata  
- kaua e ruuruu, e awhiawhi,  
kainga tahitanga, hongiri, inu  
kaawha me eetahi atu tikanga.

Me whai i ngaa tikanga akuaku pai hei tiaki i ngaa  
taangata o too taatou hapori me tino atawhai.

I haaereere koe, i paa atu raanei koe ki teetahi tangata kua paangia e te COVID-19?  
Me waea atu ki Healthline i **0800 358 5453**, too taakuta  
raanei meenaa he tohumate oou peeraa i te maremare,  
kirikaa, te heemanawa raanei.