

HE AHA TE

COVID-19?

He pēhea te pānga mai ki
a mātou ko tōku whānau?

He mate hou te te COVID-19 ka pā ki ō pūkahukahu me ō arahau. Ko ngā tohumate ko te maremare, pāmahana teitei, me te hēmanawa. He rite ngā tohumate ki ētahi atu mate pērā i te rewharewha, te whurū rānei.

I te mea he huaketo hou tenei, kāore he kano ārai mate i tēnei wā. Heoi, ka taea te maha o ngā tohumate te whakarite e ai ki te āhua o te tangata.

Mēnā kei a koe ngā tohumate, i tāwāhi rānei koe i kō tata ake nei, i pā rānei koe ki tētahi kua whakatauhia ki te mate COVID-19, me waea

atu ki **0800 358 5453** mō ngā tohutohu. E wātea ana ngā kaiwhakamāori ā-waha.

Kei te pāngia ngā tāngata o ngā momo taipakeke katoa, engari ko te hunga kaumātua me rātou e māuiui ana te hunga ka tino pāngia e te mate, nō reira he mea nui kia tiakina e tātou te hunga ka tino raruraru.

COVID-19

Tiakina ō tātau kaumātua tae atu ki te hunga me tino atawhai mā te whai i ngā tikanga akuaku pai.

Me mātua horoi ō ringa ki te hopi me te wai mahana mō te 20 hēkona i te iti rawa. Kaua e wareware ki te tino whakamaroke i ō ringa.



Kaua e pā ki tō kanohi mēnā kāore ō ringa i te mā.



Me maremare, matihe rānei ki tō tuke, mā te kaupoki i tō waha me tō inu mā ngā aikhapepa.

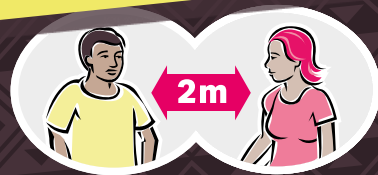


Me noho ki te kāinga mēnā kei te māuiui koe.



Kaua e piritata ki te tangata.

Kaua te rūrū, te awhiawhi, kainga tahitanga, hongī, inu kāwha me ētahi atu tikanga. He mea nui kia tiakina e tātou ērā ō tātau me tino atawhai me te manaaki tonu i ā tātou tikanga.



I hāereere koe, i pā atu rānei koe ki tētahi tangata kua pāngia e te COVID-19?

Me waea atu ki Healthline i 0800 358 5453, tō tākuta rānei mēnā he tohumate ōu pērā i te maremare, kirikā, te hēmanawa rānei.

Haere ki [covid19.govt.nz](https://www.covid19.govt.nz) mō ētahi atu mōhiohio.