

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

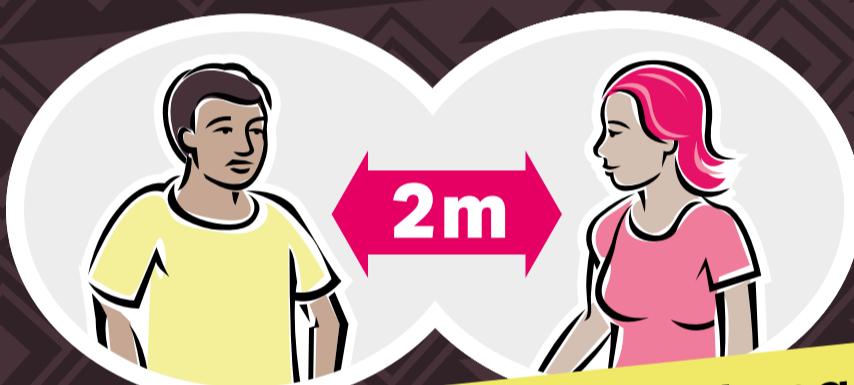


Me maremare, matihe
raanei ki too tuke, maa
te kaupoki i too waha
me too ihu maa ngaa
aikihapepa.



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
maauuii koe,
me noho atu ki
te kaainga.



Kaua e piritata atu ki te tangata
- kaua e ruuruu, e awhiawhi,
kainga tahitanga, hongi, 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 ouu peeraa i te maremare,
kirikaa, te heemanawa raanei.