

## Te noho taratahi i te kāinga hei whakamaru i a koe me tō whānau



- He mate tino mau noa te KOWHEORI-19.
- I te mea e pāngia ana koe e te KOWHEORI-19, e mātua whakarite ana mātau ka taea e koe te noho taratahi i te kāinga. Ka āwhina tēnei i tō whānau me tō haumarua kia noho haumarua.
- Mā ngā kaimahi MIQ i Rō Hapori koe e tiaki.
- Mēnā he āwangawanga ōu, ngā mema rānei o tō kāinga tēnā waea atu ki a Healthline, he kore utu, i ngā hāora katoa o te rā, i [0800 687 647](tel:0800687647).

Tēnā rawa atu koe mō te noho i te kāinga. E mōhio ana mātau he wā māharahara tēnei, ā, e hiahia ana ki te tino whakamāmā rawa atu i ngā āhuatanga. He rōpū hauora motuhake kei te hapori hei tiroiro i a koe i ia rā. He take tino nui tonu kia tirohia auautia tō hauora, nō reira, me whakautu i ngā waea mai i te nama waea nei a [09 306 8740](tel:093068740).

Ka tukuna anō he mōkī ki a koe me ngā mea katoa e hiahia ana koe hei tiroiro i tō hauora. Me āta pānui i ngā mōhiohio i te mea koinei ngā tohutohu pai rawa kia noho haumarua koe.

### TE NOHO TARATAHI I TE KĀINGA

- He mea nui kia noho koe ki te kāinga mō te 10 rā i te iti rawa mai i te wā ka tīmata ō tohumate. Me noho atu koe ki te kāinga me te noho taratahi kia whakaaetia rā anō koe e tētahi mātanga hauora ki te wehe, ā, kāore ō tohumate mō te 72 haora.
- Tē taea e koe te wehe i tō whare mō tētahi take, hāunga te haere kia tirohia e te rata (mā runga waka tūroro). Arā, kāore koe e āhei ana ki te haere ki ngā toa, te mahi, te whiwhi kano ārai mate, te kite tāngata i waho o tō kāinga, te whiwhi manuhiri rānei.
- Mēnā me whiwhi āwhina koe ki te tiki kai, taputapu hauora rānei, ētahi atu mea waiwai rānei me kōrero koe ki tō rōpū MIQ i Rō Hapori.
- Mēnā ka wehe koe i tō whare, ka whiwhi manuhiri rānei, ka herea pea koe ki te kuhu ki tētahi whakanōhanga wāhi noho taratahi.

### ME NOHO ANŌ TŌKU WHĀNAU, ĒTAHI ATU KEI TE WHARE KI TE KĀINGA?

Me noho taratahi ngā tāngata katoa kei te whare ki te kāinga, ahakoa kua whiwhi kano ārai mate rātau. Mēnā kāore i te haumarua mōna ki te noho taratahi i te kāinga me kōrero ia mō te kuhu ki tētahi whakanōhanga wāhi noho taratahi me ngā kaimahi MIQ Hapori.

Mēnā kāore ngā tāngata o tō whare i te pāngia e te KOWHEORI-19 me auau te aromatawai haere i a rātau. Ka whakamōhiohia atu ia mō te wā me te wāhi aromatawai.

Ka pā mai te KOWHEORI-19 ki te hunga e noho ana i tō whare i muri i a koe, nō reira me noho rātau ki te kāinga mō te 10 rā i whai muri i te mutunga o tō (me ētahi atu e pāngia ana e te KOWHEORI-19) noho taratahi. Mēnā ka pāngia ētahi atu i tō kāinga e te KOWHEORI-19 i roto i taua wā ka roa ake tēnei wā noho i te kāinga. Ka whakamāramahia atu koe e ngā kaimahi MIQ Hapori mō tēnei.



Me waea wawe ki 111 mēnā e hiahia ana koe i te āwhinatanga hauora kohuki, mēnā rānei he uaua ki a koe te whakangā. Whakamōhiohia atu e pāngia ana koe te KOWHEORI-19 i tō waatanga.

## HAUMARUTANGA ME TE HAUMARU

Kia noho haumaru, kia noho pūmau hoki koutou ko te hāpori i a koe e noho taratahi ana:

- Ka whakamōhiotia atu ngā ratonga hauora a St John me ngā Pirihimana kei te noho taratahi koe i te kāinga.
- Ka whakanohohia he kaupare māhie ki waho o tō kāinga i a koutou ko tō whānau e noho taratahi ana.

## MĒNĀ KA MĀUIUI KOE, TŌ WHĀNAU RĀNEI

Ka auau te waea atu ki a koe ki te tiroiro kei te pēhea koutou ko tō whānau, tae atu ki ngā tohumate. Ka whiwhi taipitopito whakapā koe mō tētahi rōpū hauora hāpori ka taea e koe te whakapā atu ahakoa te wā.

Mēnā ka māuiui koe, tō whānau rānei, ka uaua rānei te hēhē, me waea tonu atu ki te waka tūrora i 111 ka kī atu kei te pāngia koe, tō whānau rānei e te KOWHEORI-19, ā, kei te noho taratahi i te kāinga. Ka taea anō hoki e koe te waea atu ki tō rata, te waea Healthline rānei mō te koreutu i: **0800 687 647**, 24 haora i te rā. Mēnā kei te hiahia koe ki te haere ki tētahi Tari Ohotata, te rata rānei, me waea atu i te tuatahi ka kī atu kei te pāngia koe te KOWHEORI-19.

## KA AHA I MURI INA WHAKAORA MAI AHAU?

Ina whakaora mai ko te tikanga kāore koe (ētahi atu tāngata rānei o tō whare kua pāngia e te KOWHEORI-19) e mate ki te whiwhi aromatawai KOWHEORI-19 anō, engari ka tiroirohia haerehia ō tohumate e tētahi mātanga hauora. Ka whakamōhiotia atu koe e rātau mō te wā e āhei ana koe ki te wehe i tō kāinga. Mēnā ka pāngia koe e te mate i muri i te mutunga o tō noho taratahi, me waea atu koe ki tō rata, kaiwhakarato hauora rānei.

## KIA NOHO HAUMARU TŌ WHĀNAU

Hei āwhina ki te whakaiti i te hōrapa o te KOWHEORI-19 ki ētahi atu o tō whānau me:

1. Noho wehe mai koe i ētahi atu i tō kāinga – kua e kuhu ki ngā rūma kei reira ētahi atu, ā, kua e moe me tētahi atu mēnā ka taea. Kua te tangata e pāngia ana e te KOWHEORI-19 e whakataka kai mā ētahi atu.
2. Me whakamau tētahi ārai kanohi. E tūtohua ana kia 2 ngā ārai kanohi o ia tangata o te whare, ā, kia horoia ēnei i te mutunga o ia rā.
3. Me ūkui ngā wāhi e tino whakamahia ana e ētahi atu pērā i ngā katiwai me ngā papa kihini ki te hopi, te wai me tētahi papanga. Kua e tuari rīhi, pāokaoka, taora me ngā pera. Me horoi i ōu ake pueru.
4. Kia auau te horoi i ō ringaringa, ā, me maremare, matihe rānei ki tō tuke, ki tētahi pepa aikiha rānei.

## ĒTAHI ATU TAUTOKO



### Te Hiranga Tangata

Me whiwhi āwhina me ngā nama, tō mahi, ngā tautoko reti me te mōkete. Waea atu ki 0800 559 009, haere rānei ki [workandincome.govt.nz](https://www.workandincome.govt.nz)

### Healthline

Waea koreutu 24/7 0800 687 647. E wātea ana ngā kaiwhakamāori reo