



Te whakaora mai i te KOWHEORI-19 i te kāinga

Me pēhea te tiaki i a koe, tō whānau me tō hāpori kia haumaruru ai

Mēnā he māharahara ōu, ō tō whānau rānei me waea atu ki Healthline mō te koreutu 24/7 i 0800 687 647.



Me noho atu koe ki te kāinga mō te 14 rā i te iti rawa.



Me wehe anō koe i tō whare mēnā kei te haere koe ki te rata, ā, kaua rawa koe e whai manuhiri i roto i tō kāinga.



Me mātua noho anō ētahi atu tāngata e noho ana me koe ki te kāinga, ahakoa kua whiwhi rātau i ngā kano ārai mate katoa.



E wātea ana ngā tautoko hei āwhina i a koe ki te tiki kai me ētahi mea waiwai. Kaua rawa koe e puta ki waho tiki ai i ēnei.



Mēnā ka pā mai te māuiui ki a koe, ki tō whānau rānei me kōrero tu ki tō rōpū hauora ina waea mai rātau ki te tiro tiro kei te pēhea koe, waea atu rānei ki 0800 687 647.



He mea nui kia kōrero koe ki tō kaiwhakarato hauora hāpori i ia rā. Me whakautu waea mai i 09 306 8470.



Ka tiro tirohia koe e tētahi mātanga hauora ina mutu anō tō noho taratahi ka hoki ai ki ō mahi noa, whai muri i te tiro tiro tanga whakamutunga o ō tohumate.



1. 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 waeatanga.