



Kua ora mai koe i te KOWHEORI-19

Ngā Pātai Auau mō te Māori e wehe ana i te noho taratahi (MIQ)

*“Ehara taku toa i te toa takitahi, he toa takitini –
My strength is not as an individual, but as a collective”*

Ngā mihi i tō noho whakamohoao, otirā nā tērā i āwhina ki te tiaki i tō whānau me tō hapori hoki.

Kua tae ki te mutunga o tō noho i te whare whakataratahi. Kua tae ki te wā e hoki ai koe ki tō kāinga ake, nōhanga rānei.

Koinei ngā mōhiohio e tika ana kia mōhio koe i tō wehenga i te whare whakataratahi. Ka hiahia pea koe ki te tiri i ēnei kōrero ki tō whare, whānau rānei, tae atu ki tō wāhi mahi.

Te wehe i te noho mohoao

Āhea au wātea ai ki te wehe atu i te whare whakataratahi?

Me noho koe ki te whare whakataratahi mō te **tekau rā** neke atu rānei mai i te tīmatanga o ō tohumate. Mēnā e whakaatu tonu ana koe i ngā tohumate i muri mai i te tekau rā, me mātua noho tonu **mō te 72 hōra (3 rā) i muri te korenga o ō tohumate**.

Mēnā i whakaurua koe ki te hōhipera, i tutuki pea te nuinga o tō noho mohoaoatanga i te hōhipera. Ko te āhua nei ka hoki tika koe ki te kāinga i te hōhipera, engari tērā ētahi hunga ka mate ki te hoki ki te whare whakataratahi.

Me whai whakamātau ahau mō te KOWHEORI-19 i mua o te hokinga ki te kāinga?

Ehara i te mea me whiwhi whakamātautau i mua i tō hokinga ki te kāinga.

Ko te hunga kua pāngia e te KOWHEORI-19, ka whiwhi tonu i te whakamātautau e kī ana kei te pāngia tonutia, mō te rua wiki pea i muri i te pānga. I pēnei ai nā te mea ka noho tonu ētahi maramara huaketo i tō tinana i muri rā anō i tō whakaoranga i te KOWHEORI-19.

Mēnā kāore ō tohumate mō te 3 rā (ā, kua 10 rā mai i tō pānga tuatahi ki te māuiui), kua ora mai koe ināianei.

Ka āhei koe ki te hoki ki tōu ake ao – ahakoa kāore i puta tētahi hua whakamātautau e kī ana kāore koe e pāngia ana – kia whiwhi koe i te reta whakawātea i te Hauora Tūmatanui.

Ka taea tonu e au te tuku i te mate i taku wehenga i te whare whakataratahi?

Kia whiwhi koe i te reta whakawātea i te Hauora Tūmatanui, kua wātea koe ki te wehe atu i te whare whakataratahi.

Kua ora mai koe i te KOWHEORI-19, ā, kua kore e pokea – ko te tikanga o tēnei e kore e taea e koe te tuku i te huaketo ki ētahi atu i tō kāinga, wāhi mahi rānei.

He aha te mea me whiwhi au i te Hauora Tūmatanui e wehe atu au ai au i te whare whakataratahi?

Mēnā kāore ō tohumate whakamāharahara, ka tukua e te Hauora Tūmatanui he reta e whakawātea ana i a koe.

Ka ahatia taku kaitautoko, aku tamariki rānei mēnā kei te whare whakataratahi hoki rātou me au?

Ka mate pea tō kaitautoko ki te noho i te whare whakataratahi i muri i tō hokinga ki te kāinga, ki te whakaoti i tana noho mohoaō mō te 14 rā. Ka kōrerotia e te Hauora Tūmatanui ngā whakaritenga mō ētahi tamariki kei tō taha i mua i tō wehenga atu i te whare whakataratahi.

Ka pēhea te āhua o ngā whaiwhai i a au i muri i taku hokinga ki te kāinga?

Kia whakawāteatia koe kia hoki ki te kāinga, kāore he whaiwhai i a koe. Engari ka hiahia pea koe ki te toro atu ki tō tākuta kia tirohia koe i te kotahi wiki i muri i tō wehenga i te whare whakataratahi.

Mēnā he māharahara ōu, ka māuiui haere anō koe, tēnā kōrero ki tō tākuta, whare hauora rānei, ka taea rānei te waea atu ki a Healthline i 0800 358 5453 (he ratonga 24/7 otirā e wātea ana hoki ngā kaiwhakamāori).

Me waea atu au ki a wai mēnā e hiahia tautoko ana au i taku hokinga ki te kāinga?

Tautoko ā-pūtea

- Mēnā e hiahia aha koe i te tautoko ā-pūtea, kōrero ki a Te Hiranga Tangata i **0800 559 009**, haere rānei ki [te pae tukutuku a Te Hiranga Tangata](#). Ka taea hoki e rātou te āwhina me ngā utu kōhukihuki mō ngā mea pēnei i te kai, nōhanga, hiko/kapuni/whakamahana, pire wai, hauora, niho rānei. Ehara i te mea me noho koe i runga i te utu takuhe e whiwhi ai koe i te tautoko ā-pūtea.

Tautoko ā-whānau

- Ka āwhina a Whānau Ora i ngā whānau kia āhei atu ki ngā ratonga hauora, toko i te ora hoki, me te whakatutuki i ngā hiahia pū mō te kai, wāhi noho, whakamahana, hono ipurangi, te wai me te roke: [0800 929 282](https://www.health.govt.nz/whanau-ora).

E wātea ana tētahi rārangi o ngā ratonga me ngā tautoko katoa e wātea ana hei tikiake i:

<https://covid19.govt.nz/about-this-site/contact-and-support/>

Me pēhea taku whakarite i taku hokinga ki taku kāinga, wāhi noho rānei?

Ka kōrero ngā kaimahi i te whare whakataratahi ki a koe mō te wā e āhei ana koe ki te wehe, ā, me te āhua o te hokinga ki te kāinga. Ka taea e tō whānau te kohi i a koe otirā kāore he here ki te noho mohoaō i te mea kua kore koe e pokea ana e te mate. Ka pau pea ētahi hāora ngā pepa wehe te whakatutuki, nō reira kia manawanui.

Tēnā haria atu ō tūeke katoa ki tō kāinga, pēnei i ngā kakahu, hopi, rongoā, waea, pūhiko me ētahi atu taputapu whakangahau (pēnei i ngā pukapuka, taputapu tākarō mēnā he tamariki āu).

Me whakapai au i taku rūma i mua o taku wehenga?

Tēnā waiho te rūma pērā ki te āhua i kitea ai e koe. Raua ngā para ki te ipu i tō rūma. Mā ngā kaimahi i te whare e horoi rawa i te rūma i tō wehenga.

Kia hoki koe ki te kāinga

Ina hoki au ki te kāinga, he mahi horoi motuhake anō hei mahi māku?

Kāore he mahi horoi motuhake e hiahiatia ana, i tua atu i ngā mahi ka oti i ō mema whānau i tō kāinga ake.

E wātea ana au ki te hoki ki te mahi?

Ka taea e koe te kī atu ki tō kaituku mahi me ō hoamahi kua ora katoa mai koe, ā, kāore e taea e koe te tuku i te huaketo – kua haumarū anō kia hoki ai koe ki te mahi. Ka hiahia pea koe ki te whakaatu ki tō kaituku mahi te reta whakawātea i tukua ki a koe e te Hauora Tūmatanui.

Ka taea e au te hoki anō ai ki ngā āhuetanga me ngā mahi auau?

Kua ora katoa mai koe ināianei, ā, kāore he pokenga, nō reira e haumarū ana tō hoki ki ō ritenga me ō mahi ake. Kia mahara ki te whakamahi i ngā tikanga akuaku pai, whakamahia te taupānga NZ COVID Tracer, ā, me whakapā atu ki te Healthline i 0800 358 5453 mēnā he māharahara āu i muri nei.

Ka haumarū taku whānau ina hoki au ki te kāinga?

Āe. Mēnā he reta whakawātea tāu mai i te Hauora Tūmatanui, e pai ana kia hoki koe ki tō whānau. Kua kore ō pokenga, ā, e kore rātou e whakamōreareatia i tō hokinga ki te kāinga.

E wātea ana taku whānau ki te mahi i ngā ritenga me ngā mahi auau?

Mēnā i tonoa ō mema whānau ki te noho i te kāinga i te mea he pānga tata rātou, me oti i a rātou te noho mohoaō mō te 14 rā i tīmataria e rātou i tō wehenga ki te whare whakataratahi. Me whiwhi hoki e rua ngā whakamātautau KOWHEORI-19 e kī ana kāore i te pāngia e te mate, kāore he tohumate hoki i mua i te whakawāteatanga ki te hoki te tōna ao ake.

He haumarū anō mōku ki te hoki ki te kāinga mēnā e mate tonu ana ētahi o te whānau ki te noho mohoaō?

Āe, e haumarū ana mōu ki te hoki ki te kāinga i te whare whakataratahi ahakoa e noho mohoaō tonu ētahi o te whānau. I te mea kua whakawāteatia koe e te Hauora Tūmatanui ki te wehe atu i te whare whakataratahi, ka taea e koe te hoki ki tō ao ake, ō mahi ake. Engari, me noho mohoaō tonu ngā mema o te whānau kua kīia kia pērā kia tutuki rā anō te 14 rā o te noho whakamohoaō, ā, e rua ō rātou whakamātautau. Me whakaatu hoki kāore ōna tohumate i mua o te whakawāteatanga ki te hoki ki tōna ao ake.

Ka tūpono pāngia anō au e te KOWHEORI-19?

E ako tonu ana mātou mō te āhua o te huaketo e hua ai te KOWHEORI-19 engari ko te mea e mōhio ana mātou, ka pāngia anō pea ētahi e te mate, otirā he pērā ki ētahi atu huaketo. Mā te whiwhi i ngā pota kano ārai mate e rua hei āwhina ki te ārai atu i tēnei.

E whakaatu ana ngā rangahau, āhua 95% o te hunga ka whiwhi i ngā pota e rua o te kano ārai mate Pfizer, ka āraitia mai i ngā tohumate KOWHEORI-19. Kia whiwhi koe i ngā pota e rua, ka iti ake te tūpono pāngia e te mate taumaha, te tuku rānei i te huaketo ki ētahi atu.

Me aha au mēnā ka māuiui au i taku hokinga ki te kāinga?

He nui te hunga kua ora mai i te KOWHEORI-19, e nonoke ana kia piki anō te ora ki ō te wā i mua i te KOWHEORI-19. He nui ka wheako tonu i ngā tohumate tairoa. I ētahi wā ka ruha (ngenge) te tangata, he uua ki te whakangā, ka mamae te tinana, tētahi atu pānga ā-tinana rānei mō te hia wiki, marama rānei i muri mai o te whakaoranga.

Mēnā e māharahara ana koe, **ka māuiuitia anō rānei**, tēnā haere ki te tākuta.

Ka āhua pāpouri pea koe, ka auhī, ka māharahara, ka mānawanawa, ka riri pea. He māori noa ēnei kare ā-roto. He nui ngā taumahatanga – te pāngia e te KOWHEORI-19, kātahi ko te noho i te whare whakataratahi. Engari rapua he tautoko mēnā e pokea ana koe e ēnei tū āhuratanga.

Ka taea e koe te waea utu kore, pātuhi kore rānei ki 1737 i ngā wā katoa mō te tautoko mai i tētahi kaiārahi kua whakangungua. Tērā anō te whānuitanga o ngā waea āwhina e rārangi mai ana i konei:

<https://covid19.govt.nz/about-this-site/contact-and-support/#wellbeing-helplines>.

Ko ētahi atu kōwhiringa ko Healthline (0800 358 5453), tō tākuta ake, kaituku hauora rānei. Mēnā he ohotata, waea ki 111.

Ina māuiutia ana au, me hoki anō au ki te whare whakataratahi?

E kore pea koe e pāngia anō e te huaketo engari tērā ētahi kua pāngia anō e te KOWHEORI-19 i ētahi marama i muri mai.

Mēnā he tohumate KOWHEORI-19 ōu i muri nei, he mea nui tonu kia haere kia whakamātauria koe. Ina puta he whakamātautau e kī ana e pāngia ana koe, ā, kāore i whai pānga ki tō pānga tuatahi ki te KOWHEORI, ka mate koe ki te haere ki tētahi whare whakataratahi.

Ko te āraitanga pai rawa o te pānga anō ki te KOWHEORI-19, ko te whai i ngā pota e rua o te kano ārai mate.

Te whiwhi kano ārai mate

Ahakoā kātahi anō koe ka ora mai i te KOWHEORI-19, me whiwhi tonu koe i te kano ārai mate. Ko te kano ārai mate KOWHEORI-19 te āraitanga pai rawa i te huaketo.

He aha i noho whitake ai taku whiwhi i te kano ārai mate mēnā kua pāngia kētia au e te KOWHEORI-19?

Tērā anō te hunga ka pāngia anō e te KOWHEORI-19, engari mā te whiwhi i ngā pota kano ārai mate e rua hei āwhina ki te ārai atu i tēnei.

E whakaatu ana ngā rangahau, āhua 95% o te hunga ka whiwhi i ngā pota e rua o te kano ārai mate, ka āraitia mai i ngā tohumate KOWHEORI-19. Kia whiwhi koe i ngā pota e rua, ka iti ake te tūpono pāngia e te mate taumaha, te tuku rānei i te huaketo ki ētahi atu.

Kāore anō au kia whiwhi noa i tētahi pota o te kano ārai mate KOWHEORI-19? Āhea whiwhi i a au?

Me whiwhi rawa koe i tō kano ārai mate tuatahi e whā (4) wiki mai i te rā i wehe koe i te wāhi whakataratahi, ā, ko te pota kano ārai mate tuarua e ono (6) wiki i muri i te rā o tō pota kano ārai mate tuatahi.

Ka pēhea mēnā kua whiwhi kē au i te pota tuatahi (1) o te kano ārai mate i mua o taku pānga ki te KOWHEORI-19?

Me whiwhi koe i tō pota kano ārai mate tuarua i te whā (4) wiki mai i te rā i wehe koe i te whare whakataratahi.

Ka pēhea mēnā kua whiwhi kē au i ngā pota e rua (2) o te kano ārai mate i mua o taku pānga ki te KOWHEORI-19?

Mēnā kua whiwhi kē koe i ngā pota e rua (2) o te kano ārai mate KOWHEORI-19, e kore koe e mate ki te whiwhi pota anō i tēnei wā.

Me pēhea taku tāpui kano ārai mate?

- Haere ki <https://bookmyvaccine.covid19.health.nz/> waea atu rānei ki te nama COVID Vaccination Healthline: 0800 28 29 26. Ka wātea tēnei nama i te 8am-8pm i ia rā.
- Kōrero ki tō tākuta, kaituku hauora rānei mō te whiwhi kano ārai mate.
- Ētahi atu mōhiohio mō te tāpui i tētahi kano ārai mate: <https://covid19.govt.nz/covid-19-vaccines/how-to-get-a-covid-19-vaccination/book-your-covid-19-vaccination/>.

Ki hea au rapu ai i ētahi atu mōhiohio mō te whiwhi kano ārai mate i muri i te pānga ki te KOWHEORI-19?

Haere ki: <https://covid.immune.org.nz/faq/if-you-had-virus-and-recovered-will-you-still-be-able-or-need-get-vaccine>.

Tērā anō ētahi mea motuhake hei mahi māku nā taku pānga ki te KOWHEORI-19?

I te mea kua whakaora mai koe i te mate, kua rite koe i te marea; tēnā haere ki te whai kano ārai mate, ā, whāia ngā ture Pae Mataara:

- Me noho ki te kāinga mēnā kei te māuiui koe
- Me whai haere i ngā wāhi kua tae koe – whakamahia te taupānga o NZ COVID Tracer
- Me mau ārai kanohi
- Me horoi o ringaringa
- Me mare, matihe rānei ki tō tuke
- Me horoi i ngā mata
- Mē tū tīrara

He mōhiohio atu anō kei te pae tukutuku o [Unite Against COVID-19](#).