

HE AHA TE

COVID-19?

He peehea te paanga mai ki a
maatou ko tooku whaanau?

He mate hou te te
COVID-19 ka paa
ki oo puukahukahu
me oo arahau. Ko
ngaa tohumate
ko te maremare,
paamahana teitei, me
te heemanawa. He
rite ngaa tohumate ki
eetahi atu mate peeraa
i te rewharewha, te
whuruu raanei.

I te mea he huaketo hou tenei,
kaaore he kano aarai mate i
teenei waa. Heoi, ka taea te
maha o ngaa tohumate te
whakarite e ai ki te aahua o te
tangata.

Meenaa kei a koe ngaa
tohumate, i taawaahi raanei koe
i koo tata ake nei, i paa raanei
koe ki teetahi kua whakatauhia
ki te mate COVID-19, me waea

atu ki **0800 358 5453** moo ngaa
tohotohu. E waatea ana ngaa
kaiwhakamaaori aa-waha.

Kei te paangia ngaa taangata
o ngaa momo taipakeke katoa,
engari ko te hunga kaumaatua
me raatou e mauiui ana te
hunga ka tino paangia e te
mate, noo reira he mea nui kia
tiakina e taatou te hunga ka tino
raruraru.

**COVID-
19**

COVID-19

Tiakina oo taatau kaumaatua tae atu ki te hunga me tino atawhai maa te whai i ngaa tikanga akuaku pai.

Me maatua horoi oo ringa ki te hopi me te wai mahana moo te 20 heekona i te iti rawa. Kauga e wareware ki te tino whakamaroke i oo ringa.



Me noho ki te kaainga meena kei te maauui koe.



Kauga e paa ki too kanohi meena kaaore oo ringa i te maa.



Kauga e piritata ki te tangata.

Kauga te ruuruu, te awhiawhi, kainga tahitanga, hongu, inu kaawha me eetahi taatou eeraa oo taatau me tino atawhai me te manaaki tonu i aa taatou tikanga.

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



I haareere 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 meena he tohumate oo peeraa i te maremare, kirikaa, te heemanawa raanei.

**Haere ki [covid19.govt.nz](https://www.covid19.govt.nz)
moo eetahi atu moohiohio.**