

# PIRI MANAKOKORE'IA

No ko ana koe i te ngā'i tikāi (Te Ngā'i e 'Ākara Matatio'ia nei) i te taime tikāi, te reira tetai tei tū'ia e te COVID-19. Teia te mea ka anoano'ia koe kia rave.

## No'o ki te kainga e te vāito'ia'anga?

*Kare e tutaki i te au vāito'anga*

### 'ĀE

No'o ki te kainga, vāito'ia i teia 'ati'anga, e i te rā 5. No'o ki te kainga, kia 'oki rava atu te 'akakite e, kare koe i tū'ia.

Vāito'ia koe i taua 'ati'anga, e i te rā rima (5) i muri ake i te rā, i piri-vaitata ana koe ki te tangata tei tū'ia i te COVID-19.

**No'o ki te kainga** kia tae rava atu te 'akakite e, kare koe i tū'ia (rā 5, me kore ra, i muri ake) ma te 'akatakake mei tetai atu i roto i to'ou ngutu'are.

Ko teia te 'āite'anga, kare koe e 'akatika'ia i te aere ki te 'anga'anga, me kore ra, i te aere ki va'o no te 'akamātūtū'anga kopapa. Rave'ia ta'au 'oko'oko'anga na runga i te 'ātuitui roro uira, me kore ra, patī'ia atu te kōpū tangata/ au taeake kia tiki i ta'au kai, e te au vairākau.

'Āe kua tū'ia: Kua tū'ia koe i te COVID-19 (ka tāniuniu atu te Public Health iākoe)

E turu tetai i te tutaki no te aronga tei anoano'ia kia no'o ki te kainga, no te COVID-19.

## Matakite i te au 'akairo-maki?

### 'ĀE

No tetai 14 rā i muri ake i to'ou piri'anga vaitata ki te tangata tei tū'ia e te COVID-19.

Tei roto i te au 'akairo-maki COVID-19, e tai, me kore ra, tetai atu o teia au 'ākara'anga e āru mai nei: *Mare 'ou, me kore ra, e mare te kino atu ra, pīva, potopoto te 'akaea, mamae karaponga, ūpe ta'eta'e, te ngaro i te 'ongi i te 'aunga/tongi no tetai tuātau poto.*

Ka tū'ia pa'a tetai pae i te: *'Eke, ānini mimiti, mamae uaua, 'akaruaki, neneva te manako, riri, riri.*

Me tū'ia koe i te au 'akairo-maki — noātu e kua 'akakite mai te vāito takere e, kare koe i tū'ia — vāito vivki 'aka'ou'ia, ma te no'o ki te kainga, e te 'akatakake iākoe mei tetai atu i roto i to'ou ngutu'are, me ka rauka iākoe, e:

- Kua tae atu te 'akakite e, kare koe i tū'ia, e
- No tetai 24 ora i te meitaki'anga to'ou au 'akairo-maki.

No te 'akakitekite'anga no runga i te ngā'i vāito'anga, tāniuniu'ia te Healthline (0800 358 5453) me kore ra, 'ākara'ia [healthpoint.co.nz/covid-19/](https://healthpoint.co.nz/covid-19/)

## Ka 'akape'ea te aronga e no'o ana ki roto i to'ou ngutu'are?

### KARE

Māri ra me tū'ia ratou i te au 'akairo-maki.

Ka anoano'ia tetai ua atu tei tū'ia i te au 'akairo-maki kia tāniuniu atu i te Healthline, kia vāito'ia ma te no'o ki te kainga e:

- Kua tae atu te 'akakite e, kare i tū'ia, e
- No tetai 24 ora i te meitaki'anga to ratou au 'akairo-maki.

Kia no'o 'akatakake te tangata tei tū'ia i te au 'akairo-maki, mei ko i tetai atu i roto i te ngutu'are, me ka rauka.

**No'o ki te kainga kia tae rava atu te 'akakite e, kare koe i tū'ia. No'o ki te kainga, me tū'ia koe i te au 'akairo-maki. No'o ki te kainga, kia meitaki rava koe.**

Tāniuniu'ia te Healthline me e au 'akairo-maki to'ou, me kore ra, te anoano arataki'anga ra koe: Tāniuniu'ia te numero 0800 358 5453. Me te ngatā ra te 'akaea, tāniuniu'ia tetai ambulance: Tāniuniu'ia te numero 111.