

PIRI VAITATA

Kua piri-vaitata ana koe ki teta'i tei tū'ia i te COVID-19 **ME KORE RA** no ko ana koe i te ngā'i, (Te Ngā'i e 'Ākara Matatio ia nei) i te taime o taua tangata ra, e te karanga'ia nei e, i te tāmanako'ia'anga, ka tū'ia pa'a koe. Teia te mea ka anoano'ia koe kia rave.

'Akatakake?

'ĀE

'Akatakake iākoe 'uā'orāi i te kainga, me kore ra, 'akatakake ki roto i tetai ngā'i, tei 'akatinamou'ia no te no'o'anga 'akatakake, no tetai 14 rā.

Ka 'akamata to'ou 14 rā, i te rā i muri ake i to'ou piri'anga vaitata ki te tangata tei tū'ia e te COVID-19.

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.

Me te no'o ra koe, e te tangata tei tū'ia e te COVID-19, ki roto i te ngutu'are okotai, ka 'akamata to'ou 'akatakake'anga iākoe 'uā'orāi i te rā i muri ake i te 'akaruke'anga taua tangata ra, i te ngutu'are (teia te 'ākara'anga, kua aere atu ki roto i te ngā'i, tei 'akatinamou'ia no te no'o'anga 'akatakake) me kore ra, te 'akangāro'i ra kia meitaki mei te COVID-19.

I tetai taime, ka patī'ia atu te au Piri Vaitata, kia neke ki roto i tetai ngā'i tei 'akatinamou'ia no te no'o'anga 'akatakake. Ei pāruru teia i te aronga e no'o ra ki roto i to'ou ngutu'are.

E turu tetai i te [tutaki](#) no te aronga tei anoano'ia kia 'akatakake, no te COVID-19.

Aere kia vāito'ia?

Kare e tutaki i te au vāito'anga

'ĀE

Ka anoano'ia koe kia aere, kia vāito viviki ia. Ka anoano'ia koe kia vāito āka'ou'ia i te rā 5, e tetai 'aka'ou i te rā 12, i muri ake i to'ou piri'anga vaitata ki te tangata tei tū'ia i te COVID-19.

Ka anoano'ia koe kia vāito'ia e toru taime:

- I teia 'ati'anga, e
- **Rima (5) rā** i muri ake i to'ou piri'anga vaitata ki te tangata tei tū'ia e te COVID-19, e
- **Tainga'uru ma rua (12) rā** i muri ake i to'ou piri'anga vaitata ki te tangata tei tū'ia e te COVID-19.

I tetai taime, ka anoano'ia tetai atu au vāito'anga kē atu. Teia te 'ākara'anga, me tū'ia koe i te au 'akairo-maki COVID-19. Ka 'akakite atu te Public Health i te tuātau no te vāito'anga.

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

Noātu me 'oki mai te 'akakite e, kare koe i tū'ia, ka anoano'ia koe kia 'akatakake iākoe 'uā'orāi, kia 'akakite rava atu te Public Health e, ka 'akatika'ia koe i te 'akaruke i to'ou ngutu'are.

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/

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 i 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 tetai pae i te: *'Eke, ānīni mimiti, mamae uaua, 'akaruaki, neneva te manako, riri riri.*

Ka 'āravei putuputu atu te Public Health iākoe, i te 'akapāpū e te meitaki ra koe. 'Akakite atu kia ratou me e au 'akairo-maki to'ou.

Me e au 'akairo-maki to'ou – noātu e kua vāito takere ia ana koe e, kare koe i tū'ia – ka anoano'ia koe kia:

- Vāito viviki 'aka'ou'ia, e
- 'Akaoti i to'ou 14-rā 'akatakake'anga iākoe 'uā'orāi – noātu e te karanga 'aka'ou mai ra te vāito e, kare koe i tū'ia.

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

'ĀE

Ka anoano'ia ratou, kia no'o ki te kainga no tetai 5 rā.

Ka anoano'ia te ngutu'are tangata katoatoa*, kia no'o ki te kainga, kia 'oki roa mai te vāito'anga i te rā 5, o te tangata tei aere ana ki te ngā'i e 'ākara matatio ia nei, i te 'akakite e, kare aia i tū'ia.

Teia i reira te 'āite'anga kare te ngutu'are tangata katoatoa, e 'akatika'ia i te 'akaruke i te ngutu'are, noātu e, ea'a te tumu. I mua ake i te reira, patī'ia atu te au taeake, me kore ra, te kōpū tangata, kia 'akaruke i te kai, me kore ra, te au vairākau, ki va'o i to'ou ngutupa, me kore ra, 'oko'ia na runga i te 'ātuitui roro uira.

Kare te ngutu'are tangata e anoano'ia kia vāito'ia inārā me tū'ia ratou i te au 'akairo-maki, me kore ra, kua patī'ia atu e te aronga rapakau.

*Me e 'anga'anga ana koe ki roto i te rapakau'anga maki, kare pa'a teia e no'ou. 'Akapāpū'ia ki ko i te Healthline

No'o 'akatakake iākoe 'uā'orāi, kia 'akapāpū roa mai te Public Health e, ka 'akatika'ia koe i te 'akaruke.

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