

# NGĀ TĀNGATA NOA I PĀTATA

I te wāhi ōrite koe (Wāhi whaipānga) i te wā kotahi me tētahi atu e pāngia ana e te KOWHEORI-19. Anei te mahi hei whai māu.

## Me noho ki te kāinga me te whiwhi i tētahi aromatawai?

*Kāore he utu mō ngā aromatawai*

### ĀE

Me noho i te kāinga, ka rapu whakamātautau wawe tonu i te rā 5. Me noho i te kāinga kia puta rā anō he hua whakamātautau e kī ana kāore koe e pāngia ana.

Me wawe tonu tō whakamatauria, ā, i te rima (5) rā i muri mai i te rā i whakatata atu koe ki te tangata e pāngia ana e te KOWHEORI-19.

**Me noho atu koe ki te kāinga** kia kī rā anō o ō otinga aromatawai kāore koe i te mate (rā 5, i muri mai rānei), ā, me noho wehe mai i etahi atu i te kāinga mēnā ka taea.

Ko te tikanga o tēnei, e kore koe e āhei ki te haere ki te mahi, ki te puta rānei ki te kori tinana. Me hoko ā-tuihono, mā tētahi o tō whānau/hoa rānei e tiki kai me te rongoā māu.

**Kei te mate:** Kei a koe te KOWHEORI-19 (Ka waea atu te Hauora Tūmatanui ki a koe)

He pūtea tautoko kei reira mā te hunga kua whakaritea me noho ki te kāinga nā te KOWHEORI-19.

## Kia mataara ki ngā tohumate?

### ĀE

Mō te 14 rā i muri i te wā whakamutunga i tata atu koe ki te tangata e pāngia ana e te KOWHEORI-19.

Kei roto pea i ngā tohumate KOWHEORI-19 ko tētahi, ētahi rānei o ēnei e whai ake: *He maremare hou, kei te kino kē atu rānei, te kirikā, hēmanawa, mamae korokoro, heke te hūpē, ka ngaro te rongo i te kai mō tētahi wā.*

Ka pā mai anō pea ki ētahi tāngata: *Mate tikotiko, ānini māhunga, mamae uaua, whakapairuaki, pōkaikaha, kārangi.*

Ki te pā mai ngā tohumate ki a koe — ahakoa e kī ana ō otinga i mua kāore koe i te mate — me wawe tonu te aromatawai i a koe anō ka noho ki te kāinga, me noho wehe i ētahi atu i tō kāinga mēnā ka taea, tae noa ki:

- Te wā ka whiwhi otinga koe e kī ana kāore koe i te mate, ā,
- Mō te 24 haora i muri i te mutunga o ō tohumate.

Mō ngā mōhiohio pokapū aromatawai waea atu ki Healthline (0800 358 5453), haere rānei ki [healthpoint.co.nz/covid-19/](https://www.healthpoint.co.nz/covid-19/)

## Kei te hiahia mea anō te hunga e noho ana i tō taha?

### KĀO

Engari ia mēnā ka pā mai ngā tohumate ki a ia.

Mēnā ka pā mai ngā tohumate ki te tangata me waea atu ki Healthline, me haere kia aromatawaihia koe ka noho ki te kāinga tae noa ki:

- Te wā ka whiwhi otinga e kī ana kāore ia i te mate, ā,
- Mō te 24 haora i muri i te mutunga o ōna tohumate.

Ko te hunga he tohumate ō rātau me noho wehe mai i ētahi atu e noho ana rātau mēnā ka taea.

**Me noho ki te kāinga kia whiwhi rā anō koe i tētahi otinga e kī ana kāore koe i te mate. Me noho ki te kāinga mēnā ka pā mai ngā tohumate ki a koe.**

**Me noho ki te kāinga kia pai rā anō koe.**

Waea atu ki Healthline mēnā ka pā mai ngā tohumate, ka hiahia āwhina rānei: Waea ki 0800 358 5453. Mēnā kei te uaua te hēhē, waea atu mō te waka tūroro: Waea ki 111.