

HOW TO FOLD YOUR KETE HAUORA

1. FOLD DOCUMENT IN HALF ALONG LINE 1
2. FOLD DOCUMENT IN HALF AGAIN ALONG LINE 2
3. CUT ALONG DOTTED LINES

CUT ALONG DOTTED LINES

1

HEALTHLINE
0800 358 5453

COVID-19 REMINDERS

- Use the NZ COVID Tracer app
- Stay home if you're sick and seek advice
- Call Healthline if you think you need a test
- Wash your hands
- Go to healthpoint.co.nz/covid-19 for testing options anywhere in NZ

What is an NHI number? You can find out your NHI number, your National Health Index number or NHI is the number assigned to you for health record purposes.

- call your family doctor and ask
- check a medicine prescription
- check on a recent hospital letter you've received

2

Your **KETE HAUORA** of important information

Full name _____

DOB _____ Blood type _____

NHI number _____

Whānau doctor _____

Whānau contact _____

1

KARAKIA FOR HEALING

Mā te rā e kawē mai	May the sun bring you energy by day
Te ngoi ia rā ia rā	May the moon softly restore you by night
Mā te mārāma e whakaora	May the rain wash away your worries
I a koe I waenga pō	May the wind blow new strength into your being
Mā te ua e horoi ōu māharahara	May you walk on this earth in peace all the days of your life and know its beauty for ever and ever
Mā te hau e pupuhi te pākahukahu	Amen
Ki roto I tō tinana	
I roto i ōu hikoitanga i te ao	
kia whakaaro koe ki te hūmarie	
I roto i ōu hikoitanga i te ao	
kia whakaaro koe ki te hūmarie	
ataahua hoki o ōu rā	
mō ake tonu atu	
Āmine	

2

Your health information **KETE HAUORA**

Unite against COVID-19

Northland District Health Board
Auckland
Waitematā
Counties Manukau Health

Name _____

CUT ALONG DOTTED LINES

MAKE SUMMER UNSTOPPABLE