

#Tiakina Tō Whakapapa

Mehemea kei te māuiui koe,
kei te rewharewha, kei te hēmanawa,
kei te mamae tō korokoro,
kei te mate kirikā rānei —

waea atu ki te Waea Hauora
0800 358 5453



He aha te COVID-19?

He hūaketo hou te **COVID-19** (Mate Korona-19) tērā e ngāu atu ai i ōu pūkahu kua me ōu ara hau.

Kāore he rongoā hei patu i tēnei wā, ā, kāore hoki e taea e te tangata te ārai atu.

Ka rere noa tēnei mate mā te pānga tangata ki te tangata, ka māuiui ake tātou i te mate rewharewha noa.



Me pēhea e noho haumaruru ai taku whānau?

- **Me noho pēnā kua mate kē koe i te mate nei:** ka rere atu te mate i a koe ahakoa kāore koe i te māuiui.
- **me noho** ki te kāinga
- **me manuhirikore tō kāinga**

Me auau te horoi ringa, i mua, i muri hoki i te taka kai, i te whengu ihu, i te pānga mōkai, ā, i te haere hoki ki te wharepaku.

Mehemea kāore ō ringa i te mā, **kaua e pā ki tō kanohi.**

Me tihe, me wharo rānei ki tō whatinga, ki te rauangiangi rānei, ka whiua atu ki te ipu para.

Me patuero i ngā wāhi katoa he rite nei tō whāwhātanga atu.

Kaua e tuari kai, inu rānei.

Kaua e kihi, e hongī, e hariru. Me kōwhiri he tohu kē hei whakamihi tangata.

Mā tātau katoa e ārai atu te

COVID-19



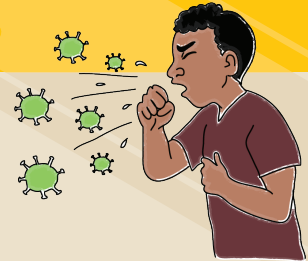
He aha ngā tohu?

- **He Kirikā - ka wera, kātahi ka makariri hoki**
- **Ka maremare**
- **Ka hēmanawa**

Ko ētahi atu tohu, he mamae ngā uaua, he tuha maremare me te korokoro mamae.

E 2 ki te 10 ngā rā te roa mai i te pānga mai o te mate nei, kia puta ngā tohu māuiui, heoi ka noho mate rere te tangata mō te 14 rā mai i te pānga mai.

He mate iti tēnei mō ētahi, ēngari, mō ētahi anō, ka tino māuiui. He mate patu tangata te Mate Korona-19.



Ka rere pēhea tēnei mate?

Tangata ki te tangata: Ka rere te mate nei i roto i ngā māturu tihetihe, maremare, hūpē hoki. Ka tau, ka piri te huaketo nei ki runga i ngā paparino, papa kirihou rānei mō te toru rā, poto iho ki ētahi atu wāhi.

Ka noho mōrearea ake te mate nei ki te Māori: nā te nui o ngā whānau e hia reanga nei, nā te kaha piri hei whānau, hei hapū, hei iwi anō hoki.

He nui ake te pāpātanga mai o ngā mate hēmanawa ki a tātou pēra i te COPD (Mate Manawa) me te mate huangō.

Tikanga Haumaruru

Me mārama, me noho haumaruru te whānau

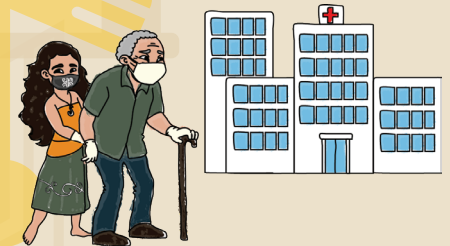


Ki te māuiui koe, ka aha

Ki te maremare koe, ki te mate kirikā, ki te hēmanawa rānei, tēna, **whakapā atu ki tō rata, ki te Waea Hauora rānei 0800 358 5453.**

Ka whakamātautauria koe e tō rata, e te Waea Hauora rānei mā runga i te waea. Ka whakamōhiotia atu i a koe me pēhea.

Mēnā e whakaora ana i a koe i te kainga me noho motuhake koe i roto i te whare.



Ngā Tikanga Haumaruru

Ka noho rāhui a Aotearoa mō ngā wiki e whā e whakatikiki ai, e aukati ai te rere a te huaketo nei, e heke iho ai te taumahatanga i runga i ngā ratonga hauora ō te motu.

Me noho katoa tātou ki te kāinga **mō ngā wiki e whā.** Me puta anake ki te hikoi tahi me te hunga i tō kāinga, ki te whai ratonga waiwai rānei.

E tūwhera tonu ana ngā toa hokomaha, toa hokiti, ngā rata, ngā hōhipera, me ngā toa hoko rongoā.

Kua katia ngā tatau o **ngā tari Hiranga Tangata** ēngari **ka tāea tonutia te whakapā atu mā te nama kore utu nei 0800 559 009 mā te taupānga MyMSD rānei.** Kāore e ārikarika te hunga e waea atu ana ki a rātou nō reira me tohe tonu te waea atu. Kāore e whakakorehia ngā utu.