



Na te tā'okotai'anga e rauka ei ia tatou i te tāmāria i te toto'a'anga

E au takai'anga mama tetai te ka rauka no te rave kapiti'anga tatou kia māria te toto'a'anga o teia maki i roto i teia angaanga. E tu'anga ta te katoatoa. Tei roto i teia peapa akakitekite te au tuatua puapinga te ka anoano'ia ma tetai au tauturu takake e vai nei.

Eaa te COVID-19?

E manumanu ou Te COVID -19 te ka arapaki atu i toou ate mama e te ara aka'ea. Kua tupu mai teia mei roto mai i tetai manumanu unga tei kapiki'ia e ko te coronavirus. E au takai'anga mama tetai te ka rauka ia koe i te rave ei paruru ia koe uaorai e pera katoa toou kopu tangata.

Eaa te au akairo?

- Veravera te kopapa (mei te 38°C)
- e mare
- poupou te a'o

Kare mei te mea e me tu'ia koe i teia au akairo e kua tu'ia koe e te COVID-19. Aiteite atu rai teia ki tetai au maki ke atu e tu putuputu iana, mei te maremare e te flu.

Me kua tu'ia koe ki teia au akairo:

Taniuniu atu koe i toou GP (taote) i mua ake koe ka atoro ei ia'ia. Me kare o'ou GP taniuniu atu i te Healthline tutakikore **0800 358 5453**.

Find out more at
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Noo ki te kainga me kua maki'ia koe

E ravenga no te paruru atu i te iti tangata katoatoa o Nu Tireni, noo ki te kainga/ki toou uaorai ngutuare me kua tu'ia koe ki teia au akairo:

- e veravera te kopapa
- e maremare
- pou pou te ao
- maretie me kare e putangi'u upepe

Orei'ia toou rima

Me tama koe i toou rima ka tamate atu te reira i te manumanu kia pue'u tona ko'u paruru. Auraka e amiri atu i toou mata, putangi'u me kare vaa me kare toou rima e ma ana.

Ka akapeea i te tama meitaki'anga i toou rima

- Takai'anga 1: Tamauu i te rima ki te vai ta'e ua
- Takai'anga 2: Tuku kia rava te pua e kia kapi te rima mau
- Takai'anga 3: Uki meitaki a runga i toou rima – e pera katoa a muri i te rima, i rotopu i te au mangamanga e i raro i te maikuku – mei tetai 20 tekoni
- Takai'anga 4: Tama meitaki i raro i te paipa vai tae ua
- Takai'anga 5: Tamaro i te rima ki tetai kakau ma, tauera okotai-tamaro'anga me kare tamaro'anga pupu'i matangi vera

Ea'a te tu'atau 'e anoano 'ia ei au kia tamā 'i tōku rima?


Tama putuputu'ia to'ou rima, mei:

- I muri ake i te akatē'anga i toou putangi'u
- I muri ake i te atoro'anga i tetai ngai o te katoatoa, te apinga akaoro o te katoatoa, makete e te au ngai akamori'anga
- I muri ake i te amirimiri'anga i tetai uatu ngai i vao'o mai i te ngutuare
- I muri ake i te amirimiri'anga i te moni

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- I mua ake, i taua taime e pera katoa i muri ake i te raverave'anga i tetai makimaki me kare ra tetai tangata apikepike
 - I mua ake, e i muri ake i te kaikai'anga

Tama ua rai i toou rima:

- I muri ake i te aere'anga ki te are meangiti
- I mua ake e i muri ake i te kaikai'anga
- I muri ake i te mirimiri'anga i te tita
- I muri ake i te amiri'anga i te animara e te animara akaperepere'ia
- I muri ake i te tieni'anga pikipiki o te pepe me kare ra tauturu'anga i te tamariki ki te are meangiti
- Me e repo tikai toou rima

Mare me kare ra maretia ki roto i toou poro rima

Me mare me kare maretia koe ki roto i toou poro rima ka mou rai te manumanu ki reira, kare e ki runga i toou kapu rima koia oki tetai ngai e ngoie ana te toto'a'anga o teia maki ki tetai ke.

E akapeea ana te COVID-19 me toto'a?

Mei te flu rai, ka rauka te COVID-19 i te piri atu mei tetai tangata ki tetai tangata. Kua kitea'ia mai na roto i te kimikimi'anga a te aronga kite te akapapu'anga e ka tooto'a te COVID-19 na roto i te topatapata vai kopapa. Me mare, maretia, me kore ra tuatua tetai tangata tei tu ia e teia maki, tei roto ua te manumanu o teia maki i te 'unga 'uavare me kore ra 'upē. I te mea oki e, e teiaa roa teia i te noo ua ki roto i te mareva ka topata atu te reira ki runga i tetai uatu ngai noo ei.

Ka tu'ia te tangata i teia manumanu me amiri atu ratou i teia au ngai me kare au apinga, e oti amiri atu i to ratou vaa, putangiu me kare ko te mata.

E no reira e mea puapinga tikai te turanga tama meitaki – tama putuputu'ia ma te tamaro meitaki i toou rima, ma te mare e te maretia ki roto i toou poro rima.

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Ko te akono'anga i tetai ke

Ko te takingameitaki e mea puapinga tikai teia no te aka'ari mai i to tatou tu taokotai i te paruru atu'anga ia tatou mei te COVID-19. E aka akatuke'anga taau ka rauka me:

- Atoro-atu i tetai uatu metua pakari me kare ra tangata apikepike
- Akono'anga i tetai uatu tei anoano kia tauturu'ia
- Apai atu i tetai au apinga tei anoano'ia no ratou tei makimaki i te ngutuare
- Tuatua'anga ki te au taeake, anau e pera katoa te au taeake piri vaitata me ka anoano ratou i tetai tauturu
- Piri'anga atu ma te turu katoa i te au karapu oire e pera katoa te au putuputu'anga taiate

Ko teia au piri'anga e te au tauturu ka riro teia ei tauturu no tetai ara mamao kia ratou te ka na roto i te COVID-19.

Eaa te aite'anga o te akapaeke'anga-ia koe?

Ko te aite'anga o te akapaeke'anga-ia koe e no'o ki te kainga/ki roto i to'ou uaorai ngutuare ei akamatakite'anga.

Ko te akapaeke'anga-ia koe te paruru meitaki ake, te mea puapinga rava atu taau ka rauka i te rave no te paruru atu i te aronga e noo nei kia koe, te au taeake e pera katoa te au tangata katoatoa o Nu Tirenī.

No tetai uatu tauturu me kare ra akamarama'anga no runga i te akapaeke'anga-ia koe taniuniu atu i te Healthline tutakikore ki runga i te **0800 358 5453**.

Te au ture papu no te akapaeke'anga-ia koe


E no'o ki te ngutuare ma te aru i tetai au takai'anga mama, piapa no te paruru'anga auraka kia piri vaitata putuputu atu ki tetai uatu au tangata – te au akonoanga tika me roko ia koe e te flu.

Akapaeke ia koe kia kore toou kopapa e piri vaitata roa atu i te 1 mita mei tetai tangata ke atu i te 15 miniti.

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Akara meitaki me tei te pae koe i te au metua pakari e tetai uatu au tangata apikepike.

Te tutaka nei te au Akava Nuti Reni i te au tangata tei akapaeke 'ia ratou, no te akara i to ratou turanga ora'anga e to ratou au anoano.

Ko tetai uatu e Visa tona tei kore e aru i te ture e te akaue'anga a te Health Officer ka rauka kia mouria iatu e kia akaokina iatu ki te ngai no reira mai ratou.

Me kua kite koe i tetai tei tano kia akapaeke'ia e kare i rave i teia, aravei atu nhccselfisolation@health.govt.nz

Eaa te akakotinga'anga mamao kopapa?

Akakotinga'anga mamao kopapa (te mamao mei tetai tangata ki tetai tangata i roto i te au ngai o te katoatoa) tau.

Ko teia no runga ua i te akakotinga'anga mamao. E mea tau kia aravaei ua koe i toou ai taeake e te kopu tangata na runga ua i te atui roro uira ei ravenga no te akamaroiroi i toou manako.

Akakotinga'anga mamao. Auraka koe kia piri vaitata atu mei te 1 mita ki tetai uatu tangata – auraka e tere atu i te 15 miniti.

Ko tetai uatu kare e anoano'ia te akapae'anga-ia-koe, e mea puapinga te akakotinga'anga mamao ei ravenga no te takotai'anga paruru i te COVID-19.

Turanga matutu o te Manako


Te au nuti akakitekite me kare te au uriuri'anga a te katoatoa no runga i te COVID-19 penei ka arapaki'ia koe. Kare i te apinga ou me ru me kore ra manamanata toou manako i teia au apinga.

Noo ki te ngai e maru ei koe. Aro iatu ki toou au turuturu – kopu tangata, au taeake e pera katoa toou au taeake anga'anga. Aru'ia tei matau'ia e koe mei te ora kaikai, ora moe e te akaetaeta uaua. Akakite kia koe uaorai e ko taau e kite nei, ko te reira rai ia e ka ngaro.

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No tetai tauturu no te tumatetenga, taitaia, manamanata me kare ra turanga meitaki no te manako, taniuniu atu me kare tuku atu tetai karere txt tutakikore “Need to Talk?” anga’anga 24 ora i te ra, 7 ra i te epetoma ki runga i te **1737** ma te tuatua atu ki tetai tangata tereni’ia.

Tetai atu au tauturu e te ravenga tauturu ke atu

Me kare koe i papu e koai taau ka aravei atu no tetai tauturu me kore ka anoano koe i tetai atu au tuatua akakitekite, taniuniu atu te government helpline tutakikore ki runga i te 0800 779 997 (8am–1am, 7 days a week).

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