



BOPDHB

Coronavirus (COVID-19)



BAY OF PLENTY
DISTRICT HEALTH BOARD
HAUORA A TOI

Me pēhea koutou ko tōu whānau e pare i a COVID-19

Kei te māuiui koe, tēnā koa kaua e haere atu ki roto i te hāpori

- Ka māuiui koe:
 - Kaua e haere atu ki ngā hui, ngā tangi, ngā ake kaupapa
 - Kaua e whakarite i te kai, kaua e horoi i ngā rihi ki te marae, ki te kura, ki te kōhanga reo, ki ngā ake wāhi.
- Kua hoki mai koe ki Aotearoa i tāwahi, me noho taratahi koe mā ngā wiki e rua.

Horoia ōu ringa i te ao, i te pō, ā, me tihetihe, me maremare rānei ki te aikiha

- Ka pā atu ki tētehi mea, me horoi ai ōu ringa i te wai me te hope mā te 20 hēkona, kātahi ka tika te whakamaroke. Hei tauira:
 - A te wā kai, te wā whakarite kai
 - A muri atu o te wharepaku
 - A muri atu o te maremare, te tihetihe, te whengū ihu, rānei ka ukuia tō tamaiti ihu
 - Ka tiaki koe i te tūroro.
- Whakamātihetihe te ihu ki tētehi aikiha, ki te tuke rānei.

- Rau atu te aikiha ki te ipu para.
- Kātahi, horoia anotia!

Ngā huihuinga o ngā whānau, ngā hapū, ngā iwi

- Mēnā ko koe te kaiwhakarite: kei te tino hiahia koutou i te hui nā inaianei?
- Me wānanga te whānau ki te whiriwhiri i tō koutou tikanga hei haumaruru ai koutou. Ka mate kāinga tahi, ka ora kāinga rua.
- I te wā nei, he aha tētehi tikanga anō kia whakamutua te hongī, te harirū, te kihi hoki?
- Ka rangirua, e waea atu ki te Roopū Haora Māori ki tāu DHB.

Mā te whanau

- E pēhea ana ā koutou whakaritenga, mēnā ka hiahia koutou ki te noho taratahi.
- Nō hea te kōrero pai, te kōrero tika?
- <https://www.toiteora.govt.nz/2019nCoV>

Ka māuiui koe, e waea atu ki te
nama motuhake mō Covid-19
kei Healthline **0800 358 5453**