Te noho haumaru i ngā tikanga hou o te KOWHEORI-19

Nō te 13 o Hepetema, ka whakarērea e Aotearoa te pūnaha rama ārahi KOWHEORI-19. He rahi tonu ngā panonitanga me mātua mōhio tō whānau.

Toro atu ki karawhiua.nz mō ētahi atu whakamārama.

He aha ngā tikanga hou o te KOWHEORI-19?

- Me whitu rā te roa o te noho ki te kāinga inā pāngia koe e te KOWHEORI-19.
- Kāore te hunga noho i te whare e mate ki te noho ki te kāinga inā pāngia koe e te KOWHEORI-19. Heoi, me whakamātautau RAT rātau ia rā mō te rima rā atu i te rā i kitea tuatahingia ai tō pāngia e te mate. Inā pāngia rātau, me noho mohoao hoki rātau.
- Kua kore e mate ki te mau maruhā ināianei, hāunga ngā wāhi hauora pēnei i te whare tākuta, whare rongoā me ngā hōhipera anō hoki.
- E utukore ana ngā rongoā patu KOWHEORI-19 ki ngā Māori me ngā iwi o Te Moana-nui-a-Kiwa neke atu i te 50 tau kua pāngia ki te mate.
- Ka utukore anō hoki ngā rongoā patu KOWHEORI-19 ki ngā tāngata o Aotearoa whānui neke atu i te 65 tau, tae noa ki te hunga e toru neke atu rānei ngā mate mōrearea.
- Kua kore te hunga haere mai ki Aotearoa i tāwāhi e mate ki te whai kano āraimate ināianei.
- Kua kore katoa ngā ture kano āraimate a te Kāwanatanga atu i te 27 o Hepetema 2022. Heoi, tērā pea me whai rongoā āraimate i raro i ngā whakahaere o ētahi wāhi mahi.

Kei te pae tukutuku a Unite against COVID-19 te roanga ake o ngā kōrero mō ngā panonitanga.
www.covid19.govt.nz

Me mau maruhā ahau ā muri ake nei?

Me mau maruhā ki ngā wāhi hauora pēnei i ngā whare tākuta, hōhipera, whare rongoā me ngā whare tiaki kaumātua anake.

Heoi, kei a koe anō te tikanga ki te mau maruhā i ngā wā e hiahia ana koe, hei manaaki rānei i ō tātau kaumātua me ō tātau whānau e māuiui ana, e mōioio ana rānei.

Ka mutu, ki te pāngia koe e te KOWHEORI-19, kei te hunga noho o tō whare anō te tikanga ki te mau maruhā ki waho, mō te tūpono noa iho tēnei.

Ka āhei te marae me ētahi atu wāhi ki te tohutohu i te tangata kia mau maruhā?

Āe, kei tō marae anō te mana ki te whakatau i āna ake tikanga hei whakahaumaru i te whānau.

Ka tohutohu pea ētahi atu wāhi, pēnei i ngā whare karakia, kia mau maruhā te tangata. Kei a koutou te tikanga.

Me aha ahau inā pāngia e te mate?

Me noho ki te kāinga mō te whitu rā inā pāngia koe e te KOWHEORI-19.

Me toro atu ki karawhiua.nz/what-to-do-if-you-get-covid-19 ki te pānui i te roanga ake o ngā whakamārama.

Me noho mohoao hoki te hunga noho ki tōku whare inā pāngia ahau e te KOWHEORI-19?

Kua kore te hunga noho ki tō whare e mate ki te noho mohoao inā pāngia koe e te KOWHEORI-19.

Heoi, me whakamātautau RAT rātau ia rā mō te rima rā atu i te rā i kitea tuatahingia ai tō pāngia e te mate. Inā pāngia rātau, me noho mohoao hoki rātau.

He aha te rongoā patu wheori, ā, me pēhea e riro ai i a au?

Ko tā te rongoā patu wheori he whakaora mai i te tangata i ngā whiunga o te KOWHEORI-19. He pire te nuinga o ngā rongoā patu wheori nei, heoi, me wero rawa ētahi ki te ngira. Ka tino whaihua inā kainga i ngā rā tuatahi o te pāngia e te KOWHEORI-19.

Ka āhei ētahi whare rongoā ki te hari i ō rongoā ki a koe. Ki te kore tō whare rongoā e āhei ki te pērā, me tono koe i te whānau, i ō hoa, i tō ratonga hauora rānei mā rātau e hari ki a koe.

Mehemea koe kua whai whakahau rongoā i tō tākuta, i tō nēhi rānei, me toro atu ki te mapi ipurangi o Healthpoint kia kite ai koe i te whare rongoā pātata ki a koe.

www.healthpoint.co.nz

Mehemea koe kāore i te whai whakahau rongoā, me kōrero ki tētahi taka rongoā, ki tō ratonga hauora rānei kia mōhio ai koe he aha ngā rongoā tika mōhou.

Kei te pae tukutuku o te Manatū Hauora ētahi anō whakamārama mō ngā rongoā patu wheori.

www.health.govt.nz

Ka taea tonutia te werohia ki te kano ārai mate?

Āe. Me toro atu ki karawhiua.nz/find-vaccination-centre-or-rat-pcr-test kia kimi ai i tētahi wāhi whakamātau, kano āraimate KOWHEORI-19 kaupapa Māori rānei mā tā mātau mahere ipurangi.

Me whakamātautau rānei inā māuiui ahau?

Āe. Mehemea koe e rongo ana i ngā tohu KOWHEORI-19, rewharewha rānei, me noho ki te kāinga ka whakamātautau ai. He āwhina tēnei i a koe mehemea me noho mohoao, kia kore ai e horapa i a koe te mate ki tangata kē.

Me pēhea e haumaru ai ngā tāngata whaikaha i te KOWHEORI-19?

- Me mau maruhā ka māharahara ana koe.
- Kia tūpato ka whakatata ana ki te hunga kāore i te noho tahi ki a koe.
- Kaua e whakatata ki ngā huinga nui.
- Tukua kia hauhau te whare, ā, me tūtaki ki ngā hoa me te whānau ki waho atu o te whare.
- Me tono ki ngā manuhiri o waho i te kāinga kia whakamātautau RAT rātau i mua i te toro mai.

He aha ētahi atu ara whakahaumaru i te whānau?

Ahakoa kua hīkina ētahi ture, kei a tātau tonu te mahi nui ki te tiaki i te whānau i te KOWHEORI-19.

- Me mau maruhā ka noho tahi ana me ngā kaumātua, me te hunga māuiui, me ngā whānau mōioio.
- Mehemea koe ka māharahara, me mau maruhā i ngā waka tūmatanui, ki rō whare hoki.
- Me noho ki te kāinga mehemea koe kua pāngia e te KOWHEORI-19, e rongo ana rānei i ngā tohu rewharewha, ā, me whakamaumahara anō hoki i ētahi atu kia pērā mehemea e māuiui ana rātau.
- Whāia ngā tikanga akuaku.
- Kia mōhio koe ki ngā kōrero mō ngā kano ārai mate KOWHEORI-19.

Me toro atu ki karawhiua.nz/preparing-for-covid-19 ki te pānui i te roanga ake o ngā kōrero mō KOWHEORI-19.