

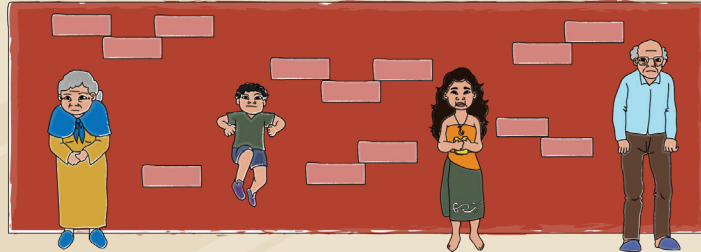
#Tiakina Tō Whakapapa

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

Te ritenga ā whānau

Hei tauira mahi māu
me tō whānau



Mā tātau
katoa e
ārai atu te

COVID-19

1. Ko wai kei roto i ō tātou whānau? Ko wai anō kei te tiakina e tātou?

- Ingoa
- Wāhi noho
- Tau / Pakeke
- Rā whānau
- Ira tangata
- Nama waea
- Āhukatanga māuiui
- Rongoā
- Mate pāwera

2. Rārangi Whakapā Ohotata

- Whakapānga Rāwaho
- Rata / Tākuta
- Rata Niho
- Tō Toa Rongoā
- Waea Hauora (Korona-19) **0800 358 5453**
- Waea Āwhina a Te Kāwanatanga (Korona-19) **0800 779 997 / 0800 22 66 57**
- Waea Hauora (māori) **0800 611 116**
- Pirimana – Nama Ohotata 111
- Pirihimana (Tari ā-Rohe)
- Ratonga āwhina
- Nama hirahira atu anō

3. Ngā mea waiwai hei oranga whānau

Tauira:

- E rawaka ana te paura waiū hei whāngai pēpi ngote pātara?
- Atu i te kai me te wai, he aha atu anō ngā mea waiwai kāore nei i a tātou?

4. E mātau ana te katoa o te whānau me pēhea te ārai atu i te Korona-19?

- Te take e noho ai tātou ki te kāinga, ka puta ki waho ki te whai ratonga waiwai anake?
- Ki te haere ki ngā hokomaha / toa rongoā rānei, me pēhea e haumaruru ai?
- Me pēhea e haumaruru ai i ō tātou hikoitanga i ō tātou takiwā?
- Me taraiwa waka, e taea rānei te taraiwa ki hea noa i te wā o te rāhui Pae Tuawhā?

5. He aha te ritenga mehemea ka pāngia tētahi o te whānau e te Korona-19?

- Rāhuitia he wāhi motuhake i te whare hei nohoanga taratahi mōna ake.
- Kōrerotia te hiranga o te tapu o te noho taratahi a te tūroro.
- Me matua whakamōhio atu ki ngā tamāriki he tapu te tūroro me tōna wāhi noho, kaua e tata atu.

6. Ki te māuiui ahau, me whakapā atu tōku whānau ki a wai? Mā wai ngā tamariki e tiaki?

- Ki te māuiui ahau, ā, ki te noho taratahi hoki, mā tētahi i tōku whare ngā tamariki e tiaki, me whakarite rānei he kaitiaki kē atu?
- Ki te māuiui ahau me whakapā atu ki a wai?
- He aha tā tātou ritenga tiaki tamariki? arā, Mā wai rātou e tiaki?
- Ko te whakarite tangata i tō kāinga tonu hei kaitiaki tamariki te ritenga pai ake.
- Ki te haere ngā tamariki ki wāhi kē atu, me horoi katoa ō rātou kākahu me ō rātou rawa i mua i te wehenga i tō mātau whare?

7. He aha kē ngā āwhina-tanga e hiahia ana e tō whānau?

Hei tauira:

- Kō wai mā ngā whānau whakamōrea ake hei manaaki i te wā o te rāhui?
- He hiahia tangata hauora, he mate hinengaro anō rānei kāore anō kia whakaarohia?
- Mehemea he whānau haere ki te karakia mātau, me pēhea tā mātau kawē i ngā āhukatanga o tō mātau hāhi?

8. He aha atu hei whakaarotanga mā tātou?

- He mahi kura, he mahi kainga rānei ā ngā tamariki?
- Kei te mokemoke rānei ngā tamāriki ki ō rātou hoa? (Whakaaturia ki a rātou me pēhea te whakamahi i te Tūhonomata, i te Karere rānei).
- E mahi tika ana ngā matira auahi i te whare? Ki te kore, me pēhea te whakatika? Me whakapā atu ki ā wai?

9. Ngā whārangi ipurangi Korona-19 hei āwhina i te whānau

Anei ētahi whārangi ipurangi e tika ana ngā karere whakamārama mō te Korona-19:

<https://www.uruta.maori.nz/>

(Kōrero whakamārama nā te Rōpū Māori Mate Urutā ā-Motu).

<https://covid19.govt.nz>

(Kōrero whakamārama e pā ana ki ngā tikanga haumaruru Māori, (mihi pā kore) me te tiaki i te hauora o te tangata).