

#Tiakina Tō Tātou Whakapapa



Me pēhea e haumarū ai te noho tahi mai a te whānau ki a mātou?

Mehemea he tangata kei tō whare e
tūpono ake ana ki te mate nei me pēnei
te āwhina atu e haumarū ai te noho.

- **Whakarite** he wāhi moenga motuhake
mōna.
- **Ki te māuiui ia** me tūturu tōna noho ki
tōna ake wāhi haumarū.
- **Haria** he kai ki tōna tata.
- **Me patuero** i ngā mea katoa i muri.
- **Ki te kino ake tōna māuiui, waea atu ki
Waea Hauora 0800 358 5453.**



Me pēhea te tautoko i te whānau kāore i te noho tahi mai ki a mātou?

Me tawhiti te noho e haumarū ai rātou.

Tuhia he rārangi ingoa o tō whānau e
kaha tūpono ake ana ki te mate nei, ā,
me whirwhiri me pēhea te tautoko i a
rātou.

Me rite tonu te waea atu ki a rātou.
Me karakia tahi me pānui rānei i tētahi
wāhi pukapuka e pai ana ki a rātou.

Te āwhina i te whānau me āwhina rawa

He taonga katoa ō tātou whānau ki a
tātou, engari ko ētahi me kaha kē atu te
tautoko, heoi me manaaki tātou i a rātou
i tēnei wā.

Me whakaaro nui ki ngā āhuatanga
tiaki i ō tātou:

- **Kaumātua.**
- **Wāhine hapū** me ngā pēpi.
- **Te hunga māuiui.**
- **Te hunga e momou ana** ki te whai
oranga e noho taiwhenua hoki ana.

Manaaki Tangata

Tikanga Haumarū Kaumātua,
Haumarū Whānau



Hauora

Mehemea kei te tiaki koe i tētahi atu
(whāngai, whakatika moenga, horoi
kāhau) hōroia ōu ringa i ngā wā
katoa.

Whakaritea ngā mea e hiahiatia ana,
— he mēra, he mahere, he āwhinatanga
hangarau, he kōrero noa iho rānei.

Hōake koe ki waho, haere rānei mā raro
ki te haerēre. E ahei ana ki te hikoi noa
me te hunga e noho tahi ana ki a koe.
Me tata ki te kāinga, me matara atu i
tangata kē.

Tō Rata me ōu rongoā

Me whai mārīka ngā kōrero
whakapānga Rata, ratonga hauora
hoki.

Kua tohua ngā ratonga rongoā kia
whāiti te tuku rongoā ki te marama
kotahi, ā, toru marama mō ngā pire ārai
hapūtanga. He tikanga tēnei hei
tiaki i ngā whakaputunga rongoā i
Aotearoa nei.

Tāpuitia tō kitenga i te Rata kia toru
marama i mua mai.

**Ka hiahia āwhina pea ōu whanaunga
ki te tiki rongoā,** ki te tāpui rānei he
ritenga māna. Whakapā atu ki tō Rata,
ki tō nēhi rānei.



Ētahi atu rongoā me whai

E ahei ana te whai rongoā rewharewha
mō ngā kaumatua me te hunga kua pāngia
kētia ki ngā tohu māuiui.

Me ū tika ngā kai mahi hauora ki ngā
ritenga akuaku haumarū.

**Tirohia i tō rohe mō ngā whakamātautau
Mate Korona-19** heoi ka noho mā ngā
tohu māuiui anake koe e whakamātautau
ai. Kei ngā Mana Hauora ā-Rohe (DHB)
katoa ō rātou ake Wāhi Whakamātautau
ā-Hapori (CBAC). Kei ngā pā ipurangi o ia
Mana Hauora ā-Rohe te rārangi ratonga.