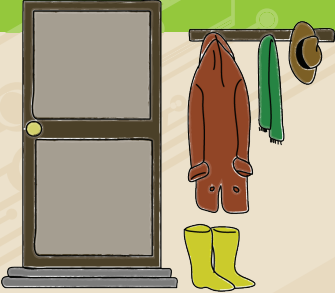


# #Tiakina Tō Tātou Whakapapa



## Te taenga atu ki te kāinga i muri i te mahi

**Wetekina** ōu hū me ōu kākahu, waiho ki te kuaha.

**Whāia ēnei ritenga haumarū** i mua i tō tatanga atu ki tō whānau:

- **Kia wawe te horoi i ōu ringa.**
- **Kia wawe te horoi i tō tinana,** ōu makawe me ōu kākahu.

Mehemea kāore e taea e koe ōu kākahu te horoi, **waiho taratahi atu mo te 24 hāora**, kia roa atu mō te pūeru pēnei i te kirikau, te kirihou, te rapa rānei.



## Tikanga akuaku i te kāinga

**Whakaritea he teihana hopi patu huakita** ki ngā tomokanga katoa o tō whare.

**Me rite tonu te patuero i ngā papa katoa** pēra i ngā toi-tākaro, ngā pana raiti, ngā reke kūaha, ngā pouaka whakamakariri, ngā waea, ngā tēpu me ngā nohoanga wharepaku.

**Whakaritea he rātaka whakapaipai** hei mahi.

**Whāia ngā tikanga arataki** e mā ai tō whare.



## He ritenga moe

**Me kōrero ki tō whānau** mō te whakatika moenga, ā, whakamaheretia.

**Ki te māuiui koe**, kaua e moe ki te taha o tētahi atu. Me whai hīti, paraikete, pera hoki mōu ake.

**Whakaritea he wāhi tapu i tō whare.** Ki te māuiui tētahi i tō whare, koina te wāhi whakaora mōna ake.

**Ki te hiahia kōrero anō** mo te noho mohao haumarū, tirohia ki <https://covid19.govt.nz/isolation-and-care/how-to-self-isolate/>

## Te Noho i Ia Te Rā

He ritenga whakahaere mō ia rā i tō whare



## Te whakarite pānga-kore i te haringa ō

**Kei te hariharia e ngā karere** ngā ō waiwai anake.

**Ka pātōtō te karere** i tō tatau, ka waiho iho te pūhera ki raro, ka hoki rua mita ki muri.

**Mehemea he pūhera whai waitohu**, ka tono te karere, kia whakaae mai koe māna tō ingoa e tuhi me te tāpiri i te COVID-19 hei tohu i te korenga ōu e taea te waitohu.



## Hoko me te tono kai

**Ka puare tonu ngā hokomaha me ngā toahokoiti** i te wā o te rāhū.

**He tikanga haumarū ā ngā hokomaha me ngā toahokoiti** hei tiaki i ō tātou whānau me ā rātou kaimahi hoki. Mehemea ka haria āu tamariki ki reira, kaua rātou e tata atu ki te tūpapa.

**Horoia** ngā huarākau me ngā huawhenua katoa.



## Hei tānga manawa

**Wāhia ake ētahi rohe** o tō whare hei wāhi tānga manawa mō te tangata.

**He pai tonu te noho takitahi!** He hāora noa pea mōu ake ki te whakatā, ki te pānuhi pukapuka, ki te waea atu rānei ki tō hoa.

**He uaua rawa te noho kōpā ki roto i tō whare** mō te whā wiki. Ki te hōhā tō whānau, tēnā pea me haere takitahi katoa koutou ki tōna wāhi motuhake, ki tōna wāhi motuhake whakatā ai, tae atu ki ngā pakeke.

**E ahei tonu te puta ki waho**, heoi, me rua mita tō tawhiti ki tangata kē atu (atu i ēra e noho tahi ana i tō kāinga).