

# KOWHEORI-19

## Āraia te kino whānau



### Mahia te hopi. Horoi ō ringa.

Wash your hands with soap and water often (for at least 20 seconds). Then dry.



### Whakamātihetihe te ihu ki te tuke.

Cough or sneeze into your elbow or by covering your mouth and nose with tissues.



### Mēnā ka paru ō ringa, kaua e pā te kanohi.

Don't touch your eyes, nose or mouth if your hands are not clean.



### Whakapūputu ai te patuero i ngā mea katoa. Hei tauira: Ngā kakau, ngā papa, ngā taputapu.

Clean and disinfect frequently touched surfaces and objects, such as doorknobs.



### Rauatu te aikiha ki te ipupara.

Put used tissues in the bin or a bag immediately.



### Mēnā ka māuiui koe, herea ki te kāinga.

Stay home if you feel unwell.

Protecting our whānau from Mate Korona is about manaaki tangata: [Covid19.govt.nz](https://www.covid19.govt.nz)