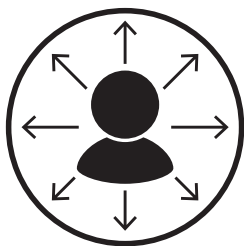


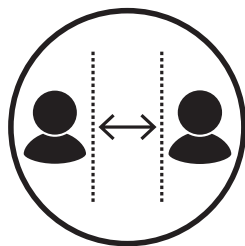
# Kia haumaru te haere

Tēna koa whāia ngā tohutohu a ngā mana hautū marutau waka me ngā kaimahi.



## Maumaharatia āu haereere

Whakamahi i te matawai mō te taupānga whai tapuwae; maharatia te nama o te ratonga waka, te wāhi, me te wā i eke atu ai koe, me tō nōhanga i taua rangi.



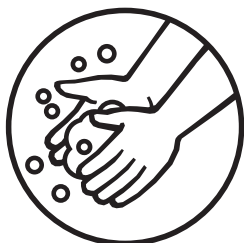
## Me tū wehewehe mēnā ka taea

Me tuku wāhi ki ētahi atu, mēnā ka taea.



## E whakatenatenahia ana te mau uwhi mata

Me mau tō uwhi mata i te roanga o te haerenga. Kaua e pā ki tō mata, ki mua hoki o tō uwhi mata, ā, kaua hoki e tangohia i a koe i te waka. Whiua atu ki tētahi ipu para tō uwhi mata ka rukea noatia i te mautanga kotahi, horoia rānei ki te wai wera tō uwhi mata, e whakamahia anō ai, i muri i ia whakamahinga.



## Whakamahia ngā tikanga akuaku pai

Kia rite tonu te horoi ringa ki te hopi ka whakamaroke, ā, whakamahia te patuero ā-ringa rānei. Me mare, me matihe rānei ki tō tuke.



## E noho ki te kāinga mēnā kei te māuiui koe

E noho ki te kāinga mēnā kei te māuiui koe.

**Mā tātau katoa e ārai atu te**

**COVID-19**