

Te whiwhi i tō rongoā ārai mate



Mā kōrua ko te kaimahi hauora e arotake tō hauora ka hoatu hoki e ia he tohutohu āwhina



Me whakaae rawa koe ka whiwhi rongoā ārai mate



Kātahi ka werohia tō ringa ki te rongoā ārai mate e te kaimahi hauora



Me noho iho koe mō te 20 meneti whai muri atu kia mōhio ai kei te pai koe, me te pātai i a koe mēnā he pānga māuiui rānei ōu



Kia whakaae rawa te kaimahi hauora kei te pai koe, kua wātea koe ki te wehe atu ki ngā mahi o te rā

Whai muri i te whiwhi rongoā ārai mate



Ka tonoa koe kia whiwhi i tō rongoā ārai mate tuarua āhua toru wiki whai muri atu



Kia tino haumarua koe i te KOWHEORI-19 me ruarawa ngā whiwhinga o te rongoā ārai mate



Ki te rongo koe i ngā pānga māuiui, ki te pāngia rānei koe e te mate i muri i te whiwhi rongoā ārai mate, kōrero atu ki tō tākuta whānau ka waea atu rānei ki Healthline 0800 358 5453

Kei te hapū rānei, whāngai ū rānei?

Kōrero atu ki tō wahine whakawhānau, ki tō tākuta whānau rānei.

Iti ake i te 16 tau?

I tēnei wā, kāore e tukuna te rongoā ārai mate ki te hunga iti ake i te 16 tau.

Mā tātau
katoa e
ārai atu te
COVID-19

Te Kāwanatanga o Aotearoa

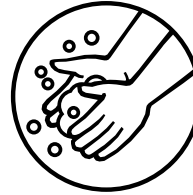
Whakamaharatanga hauora KOWHEORI-19



Mehemea kei te māuiui koe me noho ki te kāinga



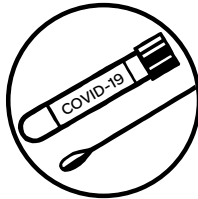
Mukua ngā papa mahi katoa



Horoia ō ringaringa



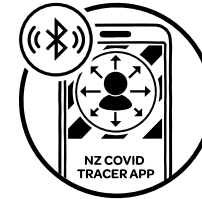
Me mau ārai kanohi ki runga i ngā waka tūmataiti katoa mehemea e taea ana



Mehemea kei a koe ngā tohu o te mate KOWHEORI-19, haere kia whakamātauria



Kapia ngā maremare me ngā tihe



Whakamahia te taupānga NZ COVID Tracer hei tuhi i ngā wāhi haere ai koe; whakakāhia hoki te hono iarere

Mō ētahi atu whakamārama haere ki
Covid19.govt.nz/vaccine

Mā tātau
katoa e
ārai atu te
COVID-19

Te Kāwanatanga o Aotearoa

MANATŪ
HAUORA
MINISTRY OF HEALTH