

# Ngā take e rima me whai koe i te wero turuki mō KOWHEORI-19

- 1 Ka rere ana te wā, ka tūoi tō awhikiri, nō reira, mā te whai kia hou tonu ō wero turuki e noho haumarua ake ai koe.
- 2 Ko tā ngā wero turuki he āwhina ki te ārai i te tino māuiuitanga nā KOWHEORI-19, he āwhina hoki kia kua koe e uru ki te hōhipera.
- 3 Ko tā ngā wero turuki he whakakaha ake pea i te awhikiri māori ka hua ake i te pāngia ōu e KOWHEORI-19.
- 4 Ko tā ngā wero turuki he whakaū i tō ora e kaha tonu ai koe ki te mahi, ki te hāereere, ki te noho hoki i te taha o te whānau me ngā hoa.
- 5 Ina tokomaha ake te hunga e noho ora ana, he iti ake ngā raruraru ka pā mai ki ō tātou hapori, ki ngā pakihi me tō tātou rāngai hauora.

Tirohia tō āheinga ki te wero turuki mō KOWHEORI-19  
[Covid19.govt.nz](https://www.covid19.govt.nz), waea atu rānei ki **0800 28 29 26**.