

# Mā tātau katoa e whakapōturi te hōrapatanga

Tērā ētahi mahi māmā ka taea e tātau katoa hei whakapōturi i te hōrapatanga o te mate huaketo nei. He wāhi nui kei a tātau katoa. Kei tēnei pānui, ko ngā kōrero matua, tae atu ki ngā āwhina e wātea ana ki a koe.

## He aha te COVID-19?

Ko te COVID-19 he momo mate huaketo hou ka pā atu ki ō pukapuka me ngā ara ngā. Kua hua mai ia i tētahi momo *coronavirus*, arā he mate huaketo ka whiti haere i tētahi tangata ki tētahi. Tērā ētahi mahi māmā ka taea e koe hei tiaki i a koe tonu me tō whānau.

## He aha ngā tohumate?

- he mate kirikā (ka eke ki te 38°C, nui ake)
- he maremare
- he uaua te ngā

Ehara i te mea kua tino mau i a koe te COVID-19 mehemea kua pāngia koe e ēnei tohumate. Kei te rite tonu ēnei tohumate ki ērā o ētahi atu māuiui kei te tino kitea, pēnei i te mate makariri me te rewharewha.

## Mehemea kua pāngia koe e ngā tohumate:

Waeahia atu tō rata i mua i te toronga atu. Mehemea kāore tō rata, me waea atu ki Healthline mō te koreutu ki **0800 358 5453**.

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## Me noho ki te kāinga mehemea e māuiui ana koe

Hei tiaki i te ora o ngā tāngata katoa o Aotearoa, me noho koe ki te kāinga / ki tō wāhi noho mehemea kua pāngia koe e tētahi o ngā tohumate nei:

- he mate kirikā
- he maremare
- he uaua te ngā
- he mātihetihe, he ihu hūpē rānei

## Horoia ō ringaringa

Mā te horoi i ō ringaringa ka patu koe i te mate huaketo mā te whakapakaru i tōna miru ārai. Me kua e pā atu ngā ringaringa ki ō whatu, ki tō ihu, ki tō waha rānei mehemea kāore i te mā.

## Me pēhea te āta horoi i ō ringaringa

- Ka tahi: ka whakamākū i ō ringaringa ki te wai rere
- Ka rua: ringihia ō ringaringa ki te hopi kia kapi katoa
- Ka toru: ka taitai i ngā wāhi katoa o ngā ringaringa – tae atu ki muri o ngā ringaringa, ki waenga i ngā matimati, ki raro i ngā maikuku – mō te 20 hēkona, nui atu
- Ka whā: ka whakawaiwai anō i ō ringaringa ki te wai rere
- Ka rima: ka whakamaroke i ō ringaringa ki te taora mā, ki te taora pepa rānei, ki te pūrere pupuhi rānei

## Āhea au horoi ai i ōku ringaringa?


Me rite tonu te horoi i ō ringaringa. Me tino horoi ina:

- ka whengu koe i te ihu, ka maremare, ka mātihetihe
- ka toro atu koe ki tētahi wāhi tūmatanui, tae atu ki ngā waka hāereere tūmatanui, ngā mākete me ngā wāhi karakia
- ka whāwā ō ringaringa i ētahi papatau i waho o te kāinga
- ka whāwhā koe i te moni

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- ka tiaki koe i tētahi tangata māuiui, whakaraerae rānei (arā, ki mua, ki roto, ki muri hoki i te tiakitanga)
  - ka kai koe (arā ki mua, ki muri hoki i te kai).

Me āta horoi koe i ō ringaringa:

- i muri i te haere ki te whare paku
- i mua, i muri hoki i te kai
- i muri i te hari rapahi
- i muri i te whakapā atu ki te kararehe, mōkai hoki
- i muri i te whakamau kopi hou ki te pēpi, i te āwhina rānei i te tamaiti i te whare paku
- i ngā wā e pāparu ana ō ringaringa.

### **Me maramare, me mātihetihe ki te tuke o te ringa**

Mā te maramare, te mātihetihe hoki ki tō tuke ka mau ngā māturuturu, ka kore e pā atu te mate huaketo ki ō ringaringa, kia kore e hōrapatia atu e koe ki tāngata kē kei māuiui mai rātau.

### **Ka pēhea te whiti haere o te COVID-19?**

Kei te rite te COVID-19 ki te rewharewha, arā, ka taea te whakawhiti i tētahi tangata ki tētahi. Kei te kitea i ngā taunakitanga pūtaiao, ka whakawhitia te COVID-19 e ngā māturuturu. Ina ka maramare, ka mātihetihe, ka kōrero rānei tētahi tangata e māuiui ana, ka hua pea i a rātau he māturuturu e mau nei i te mate huaketo. He nui rawa ēnei māturuturu kia rere noa i te hau, nō reira ka tere tau atu ki ngā papatau o te takiwā.

Ka pāngia pea te tangata e te mate huaketo nei mehemea ka pā te ringaringa ki ngā papatau me ngā mea nei, kātahi ka pā te ringaringa ki te waha, ki te ihu, ki ngā whatu rānei.

Koinā te take he mea tino nui nei te pai o te akuaku – me rite tonu te horoi me te āta whakamaroke i ō ringaringa, me maramare, me mātihetihe ki tō tuke.

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## Ko te tiaki i tāngata kē

Ko te manaakitanga tētahi tino huarahi e kotahi ai tā tātau kōkiri i te COVID-19. He nui te wāhi ki a koe, mā te:

- toro haere i ngā kaumātua me ngā tāngata e whakaraerae ana
- tiaki i te tangata kei te hiahia āwhina
- hari kai, rawa hoki ki ngā tāngata kei te kāinga e māuiui ana
- kōrero ki ngā hoa, ki ngā whanaunga, ki ngā tāngata noho tata ki te pātai mehemea kei te hiahia āwhina rātau
- whai wāhi atu ki ngā karapu me ngā rōpū o te takiwā

He nui te wāhi ki ēnei hononga tāngata me ēnei tuku āwhina e puta hauora ai te tangata i te COVID-19.

## He aha te tikanga o te noho motuhake?

Ko te noho motuhake ki a koe tonu, ko te noho ki tō kāinga / ki tō wāhi noho rānei hei whakatūpato.

Ko te noho motuhake te tino huarahi haumaruru, whai whakaaro hoki hei tiaki i ngā tāngata e noho nei koe, i ō hoa, me ngā tāngata katoa o Aotearoa.

Mō te āwhina, mō te kōrero whakamārama rānei e pā ana ki te noho motuhake, me waea mai ki Healthline mō te koreutu ki **0800 358 5453**

## Ko ngā tino ture mō te noho motuhake

Me noho ki te kāinga, me whai i ngā mahi māmā, mārama hoki kia kore koe e whai wāhi ki tōna tokomaha o te tāngata ka taea – ko tōna rite, ko ngā wā ka pāngia koe e te rewharewha.


Me kua koe e kuhu atu ki tētahi wāhi hei reira koe ka tata atu koe ki tāngata kē (kotahi mita te tata, iti iho rānei), me kua hoki e roa atu i te 15 miniti.

Me tino tūpato ki ngā kaumātua me ngā tāngata e whakaraerae ana.

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Kei te torotoro haere ngā Pirihimana o Aotearoa i ngā tāngata kei te noho motuhake, ki te pātai mō te ora o te tangata me ō rātau hiahia.

Mō te hunga mau pane uruwhenua, mehemea kāore rātau e aro ki ngā tohutohu o te Āpiha Hauora, ka taea rātau te mauhere me te whakahoki atu ki whenua kē.

Mehemea kei te mōhio koe ki tētahi tangata me noho motuhake, engari kāore i te pēnā, me whakapā mai ki [nhccselfisolation@health.govt.nz](mailto:nhccselfisolation@health.govt.nz).

### **He aha te noho wehe?**

Ko te noho wehe (hei ētahi wā ka kīia ko te ‘wehe pāpori’), ko te noho wehe i tāngata kē ki tōna tawhiti e haumaruru ana.

Mō te noho wehe ā-tinana anake tēnei. Mō tō oranga ā-hinengaro, me whakapā atu koe ki tō whānau me ō hoa mā te waea, mā te ipurangi hoki.

Me kua e tata atu ki te tangata, arā kia kotahi mita, iti iho rānei, me kua hoki e roa atu i te 15 miniti.

Mō ngā tāngata katoa kāore i te noho motuhake, he mea nui tonu te noho wehe e kotahi ai tā tātau kōkiri atu i te COVID-19.

### **Ko te hauora ā-hinengaro**

Ka māharahara pea koe i ngā kōrero pāpāho, i ngā kōrero tūmatanui rānei mō te COVID-19. He āhuatanga tēnei nō tātau, nō te tangata.

Me noho koe ki ngā wāhi e haumaruru ana, e āhuru ana ki a koe. Me toro atu ki ō tāngata manaaki – ki tō whānau, ngā hoa me ngā hoa mahi. Me mau ki tō wātaka mō te kai, mō te moe, mō te korikori tinana hoki. Me kōrero anō ki a koe tonu, he āhuatanga tēnei nō te tangata, hei tōna wā ka hori.

Ki te kimi āwhina mō te pōuri, mō te māharahara, mō te āwangawanga, mō te hauora ā-hinengaro, me waea, me pātuhi rānei ki te ratonga koreutu ‘Need to Talk?’ e wātea ana hei ngā hōra 24 o te rā, hei ngā rā e 7 o te wiki ki **1737** hei reira ka kōrero ai me tētahi kaiāwhina kua āta whakangungua ki ngā mahi nei.

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## He momo āwhina anō

Mehemea kāore koe i te mōhio me whakapā atu ki a wai, mehemea rānei kei te hiahia koe ki ētahi anō kōrero, me waea mai ki te waea āwhina koreutu ki 0800 779 997 (8 i te ata –1 i te ata , e 7 ngā rā o te wiki).

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