



Te noho ki te kāinga – he aha ōna āhuatanga

Ngā mahi me oti i a koe

Kei te Taumata 3 tātau i tēnei wā, kei te whakarite kia piki ake ki te Taumata 4.

Ko tōna tikanga me noho ngā tāngata katoa o Aotearoa ki te kāinga, hāunga ngā tāngata e mahi ana ki ngā ratonga matua o te ora, me mutu te whai wāhi atu ki tāngata kē ki waho i tō kāinga.

Kei te mārama mātau he tono nui tēnei. Ko te ārai i te mate huaketo nei tētahi tino huarahi e tohua ai te hauora o te iwi, e tiakina ai hoki te ratonga hauora kia taea te manaaki ngā tāngata o Aotearoa ka tūpono māuiui.

Ka taea e koe te haere ki te hīkoi, te korikori tinana, te whakangahau ki te taiao, engari me rua mita te tawhiti i tāngata kē i ngā wā katoa. Ka taea hoki ō tamariki te heri ki waho.

Ka wātea mai he kai i ngā wā katoa – ka haere tonu ngā mahinga kai, ka haere tonu ngā mahi tohatoha, ka haere tonu ngā toa hokomaha. Ka āhei atu koe ki te kai i ngā wā katoa.

Ka wātea mai ngā rongoā i ngā wā katoa.

Ka wātea mai he manaakitanga ā-hauora ki ngā tāngata e hiahia ana.

Ka rite tonu te utua o ngā momo āwhina ā-putea, pēnei i ngā penihana.

Me mahara kia mahi takitahi i ngā wā katoa. Kei te tono atu mātau kia whai wāhi atu koe ki te hunga anake e noho motuhake ana ki a koe, kia tawhiti atu i tāngata kē i ngā wā katoa.

Kei te hiahia mātau ki tō tautoko kia tiakina a Aotearoa, kia āraitia te COVID-19. Ka taea ngā tikanga whakamau te whakamahi ināianei kia kotahi ai tā tātau kōkiri.

Ko whea au ka rapu āwhina ā-pūtea?


Kei te tautoko te Kāwanatanga i ngā tāngata o Aotearoa i roto i ēnei āhuatanga me tētahi kōpaki āwhina kua whakawhānuitia i runga i te pikitanga o te Taumata Ohorere. Ka raua atu:

- ko tētahi kaupapa tautoko utu kaimahi
- he tautoko mō te whakatā me te noho motuhake
- he tautoko mō ngā utu pakihī me te tāke.

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Ka haere tonu ngā tautoko ā-pūtea o te wā, tae atu ki ngā penihana.

Mō ētahi atu kōrero mō te tautoko hei ārai atu i te COVID-19 me whakapā atu ki Te Hiranga Tangata ki: [konei](#)

Ko ngā Pakihi Matua o te Ora

Me kati te tino nuinga o ngā pakihi o Aotearoa. Ko ngā pāparakāuta katoa, ko ngā whare kai, ko ngā whare hākinakina, ko ngā whare pikitia, ko ngā hōpua kaukau, ko ngā whare taonga, ko ngā whare pukapuka, ko ngā papa tākaro, ko ngā wāhi katoa e hui ai te tāngata, me kati ngā mahi, arā ngā mahi ā-tāngata nei.

Ka haere tonu ngā mahi a ngā pakihi matua o te ora, me te hunga e tautoko ana i aua pakihi, e ratoa atu ai ngā hiahia ora o ngā tāngata o Aotearoa.

Mā konei ka wātea tonu mai he kai, he rongoā, he ratonga hauora, he hiko, he penehinu, he hari rapihi, he ipurangi, he āwhina ā-pūtea hoki.

He aha ai?

Ko te tikanga o ngā mahi nei, ko te ārai i te hōrapatanga o te mate huaketo nei e haumaruru ai ngā tāngata o Aotearoa, e haere tonu ai ngā tino ratonga o te ora.

Kia āraitia te mate huaketo nei, me mutu te hāereere o te tāngata kia kore ia e hōrapatia.

He aha ngā pakihi matua o te ora?

Hei ākuanei ka tāia mai ko tētahi rārangi o ngā pakihi matua o te ora me ētahi tohutohu. Ka whakapanonitia pea tēnei rārangi ā tōna wā mehemea ka whakapanonitia tā tātau kōkiri.

Ka haere tonu ngā mahi a ēnei pakihi, engari ka rerekē pea ngā tikanga mahi e haumaruru ai ngā kaimahi, pēnei i te mahi ā-hāora kē, i te whakawehewehe i ngā wā kai, i te whakatāwariwari i ngā wā whakatā me te noho tawhiti o tētahi me tētahi.

Kei te whakarite mātau i tētahi pokapū waea me tētahi nama 0800 koreutu hei whakautu i ngā pātai ka hua mai mō ēnei āhutatanga. Ka whakahoutia tā mātau pae ipurangi me ngā kōrero nei.

Hei ākuanei ka tāia ai he kōrero hāngai mō ia rāngai mahi.

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He pakihī kē

Me kati te tino nuinga o ngā pakihī ināianeī. Ko ngā pāparakāuta katoa, ko ngā whare kai, ko ngā whare hākinakina, ko ngā whare pikitia, ko ngā hōpua kaukau, ko ngā whare taonga, ko ngā whare pukapuka, ko ngā papa tākaro, ko ngā wāhi katoa e hui ai te tāngata, me kati ngā mahi, arā ngā mahi ā-tāngata nei.

Hei te 48 hāora e haere ake nei ka neke tātau ki te Taumata 4, me kati ngā toa ō rangaranga.

Ko te tikanga o te noho tawhiti, me rua mita te tawhiti o ngā kaimahi me ngā kiritaki, me mau tonu ki ngā tikanga horoi ringaringa hoki. Me āta tuhi hoki i ngā taipitopito o ngā kiritaki, me ārai atu hoki i te tāngata mehemea e māuiui ana.

Ka haere tonu ngā mahi a ngā pakihī matua o te ora me ērā e tautoko ana i aua pakihī hei whakarato mai i ngā tino hiahia ora ki ngā tāngata katoa o Aotearoa. Mā konei ka wātea tonu mai i ngā wā katoa he kai, he ratonga hauora, he hiko, he ipurangi, he hari rapihī, he āwhina ā-pūtea hoki. Heoi, me whai hātepe hauora, me āhei hoki te whai taipitopito whakapā.

Kei te hiahia mātau ki tō tautoko hei tiaki i a Aotearoa, hei ārai atu i te COVID-19. Ka taea ngā tikanga whakamau te whakamahi ināianeī kia kotahi ai tā tātau kōkiri.

Ko whea au ka rapu āwhina ā-pūtea?

Kei te tautoko te Kāwanatanga i ngā tāngata o Aotearoa i roto i ēnei āhuetanga me tētahi kōpaki āwhina kua whakawhānuitia i runga i te pikitanga o te taumata ohorere. Ka raua atu:

- ko tētahi kaupapa tautoko utu kaimahi
- he tautoko mō te whakatā me te noho motuhake
- he tautoko mō ngā utu pakihī me te tāke.

Ka haere tonu ngā tautoko ā-pūtea o te wā, tae atu ki ngā penihana.

Mō ētahi atu kōrero mō te tautoko hei ārai atu i te COVID-19 me whakapā atu ki Te Hiranga Tangata ki: [konei](#)

He aha ai?

Ko te tikanga o ngā mahi nei, ko te ārai i te hōrapatanga o te mate huaketo nei e haumarū ai ngā tāngata o Aotearoa, e haere tonu ai ngā tino ratonga o te ora.

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Kua whakakorehia ngā huihuinga tāngata

Kua whakakorehia ngā huihuinga tāngata o rō whare, o waho hoki.

Kāore e raua atu ki tēnei tikanga ko ngā wāhi mahi o ngā pakihi matua o te ora.

Ka whai mana ēnei tikanga ki ngā huihuinga ā-whānau, ā-hapori hoki pēnei i te huritau, i te uhunga, i te tangi, i te mārena rānei. Kāore e whakaaetia ēnei huihuinga.

Kei te tono mātau kia noho koe ki ngā tāngata anake e noho motuhake nei koe, kia noho tawhiti koe i tāngata kē i ngā wā katoa.

Te Mātauranga

Ka kati ngā kura me ngā puna kōhungahunga katoa.

Ka tuku hāngai ngā kura i ngā pārongo ki ngā mātua mō te whai pānga atu ki a rātau.

Kei te āhei ngā tamariki o ngā kaimahi matua o te ora – pēnei i ngā rata, ngā nēhi, ngā kaitaraiwa waka tūroro me ngā pirihihana – ki te haere ki te kura, ki te puna kōhungahunga mō te 48 hāora kei mua tonu nei. Mō ēnei whānau, ka kati ngā kura hei te mutunga o te Wenerei.

Ka nekehia mai te hararei kura o te wā kia tīmata hei te Mane, te 30 o Poutū-te-rangi. Mō te roanga atu o tēnei wiki, me ngā hararei hoki, ka whakarite ngā kura i ētahi tikanga mō te whakaako ā-tuihono, ā-tawhiti hoki.

Ko ngā kura ka noho tuwhera mō tēnei 48 hāora e haere ake nei, ka whakarite i ētahi tikanga hauora e rite ana – tae atu ki te noho tawhiti mā te rua mita me te whai taipitopito whakapā. Ko te hunga e māuiui kē ana, me kaua e haere ki te kura.

Me pēhea te rapu āwhina ā-hauora

Mehemea kei te hiahia koe kia kite i tō rata, i te ngaio hauora, ME WAEA ATU I te tuatahi.

Ka kōkiritia te nuinga o ngā kōrero mā te waea (mā te ataata ā-ipurangi rānei) kia āraitia atu te tūpono hōrapa o te mate huaketo nei i te whakapānga tangata.

Mehemea me hui ā-kanohi, ka riro mā te rata, mā te ngaio hauora e whakarite wā ki a koe.

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Hei āwhea au ka rapu tohutohu ā-hauora?

Mehemea kei te māharahara koe ki ngā tohumate COVID-19 e rongō nei koe, me waea atu ki Healthline (mō te kore utu) ki **0800 358 5453**, ki tō rata rānei.

Ka taea ngā tohumate COVID-19 te tiroiro ki te pae ipurangi mō COVID-19 ki <https://covid19.govt.nz/resources-and-translation/translations/>

Ka taea te rapu āwhina ā-hauora hei te wā o te Taumata 3, Taumata 4 rānei?

Ki te hiahia koe he āwhina ā-hauora, me waea atu ki tō rata, ki te hohipera rānei i te tuatahi.

He ratonga matua o te ora ngā ratonga hauora, ā, ka noho tuwhera i ngā wā katoa, tae atu ki te Taumata 4.

Ki te hiahia koe ki te tino āwhina tere, me whakapā atu ki ngā ratonga ohorere (ki 111).

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Kāore aku waea i te tae atu ki te Healthline / ki tōku rata.

He tokomaha tonu ngā tāngata o Aotearoa kei te toro atu ki te rapu āwhina engari he mea nui tonu kia wātea mai ngā waea ki Healthline ki ngā rata hoki e taea ai e te hunga hiahia āwhina ā-hauora te waea atu.

Ka tino whakapaua te kaha kia āwhinatia ngā tāngata ki tōna tere ka taea.

Me waea noa ki te Healthline ki tō rata rānei mehemea kei te hiahia āwhina ā-hauora koe. Mehemea kāore tō waea i te tino hāngai ki te āwhina ā-hauora, ka taea pea e koe te rapu whakautu mō ō pātai ki [covid19.govt.nz](https://www.covid19.govt.nz)

Ki te hiahia koe ki te tino āwhina tere, me whakapā atu ki ngā ratonga ohorere ki 111).

Me pēhea au ki te hiahia au ki te whakahau rongoā mō ōku rongoā haere tonu?

Ka whai huarahi tō rata ki te whakawhiwhi atu i te whakahau rongoā ki a koe me te kore e hui ā-tinana atu. Me waea atu ki tō rata mō ētahi atu pārongo.

He ratonga matua mō te ora ngā kēmihi, ka noho tuwhera tae atu ki te Taumata 4.

Mehemea me haere koe ki tō kēmihi, me waea atu i te tuatahi ki te whakarite ka taea te kuhu atu ki te toa. Mehemea kei tētahi rōpū whakamōrearea koe, me tono atu pea mā tētahi tangata kē e tiki atu ngā rongoā.

Me pēhea au mehemea kei te noho mōrearea, kei te awhikiri kore, mehemea he tangata anō i tōku kāinga e pēnei ana?


Kei te noho mōrearea koe mehemea:

- **neke atu i te 70 tau tō pakeke** he rite tonu te whai māuiui o te hunga kaumātua, tae atu ki ngā take ngāngā, e noho mōrearea ai rātau ki te COVID-19.
- **kei te whai koe i ētahi momo māuiuitanga:** tērā ētahi momo māuiuitanga ka whakamōrearea i te tangata mō te tūpono pā mai o te COVID-19. Ko tēnei hunga, ko te hunga mate ngāngā, pēnei i te COPD (te Mate Tūkati Pukapuka), mate manawa, taukapa toto tōrunga, mate tākihi, mate huka rānei.
- **kei te whai koe i ngā mahi patu mate pukupuku, mate toto hoki:** ka whakangoikore ngā mahi patu mate pukupuku, mate toto hoki i ngā pūnaha awhikiri o te tangata, ka nui ake te noho mōrearea ki te tūpono pā mai o te COVID-19.
- **he wahine koe e hapū ana:** kāore ngā mātanga hauora i te mōhio ka pēhea te pānga atu o te COVID-19 ki ngā wāhine e hapū ana. Heoi, ka rerekē haere ngā tinana o ngā wāhine e hapū ana, mā reira pea ka nui ake pea te whakamōrearea.
- **ka uaua te whai wāhi atu ki ngā ratonga hauora**

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Mō ētahi o ngā hāpori o Aotearoa, tērā anō ētahi āhuatanga o te noho ka whakapiki i te whakamōrearea pānga e tēnei mate. Ka tae atu tēnei ki:

- **te hunga kei te noho ki ngā whare kaumātua:** kei te noho mōrearea ngā whare kaumātua mō te tere whiti o ngā momo mate huaketo nei. Ka nui ake te tūpono pānga atu o te mate huaketo nei ki te hunga kei te noho ki ngā whare kaumātua nei i runga i tō rātau kaumātuatanga me ngā māuiuitanga hoki..

Mehemea ka noho tahi koe me tētahi tangata e noho mōrearea ana, ā, kei te pīrangi koe ki ngā pārongo mō te tiaki i tōna hauora, me toro atu koe ki te Manatū Hauora ki <https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-novel-coronavirus-health-advice-general-public/covid-19-self-isolation>

Ngā waka hāereere tūmatanui me te hāereere

Ka rerekē te hāereere i Aotearoa. Kei te tono atu mātau ki ngā tāngata katoa kia whakaiti rātau i ngā hāereerenga kia āraitia te COVID-19.

Ka wātea ngā waka hāereere tūmatanui ki te hunga anake e mahi ana ki ngā ratonga matua mō te ora, ki te hunga kei te haere mō te hauora te take, ki te hunga kei te haere ki ngā toa hokomaha.

Ka haere tonu ngā waka harihari ā-moana, ā-huarahi, ā-rerewei hoki mō te harihari i ngā rawa matua mō te ora.

Kei te whakaaetia tonutia te taraiwa i tōu ake motokā tūmataiti.

Te Motokā Tūmataiti me te Hāereere Korikori Tinana

Kei te whakaaetia tonutia te taraiwa i te motokā tūmataiti mō te hāereere. Mehemea ka taea, me noho tawhiti.

Kei te pai te haere ki te hīkoi me te korikori tinana, engari me noho tawhiti mā te rua mita i ngā wā katoa.

Te Rere ki Tāwāhi

Ka taea e ngā manuhiri me ngā turuhi te whakamahi ngā ratonga rere ki tāwāhi e hoki ai rātau ki ō rātau kāinga.

Kaua e haere ki te tauranga waka rererangi mehemea kāore tō tikiti. Mehemea kāore tō tikiti, me whakapā hāngai atu ki te toa whakarite hāereere, ki te pakihi rererangi. Mehemea kāore e taea te hoko tikiti, me whakapā atu ki te aka whenua o tō whenua.

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Te Rere ki roto o Aotearoa

Hei ngā 48 hāora e haere ake nei, ka taki hoki ngā tāngata ki ō ratau kāinga puta noa i Aotearoa. Kua tonu mātau i ngā pakihī rererangi katoa kia whai rātau i te tikanga noho tawhiti. Ka pau te 48 hāora, ka wātea anake te rere haere ki ngā kaimahi matua o te ora, ki ngā mahi harihari rawa.

Ka taea e ngā manuhiri me ngā turuhi te whakamahi waka rererangi ki roto o Aotearoa e tae atu ai rātau ki tētahi tauranga waka rererangi ki tāwāhi.

Mehemea kei te māuiui koe, kei te maremare, kei te uaua te ngā, kei te kirikā, kei te mātihetihe, kei te hūpē te ihu, kaua e hāereere.

Mehemea ka eke rererangi koe, he tino mea nui tonu kia maremare koe, kia mātihetihe rānei ki te tuke o te ringaringa. Mehemea ka taea me whakamahi te hopi akuaku me ngā tihi. Mehemea ka taea, me noho ki te matapihi, ki tētahi kapa ko koe anake.

Ko te hāereere mō te hunga e māuiui ana

Mehemea kei te māharahara koe mō te COVID-19 me waea atu ki Healthline (0800 358 5453) mō ngā tohutohu i mua i te hāereere.

Hei āwhina i ngā mahi ārai i te mate huaketo, me noho te hunga e māuiui ana ki te kāinga. Mehemea kei te māuiui koe, ā, kua tino mate koe ki te haere, me haere mā te waka tūmataiti. Mehemea kāore e taea, me waea atu ki Healthline i te tuatahi (0800 358 5453).

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