

#Tiakina Tō Whakapapa

Mehemea kei te māuiui koe, kei te rewharewha, kei te hēmanawa, kei te mamae tō korokoro, kei te mate kirikā rānei —

waea atu ki te Waea Hauora
0800 358 5453



Te āwhina i te whānau me āwhina rawa

He taonga katoa ō tātou whānau ki a tātou, engari ko ētahi me kaha kē atu te tautoko, heoi me manaaki tātou i a rātou i tēnei wā.

Me whakaaro nui ki **ngā āhuatanga tiaki i ō tātou:**

- **Kaumātua.**
- **Wāhine hapū** me ngā pēpi.
- **Te hunga māuiui.**
- **Te hunga e momou ana** ki te whai oranga e noho taiwhenua hoki ana.



Hauora

Mehemea kei te tiaki koe i tētahi atu (whāngai, whakatika moenga, horoi kākahu) **hōroia ōu ringa i ngā wā katoa.**

Whakaritea ngā mea e hiahiatia ana, — he mēra, he mahere, he āwhinatanga hangarau, he kōrero noa iho rānei.

Hōake koe ki waho, haere rānei mā raro ki te haerere. E ahei ana ki te hikoi noa me te hunga e noho tahi ana ki a koe. Me tata ki te kāinga, me matara atu i tangata kē.

Me pēhea e haumaruru ai te noho tahi mai a te whānau ki a mātou?

Mehemea he tangata kei tō whare e tūpono ake ana ki te mate nei me pēnei te āwhina atu e haumaruru ai te noho

- **Whakarite** he wāhi moenga motuhake mōna
- **Ki te māuiui ia** me tūturu tōna noho ki tōna ake wāhi haumaruru
- **Haria** he kai ki tōna tata
- **Me patuero** i ngā mea katoa i muri
- **Ki te kino ake tōna māuiui, waea atu ki Waea Hauora 0800 358 5453.**



Me pēhea te tautoko i te whānau kāore i te noho tahi mai ki a mātou?

Me tawhiti te noho e haumaruru ai rātou.

Tuhia he rārangi ingoa o tō whānau e kaha tūpono ake ana ki te mate nei, ā, me whirwhiri me pēhea te tautoko i a rātou.

Me rite tonu te waea atu ki a rātou. Me karakia tahi me pānui rānei i tētahi wāhi pukapuka e pai ana ki a rātou.

Manaaki Tangata

Tikanga Haumaruru Kaumātua, Haumaruru Whānau

Tō Rata me ōu rongoā

Me whai mārīka ngā kōrero **whakapānga Rata**, ratonga hauora hoki.

Kua tohua **ngā ratonga rongoā** kia whāiti te tuku rongoā ki te marama kotahi, ā, toru marama mō ngā pire ārai hapūtanga. He tikanga tēnei hei tiaki i ngā whakaputunga rongoā i Aotearoa nei.

Tāpuitia tō kitenga i te Rata kia toru marama i mua mai.

Ka hiahia āwhina pea ōu whanaunga ki te tiki rongoā, ki te tāpui rānei he ritenga māna. Whakapā atu ki tō Rata, ki tō nēhi rānei.



Ētahi atu rongoā me whai

E ahei ana te whai rongoā rewharewha mō ngā kaumātua me te hunga kua pāngia kētia ki ngā tohu māuiui.

Me ū tika ngā kai mahi hauora ki ngā ritenga **akuaku haumaruru.**

Tirohia i tō rohe mō ngā whakamātautau Mate Korona-19 heoi ka noho mā ngā tohu māuiui anake koe e whakamātautau ai. Kei ngā Mana Hauora ā-Rohe (DHB) katoa ō rātou ake Wāhi Whakamātautau ā-Hapori (CBAC). Kei ngā pā ipurangi o ia Mana Hauora ā-Rohe te rārangi ratonga.

Mā tātou katoa e ārai atu te

COVID-19