

TE `IRINAKI`ANGA
I TE KA TU PU E TE
TEATEAMAMA O`ANGA:
COVID-19

KO`U`AKAKITEKITE`ANGA
TUATUA NA TE AU
`ĀKONO`ANGA PURE NO TE
MOANA-NUI-O-KIVA

VERSION 2 UPDATED: 12 SEPTEMBER 2020 — COOK ISLAND MAORI



NO`O MARŪ UA E TE TAKINGA MEITAKI

I roto i teia tuātau, meitaki atu kia kore e mātakutaku no te au maki COVID-19 koi tupu ake nei i ROTO I A Tāmaki Makaurau. Te tautā nei te katoatoa kia kite koe i te au mea e tupu nei, kia pāruru`ia e kia `ākono`ia koe.

Kua kite pa`a koe i tetai tangata kua tu`ia e te COVID-19. Kare e mei te mea e, no`ou te piri`anga-maki e ka tu`ia koe e te COVID-19. Ka komakoma atu te aronga rapakau maki kia koe me kua tu`ia koe.

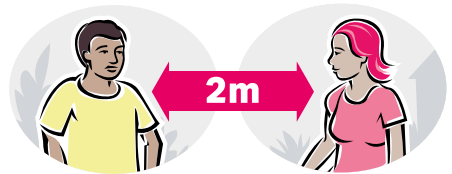
E manumanu teia, e kare to tatou`iti tangata e `aka`apa`ia me maki. Ka `anga`anga kapiti tatou i te `akapāpū kia vai pōnuiā`au to tatou au`oire tangata.

**NO REIRA KA ARUARU TATOI IA TATOI
`UĀ`ORĀI MA TE TURU IA TATOI`UĀ`ORĀI,
MEI TA`AU TIKĀI E RAVE ANA
— 1 TESALONIA 5:11**

NO`O`ANGA TEATEAMAMAO

ĀRU UA IA ATU RĀI TE AU ARATAKI`ANGA A TE RAPAKAU`ANGA:

- ▶ `Ōrei`ia to`ou rima ki te pu`a, me kore ra, ki te vairākau tāmā no tetai 20 tekona, tāmārō`a no tetai 20 tekona
- ▶ Mare e te mareti`a ki roto i to`ou po`o rima
- ▶ `Akamamao e 2 mita mei tetai atu me `akaruke koe i to`ou ngutu`are
- ▶ `A`ao`ia tetai matatāpoki, me kore ra, tāpoki mata me `akaruke koe i to`ou ngutu`are
- ▶ Me `akamata koe i te mare, me kore ra, te kino ua atu ra to`ou mare, kua ngaro te tongi i te kai, me kore ra, i te `ongi i te kakara, ta`eta`e ua te ūpē, potopoto o te `akaea`anga, me kore ra, e pīva, tāniuniu`ia to`ou taote, me kore ra, te Healthline i runga i te numero **0800 358 5453**



Me ka rauka ia koe, timata`ia kia ma`ata ta`au vairākau tāmā rima e te matatāpoki ei tā`anga`anga me aere koe ki roto e ki va`o i te ngutu`are.

Me e `aka`aere ana koe i tetai `ākono`anga pure, `āpi`i, turanga `āpi`i punanga, me kore ra, e `aka`aere ana koe i tetai pītiniti- tātā`ia te `ā`aerenga o te tangata. Ka tauturu teia i te `āravei`anga atu i tetai ua atu kua piri vaitata ana ki te maki. Ka rauka teia na roto i te **QR code*** a te kavamani, me kore ra, na roto i tetai puka kia tātā`ia te tomo`anga e te `akaruke`anga.



* <https://covid19.govt.nz/business-work-and-money/business/get-your-qr-code-poster/>

TE AU TĀPOKI MATA E

TE AU MATATĀPOKI

Na roto i te `a`ao`anga i te tāpoki mata, me kore ra, i te matatāpoki, e tauturu i te tāpū i te toto `a`anga i te COVID-19. Na roto i te `a`ao`anga i teia, ei tauturu i te tāpū i te toto `a`anga i te COVID-19 ki roto i to tatou au `oire tangata. Ka rauka i te ma`ani i te tāpoki mata mei roto i tetai ua atu tu kaka`u, mei te piriaro t-shirt takere, te tāpeka-katu/bandana, me kore ra tetai tāpoki kakī. Kare e anoano`ia kia `oko`ia te matatāpoki.

Kua mātau tatou i te au taote e te au nēti e `a`ao ana i te au matatāpoki. Ka meitaki me `a`ao koe i teia, māri ra, te meitaki ua ra te `a`ao i tetai ua atu tāpoki mata.

I mua ake ka `a`ao ei koe i te tāpoki mata, me kore ra, matatāpoki, `ōrei`ia to`ou rima ki te pu`a e te vai. Mouria ua ia te mouranga taringa, auraka e `āmiri i a roto, me kore ra, i a mua i to`ou tāpoki mata, me kore ra, matatāpoki.

Me ka `āmiri koe i to`ou tāpoki mata, me kore ra, i te `akatano i to`ou mata tāpoki, `āmiri ua ia te ope, auraka i a mua, me kore ra, i a roto.

Me kiriti koe i to`ou tapoki mata, me kore ra, matatāpoki, kiriti`ia mei te taringa na mua. Me e matatāpoki, tīria

ki roto i te mea `a`ao tītā, me e tāpoki mata, `akapāpū kia pu`a rima koe, me kore ra, ki roto i te pu`a`anga kaka`u ki te pu`a e te vai.

Kare te tamariki rikiriki e ratou te ngatā ra i te `akaea e anoano`ia kia `a`ao i te matatāpoki, me kore ra, i te tāpoki mata.

KIA `A`AO`IA TE AU TĀPOKI MATA KI RUNGA I TE PERE`O O TE `OIRE MEI TE MŌNITĒ, RA 31 O AUKUTE I TE MATA`ITI 2020.

Ka `apa koe i te ture, me kare te tāpoki mata e `a`ao`ia i runga i te pere`o o te `oire, e ka tiāti`ia e \$300.00 no te pēpā `aka`apa`anga, me kore ra, ka taeria ki te \$1000.00 te tiāti mei roto mai i te `ākavā`anga.



TE VĀITO`ANGA

KARE E TUTAKI NO TE VĀITO`ANGA* NOĀTU TA`AU NGĀ`I KA AERE

Tāniuniu NA MUA i to`ou taote no tetai vāito`anga. Me e manatā to rātou, ka`akakite atu rātou i tetai taote ei vāito ia koe.

Me ka rauka ia ratou i te vāito ia koe,`akakite atu e, ka inangaro UA RĀI koe i te vāito`anga kia kore koe e tiāti`ia.

Ka anoano ua ia rāi to`ou ingoa, ra`ānau`anga e tetai numero terepōni no te vāito`anga i ko i tetai Community Testing Centre. `Apaina`ia tetai ID mei te rāitini`aka`oro.

E au ngā`i pōnuia`au e te ketaketa pouroa teia.

Te vai katoa nei te au Urgent Care Clinics no te vāito`anga. E tu`era ana tetai o teia au ngā`i i te 24 ora, e 7 ra.

Kua`akapae`ia tetai au GP practices no te vāito`anga.

Me aere koe no te vāito`anga,`a`aona`ia tetai matatāpoki, me kore ra, tāpoki mata.

`Āpaina`ia to`ou numero NHI e tetai ID (me tei ia koe teia) – na teia e`akaviviki i to`ou vāito`anga.



Me i piri vaitata ana koe ki tetai kua tu`ia e te COVID-19, ka pati`ia pa`a koe e te aronga rapakau kia aere atu ki tetai ngā`i vāito`anga tei`akapae takere ia.

Ka roa pa`a te tiaki`anga i ko i te au Community Testing Centres.

* Me te anoano ra koe kia vāito`ia no te teretere`anga atu ki te enua i tai, e tutaki pa`a tetai.

No te au`akapapa`anga kī no te au ngā`i vāito`anga,`ākara`ia: arphs.health.nz/covid19test

No`o ki te kainga, kia tae rava atu to`ou vāito`anga. Me patapata`ia atu koe, kare koe i tu`ia. Matakite, ka taeria pa`a teia ki te 5 ra. Me kua tu`ia koe, ka tāniuniu viviki ia atu koe e te aronga rapakau.

EA`A TE

CONTACT TRACING?

Me tāmanako`ia e, i **PIRI VAITATA ANA KOE KI TETAI KUA TU`IA E TE COVID-19**, ka`akakite atu te aronga rapakau, te`aka`aere o ta`au`ākono`anga pure, tetai pu`āpi`i ma`ata, me kore ra, tetai`ona pītiniti.

Ka tāniuniu atu i reira te aronga rapakau ia koe, me kore ra, ka tuku`ia atu tetai au patapata`anga i te`akapāpū e ko koe tetai tangata piri`anga vaitata.

Me tāniuniu`ia atu koe, ka uiui`ia atu

tetai au ui`anga mei teia:

- ▶ no`ea ana koe
- ▶ ko`ai ta`au i`āravei ana
- ▶ me e`akairo-maki piri atu to`ou ki te COVID-19

Ka tuku atu te aronga rapakau i te au`akamārama`anga no te`akatakakē`anga ia koe`uā`orāi.



TE TŪKĒ I ROTOPU I TE PIRI`ANGA VAITATA E TE PIRIANGA KARE I TĀMANAKO`IA ANA

PIRI`ANGA VAITATA

- ▶ Tei roto ake i te 2 mita ki tetai kua tu`ia no tetai 15 miniti, me kore ra, tere atu i te 15 miniti
- ▶ Te no`o ra koe ki roto i te ngutu`are kua tu`ia tetai
- ▶ Tei roto koe i te punake o tetai tei tu`ia
- ▶ Ka komkoma atu te aronga rapakau
- ▶ `Ākara`anga o te au ngā`i: `anga`anga, pure, `āpi`i e pērā ua atu.
- ▶ `AKATAKAKĒ ia koe `uā`orāi ma te aere atu kia vāito`ia

PIRI`ANGA KARE I TĀMANAKO`IA ANA

- ▶ Kare i roto ake i te 2 mita ki tetai kua tu`ia, me kore ra, kua piri atu no tetai tuātau i raro ake i te 15 miniti
- ▶ No roto ana i tetai ngā`i tei reira tetai kua tu`ia
- ▶ Au `ākara`anga: ngā`i `oko`oko, apartment, complex, bus, rēruē e pērā atu
- ▶ Kare atu e `anga`anga
- ▶ `Ākara no te au `akairo-maki
- ▶ Me e au `akairo-maki to`ou, vāito`ia ma te `akatake atu ia koe `uā`orāi



TOMO`ANGA ATU KI ROTO I TE `AKATAKAKĒ`ANGA IA KOE`UĀ`ORĀI

KIA AERE ATU te au piri`anga waitata ki roto i te`akatakakē`anga ia koe`uā`orāi i **TAUA`ATI`ANGA** ma te aere atu kia vāito`ia.

E pu`apinga te vāito`anga, māri ra **KO TE`AKATAKAKĒ`ANGA IA KOE`UĀ`ORĀI TE RAVENGA PU`APINGA RAVA ATU**

E 14 RA TE ROA O TE

`AKATAKAKĒ`ANGA IA KOE

`UĀ`ORĀI mei to`ou piri`anga`openga ki tetai kua tu`ia, me kore ra, me kua`akakite`ia atu kia koe e te aronga rapakau. Ka`akakite`ia atu pa`a te aronga i roto i to`ou ngutu`are no runga i te`akatakakē`anga ia koe`uā`orāi.

E tangata piri waitata koe me kua`akakite`ia atu e te aronga rapakau, to`ou`orometua, tetai pu`api`i ma`ata, me kore ra, e tetai`ona pīniti.

Kia matakite te aronga tātakitai i roto i te pure, te`āpi`i, me kore ra, te`anga`anga i te au`akairo-maki ma te aere atu kia vāito`ia me pati`ia atu ratou kia vāito`ia. Ka pati`ia te ma`ata`anga o te tangata kia vāito`ia e rua taime, i te ra 5 e te ra 12`aka`ou.

Me te manatā ra koe no runga i te kai, au pīra, me kore ra, tetai atu au mea e anoano`ia ra -`akakite`ia atu ki te aronga rapakau. Ka`akapāpū ratou kia turu`ia koe.

Me te no`o kapiti ra koe ki tetai atu, ka anoano`ia koe kia`akamamao mei ia ratou.

Tā`anga`anga`ia ta`au`uā`orāi mereki, karāti, kapu, mātipi/kokai/tipunu, tauera, pūtē moe, me kore ra, tetai atu au mea i roto i te ngutu`are. Me oti ta`au tā`anga`anga`anga i teia au mea, tāmā meitaki ia ki te pu`a e te vai, me e matini orei kapu/mereki ta`au, tā`anga`anga`ia, me kore ra, pu`ā`ia ki roto i te matini pua kakau.

Tāmā`ia te au ngā`i e tā`anga`anga putuputu ia ana ki te pu`a, vai e tetai kākā`u.

Kare koe e`akatika`ia i te`āriki manu`iri.

Ka`akatika`ia te tangata i te kave`apinga atu ki to`ou ngutupa, māri ra,`auraka e piri waitata atu kia ratou.

Komakoma atu ki to`ou pu-`anga`anga, au taeake e te kopu tangata no te tauturu i te tiki i te au mea e anoano ra koe.

Komakoma atu ki to`ou pu-`anga`anga me ka tika kia`anga`anga koe mei te kainga.

Te meitaki ua ra te`ā`aere,`oro`oro, me kore ra, te`aka`oro`oro pātikara, māri ra, kape`ia te aronga i va`o.`Akamamao atu mei te 2 mita.

No te turu i te tuātau tumatetenga, taitaiā, no`o`anga ngatā, me kore ra, maki manako, tāniuniu atu, me kore ra, patapata atu i te numero **1737** – tutaki kore, i tetai ua atu tuātau, 24 ora i te ra, 7 ra i te epetoma – no te komakoma`anga atu ki tetai counsellor kua terēni`ia.

AKATAKAKĒ`ANGA NO TE ARONGA TEI TU`IA E TE COVID-19

Me **KUA`AKAPĀPŪ`IA** e, kua tu`ia koe, me kore ra, tetai i roto i to`ou ngutu`are i te **COVID-19**, ka komakoma atu te aronga rapakau no te aere`anga atu i te no`o ki ko i tetai`ōtēra no te aronga tei`akapāpū`ia e kua tu`ia. Ka pati`ia atu pa`a to`ou kopu tangata kia āru ia koe.

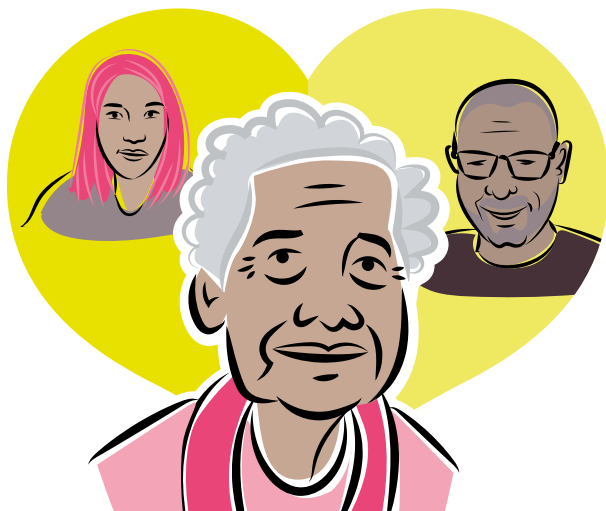
E ngā`i pōnuia`au e te ketaketa. E no`o ana te aronga tei tu`ia e te COVID-19 ki konei, e meitaki ua atu ratou.

Na te kavamani e tutaki i te au mea ravarāi no to`ou no`o`anga.

Me e au ui`anga ta`au no te tutaki`anga i ta`au au pīra, me kore ra, tetai turu`anga no te katoa`anga o to`ou kopu tangata, ia koe e no`o ra ki ko i te`ōtēra, komakoma atu ki te aronga rapakau me tāniuniu atu ia koe.

Ka`o`ora atu te aronga rapakau i te au mea ravarāi ka anoano`ia kia kite koe no runga i to`ou no`o`anga, i mua ake ka aere atu ei koe ki te ngā`i no te aronga tei tu`ia.

Te vai ra te au`uri reo i ko i te`ōtēra, e i runga i te terepōni me komakoma atu koe ki te aronga rapakau.



TE PATI`ANGA TAUTURU I KO I TE HEALTHCARE SERVICES

TE VAI UA NEI TE HEALTHCARE SERVICES EI TAUTURU IA KOE

Me e maki koe, mei te au `akairo-maki, me kore ra, i tetai maki kare i `akapiri`ia ki te COVID-19, aere ki to`ou taote, me kore ra, aere ki ko i te `are-maki i te tuātau maki pō`itirere.

Te meitaki ua ra te aere ki ko i te `are-maki me anoano`ia. E au `akaue`anga ta te au `are-maki katoatoa i te `akapāpū e ka `ākono meitaki ia koe e to`ou kopu tangata.

Ka rauka rāi ia koe i te tāniuniu atu i to`ou taote me anoano`ia. Te komakoma ra tetai pae na runga i te terepōni, me kore ra, na runga i te video-call.

Me e au ui`anga ta`au no runga i te rapakau`anga, tāniuniu atu i te Healthline i runga i te numero **0800 611 116**.



TE PATI `ANGA TAUTURU I KO I TE SUPPORT SERVICES

Taniuniu`ia **THE FONO** I RUNGA I TE
NUMERO **0800 366 648** no te turu i
te: kai, `are, ngutu `are, moni e te
`ākara `anga a te taote



WORK AND INCOME:

Terepōni tutaki-kore **0800 559 009**.

`Ākara `ia te workandincome.govt.nz
no tetai atu `akakitekite `anga.

KA INANGARO KOMAKOMA KOE? 1737

Terepōni tutaki-kore, me kore ra, txt
1737

`Ākara `ia te 1737.org.nz no tetai atu
`akakitekite `anga.

ALCOHOL DRUG HELPLINE:

Terepōni tutaki-kore **0800 787 797**
me kore ra text **8681**.

`Ākara `ia te alcoholdrughelp.org.nz
no tetai atu `akakitekite `anga.

AKATAKA`ANGA:

Terepōni tutaki-kore **0800 688 5463**
(OUTLINE) – terepōni muna no te turu i
te aronga i roto i te rainbow community.
Tu `era i te au a `ia `i mei te ora 6 – 9.

`Ākara `ia te outline.org.nz no tetai
atu `akakitekite `anga.

GAMBLING HELPLINE:

Terepōni tutaki-kore **0800 654 655**
me kore ra text **8006**.

`Ākara `ia gamblinghelpline.co.nz no
tetai atu `akakitekite `anga.

**AURAKA TATOU E ROIROI I TE
TAKINGA-MEITAKI, EI TE TUATAU
TIKAI OKI TATOU E KOKOTI EI, KIA
KORE TATOU E AKAPARUPARU.**

— GALATIA 6:9

Healthline - 0800 611 116

