

TE TIKU N ONOTI IAAN TE MWENGA MA TE COVID-19 IAON AUCKLAND

Updated 23 February 2022



Unite
against
COVID-19

TIKU IAAN MWENGAM



Ngkoe ao n i kotaki ma tabeman ae ko maeka ma ngaia kam riai n tiku iaan te mwenga. Tai kitana am tabo ni maeka naba teutana, ti ngkana ko tuangaki iroun te tia mwakuri man te botaki ni kuakua ke n te tai are e riki iai te kabuanibai ae karina ao n tia n tarebonia 111.

Kataia ao teiraroa mai irouia tabeman kaain mwengam ngkana e kona.

E NA LEQA TUBU VAKASAURI – QIRITA NA 111

Ngkana ngkoe ke temanna ae ko maeka ma ngaia e rikirake ni mamara ao n aki marurung tarebonia 111 nte tai ae waekoa. Karekea te ibuobuoki nte tai ae tawe ngkana e bono ikem, namakina te angibuaka n rawawata babam (chest pressure), ao n aki kona n tei, ke ni korakora tannoim, niniraki ke mangaongao am iango (confusion).

E aki kaboaki kabonganakin te amburanti.

ANTAI AE KONA TUANGNGA?

- Am tia kamwakuri
- Ana reirei natim ke taabo n reirei ibukia ataei aika uareke
- Raoraom, utu ao tabeman ae ko a tia ni kabanea am tai teutana ma ngaia
- Taian botaki ke tiwetia ae ko a tia n ira buakona nte maan ae raka iaon 15 te miniti (e.g. am aro)



Tuangia aomata ba tabe n noraki ibukin anganakim te tutuo ao imwina ko a tiku iaan mwengam. A kona ni kawara www.closecontact.nz ibukin tabanin rongorongona.

TERA AE KO KANTANINGAIA



Mwaitia te koraki n aomata e na reke namakinan te aoraki ae bebete inanon tabeua te bong. Tabeman e na akea te kanikina n te aoraki naba teutana.

Ngkana ko raraoma ke iai aorakim, tarebonia am GP ke Healthline iaon 0800 358 5453.

AIN AORAKI

Kateimatoa nimma am bwain aoraki n taina ae ko tataneiai iai.

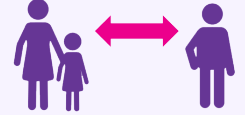
Ngkana ko kainanoa am bwain aoraki reitaki ma am GP ao kaongoa ae ko tiku ni maeka n onoti iaan te mwenga. Tuatua ba ana kanakoa bweban am bwain aoraki nakon te tabo n anai bwain aoraki, ba a na karokoa am bwain aoraki nakoim n akea boona.

KATEIMATO A TE REITAKI

Ibukina ba ko aki kona ni butimaeia koraki aika a na kawariko inanon am tai n tiku n onoti iaan te mwenga, reitaki ma raoraom ke kain am utu ba ena tarebon ke n tekiti nakoim n noria ba ko uara ni katoa bong. E rangin bongana karaoan aei ngkana ko maeka n ti ngkoe.

E NA MANRA TE TAI AE I RIAI N TIKU NI MAEKA N ONOTI?

- Ko kona ni kitana te tiku n onoti iaan te mwenga imwin 7 te bong, ngkana ai akea kanikinaean te aoraki iroum inanon 72 te aoa.



- Ngkana e aki bua kanikinaean te aoraki ke n rikirake ni korakora ao tarebonia am GP ke Healthline iaon 0800 358 5453

KAAIN AU BUROBURO N AU AUTI



Aomata aika ko maeka ma ngaia ana teimatoa n tiku iaan te mwenga inanon am tai n tiku n onoti. A riai n tutuo nte tai ae waekoa ao ni manga karaoia riki n te ka-3 bong ao 7 bong. E karaoaki aef n tuoa ngkana iai irouia te COVID-19.

A kona n nakon www.closecontact.nz ke tarebonia Healthline iaon 0800 358 5453 ibukin katabaninan rongorongona ba tera ae ena karaoaki imwin aei.

AMWARAKE & BWAAI AIKA KAINANOAKI

Ngkana ko kona, otana am bobwai ibukin te amwarake ao kainanom tabeua iaonrain, ke tuangia tabeman ba ana nikiria iroum ni kawaina ae mano.

Ngkana ko kainanoa buokam ibukin te amwarake ke bwai tabeua ae ko kainanoia, reitaki ma te COVID-19 Welfare line: 0800 512 337.

MWAKURI AO MWANE

Am tia kamwakuri (ke ngkoe, ngkana ko mwakuri bon iroum) ena kona n bubuti te ibuobuoki riki.

Ngkana kona kainanoa te ibuobuoki nte mwane, reitaki ma COVID-19 Welfare line: 0800 512 337.

NGKANA KO NAMAKINNA BA KO AKI KONA UOTAM

- Need to Talk? – tarebon ke tekiti 1737 nte tai are ko taku ibukin te ibuobuoki mai iroun te kauntira ae tia ni kataneiaiki.

- Lifeline – tarebonia 0800 543 354 (0800 LIFELINE) ke tekiti akea boona 4357 (HELP)

- Youthline – tarebonia 0800 376 633, tekiti akea boona 234



IAI RIKI AM TITIRAKI?



Tarebonia Healthline iaon 0800 358 5453

Nakon www.whanauhq.nz ibukin tabanin rongorongon te tiku ni maeka n onoti iaan te mwenga.