**Te tiaki i tōu hauora me te toiora whai muri i te waipuke, huripari rānei**

Ngā mea me mātua mōhio koe

**Te puta tahitanga**

**Whāia e Tātou Te Pae Tawhiti**

Tairāwhiti

*Kia mōhio: He tika ngā pārongo katoa.*

*mai i te 1 o Māehe 2023*

**

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Ngā puna pārongo i tētahi āhuatanga ohotata

Mēnā kei te kāinga koe me te kore hiko, ipurangi, waea rānei, ā, ka hia tautoko mō tētahi māuiuitanga rongoā, tēnā haere ki tō pokapū whakawātea tūtata, ki te tari pirihimana, ki te Wāhanga Whāomoomo rānei, kimi āwhina ai i reira.

Mēnā ka tū he āhuatanga ohotata, ā ka puta he tūraru i taua wā tonu ki tōu hauora, ki tō whare rānei, waea atu ki 111.

Kei te aha Tairāwhiti? E ngākau pōuri ana koe? Waea ki 0800 TAKATU ki te kōrero ki tētahi ngaio hauora kua whakangungutia nō te rohe nei.

Kia mōhio pū ai koe ki ngā mahi i roto i te hapori, haere ki [www.gdc.govt.nz/services/civil-defence](http://www.gdc.govt.nz/services/civil-defence) tērā rānei haere ki te whārangi Pukamata o te Tairāwhiti Civil Defence.

Mēnā e hiahia ana koe ki ngā kupu āwhina hauora i taua wā tonu, whakapā atu ki tōu ake tākuta ā-whānau, ki te kēmihi, ki Healthline rānei, haere rānei ki [www.tewhatuora.govt.nz/cyclone-support](http://www.tewhatuora.govt.nz/cyclone-support).

Waea ki Healthline (0800 611 116) mō ētahi kupu āwhina, pārongo hoki e whakaponotia ana. Mēnā he pātai āu mō ō rongoā, kāore koe i te kāinga, kāore koe i te tino mōhio mō tētahi mea, kāore e taea e koe te āhei atu ki tōu tākuta ā-whānau ā-rohe, kāore rānei e rēhitatia ana koe ki tētahi tākuta - ka taea ērā te āwhina, tae atu ki te whakarite i tētahi toronga ā-waea koreutu. Kua wātea a Healthline mō ngā haora e 24 i te rā. Ka taea e koe te kōwhiri kia kōrero koe ki tētahi tākuta Māori (i waenganui i te 8am-8pm). E manawanui ana te rōpū katoa o Healthline kia haumaru ā rātou tikanga ahurea, ā, kei te reri tētahi ki te whakautu i tāu waea ahakoa te wā, rā mai, pō mai.

Ka taea ngā tāngata turi, ngā tāngata whaikaha me ō rātou whānau te waea atu ki 0800 11 12 13, pātuhi atu ki 8988, whakamahia atu rānei te NZ Relay Service [www.nzrelay.co.nz](http://www.nzrelay.co.nz) kua wātea mō ngā haora e 24 i te rā. Ka taea e tērā te hono atu i a koe ki nga pārongo me te tautoko hei āwhina i a koe whai muri iho i ngā āhuatanga taumaha inā tata nei mō te huarere me te waipuke. Ka taea e tēnei raina āwhina te whakutu pātai mō te KOWHEORI-19 me ētahi atu āwangwanga hauora.

Haere ki [www.healthpoint.co.nz](http://www.healthpoint.co.nz) kia mōhio ai ko tēhea o ngā whare haumanu kōhukihuki, o ngā kēmihi, o ngā tākuta ā-whanau, o ērā atu ratonga e tuwhera ana.

Kino ā-whānau - kua wātea ētahi rātonga ka tuku tautoko koreutu, muna hoki.
Waea atu ki 0508 744 633 ahakoa te wā, ahakoa te nama waea i Aotearoa.

Mēnā kāore he hiko, whakamahia he reo irirangi mau ā-ringa, ko te reo irirangi i roto i tōu motokā rānei mō ngā rongo kōrero ohotata hou rawa me te whakarongo pū atu kia mōhio mai koe kei hea te pokapū whakawātea tūtata tū ai:

* Radio Ngāti Porou 93.3, 98.5 FM rānei
* More FM 98.9, 90.1 rānei
* Uawa FM 99.3
* Turanga FM 91.7.

Te Whakarite mō tōu hokinga ki te kāinga

Ka ngākau pōuri koe, ka rere pea ngā kāre ā-roto i te hokinga mai ki te kāinga whai muri i tētahi āhuatanga waipuke tino nui, nā te mea ka rerekē pea te āhua o tōu kainga. Me whakamātautau kia takatū ko koe anō me ōu taupuhi hoki mō tēnei. Mēnā e hia tautoko koe, tēnā whakapā atu ki tētahi o ngā raina āwhina, o ngā whatunga tautoko ā-rohe, e kitea nei i te whārangi waiporoporo i raro i te upoko ‘Free support is at hand’ i roto i tēnei tuhinga.

* Ka whakararuraru tonu pea ngā waipuke i tō whare. Whakahokia ki te kāinga mēnā anake he haumaru kia pērā, ā, kāore he tohu whakawātea e tū ana.
* Mēnā kua pāngia tōu kāinga e te waipuke, kaua e whakamahi i te hiko, kapuni rānei tae noa ki te wā kua hihiratia e tētahi kanohi nō te Kaunihera o Te Tairāwhiti
* Horoia kahatia ōu ringaringa whai muri i te mahi whakapai ake.

# I mua i te whakapai ake

* Tūhuratia te wāhi o ngā paipa me ngā waea i mua i te keri; haere ki [www.beforeudig.co.nz/nz](http://www.beforeudig.co.nz/nz) mō ngā ratonga tūāpapa katoa
* I mua i te tīmatatanga o te whakapai ake, tangohia he whakaahua o tōu kāinga me te whakakino i pā mai hei taunakitanga mā tōu kamupene inihua.
* Āraitia tā ngā tamariki me ngā kararehe whakatata ki ngā wāhi i waipuketia tae noa kia mā, kia haumaru hoki
* Me mau karapu (pai katoa ko nga mea mātotoru), he hū kaha, he hāte ringaringa roa me te tarau.
* Me mau ārai kanohi e tika ana te nui. He whai take te ārai kanohi puehu hei ārai i te whakangā i ngā korakora puehu, i te hōpurupuru rānei mēnā he hōpurupuru i reira.
* Whakamahia he hāpara hei hiki i ngā para i tōu whare. Mēnā me hiki e koe ngā kōkīkī i tāhawahawatia ki te parakaingaki, me whakauru ērā ki te pēke rua i mua i te whiunga, mēnā ka taea
* Uhia ngā motu me ngā riwha ki tētahi tāpi pītongatonga.
* Whakaritea kua horoia mārikatia ngā kākahu me ngā hū kua whakamahia, kua pāngia rānei e ngā para i mua te kuhu atu ki tōu whare.

# Te whakapai ake

Mēnā kua waipuketia tōu whare, he mea nui te whakaawa, te whakamaroke me te horoi i tērā i te wā wawe katoa ka taea.

Mā reira e āwhina ai kia kore ai koe e pāngia e ngā pokenga puku, pokenga kiri, pokenga kanohi rānei, ā, mā reira hoki e ārai atu ai i te tupu o te hōpurupuru.

Ina pā atu koe ki ngā waipuke, ki ngā whenua i waipuketia, ki ngā mea i tāhawahawatia e ngā waipuke, horoia ōu ringa ki te hopi me te wai, kātahi ka whakamaroke mārire. Me pērā hoki whai muri i te haere ki te wharepaku, i mua hoki i te taka kai.

Ka taea te whakamahi ngā hua ā-toa hokomaha hei whakamā, hei patuero hoki. He mea nui kia horoia tuatahitia ngā mata me ngā mea ki te hopiwē me te wai i mua i te whakamahinga o te mehanga patuero. Kia tīmata te whakapai mai i runga ki raro, whakapaingia tōmuritia ngā wharepaku. Whāia ngā tohutohu a ngā kaiwhakanao me pēhea kia tika te whakamahi i ngā hua tae atu ki te “wā noho" – he aha rā te roa me pā atu tētahi hua ki tētahi mata, he aha hoki ētahi atu taputapu aupuru e hiahia ana pea koe. Kia aweawe ngā hua i ngā tamariki me ētahi atu tāngata whakaraerae kia aukatia ai ngā aituā.

# Ngā kupu āwhina mō te whiunga o ngā rauemi nā te waipuke i whakakino ka noho pea kei roto ko te tēpoko

# Kia tūpato i a koe e aroturuki ana, i a koe e mahi ana hoki ki ngā huataonga i pāngia ai e te waipuke, ā, whakaaroarotia i ngā wā katoa kei roto pea te tēpoko i ngā rauemi hanga whare i whakakinotia ai e te waipuke.

# Ka tū te tēpoko hei tūraru hauora ina kohuratia ngā muka hei puehu, me te aha he mea nui te mau taputapu aupuru kia whakaitia ai te pānga mai.

# Kei roto pea ngā hua whai tēpoko i ngā whare, i hangaia ai, i whakahoungia ai rānei, i waenganui i te tau 1940 me te tau 1990. Kei roto pea te tēpoko i te ārai, i ngā papa whakauhi mō waho (Fibrolite, Hardiplank rānei), ngā tuanui raima, tērā ranei i ngā tāhuhu kaitara, ngā papanga pakitara o roto, te takapau nā te tapeha i hanga.

# E tohutohu ana te Manatū Hauora me tango ngā rauemi, kei roto ko te tēpoko, e tētahi kaikirimana whai raihana nō Mahi Haumaru Aotearoa.

# Heoi anō, i runga i te ngau a te Huripara Gabrielle, e mōhio ana mātou kāore pea tērā e taea i ngā wā katoa i ngā hapori e huihui ana ki te whakaora, ki te waihanga anō hoki. Mēnā ka takune tonu koe ki te tango i te tēpoko i tōu kāinga, kia āta whai koe i ngā kupu āwhina i te puka Removing Asbestos from Your Home, he whakarāpopoto i raro.

# He mea nui:

# Kia mau he taputapu whakahā ārai puehu e tika ana te nui, he P1, he P2 rānei te momo, kia mau ngā kākahu waho whai pōtae, he mea ka taea te whiu, kia mau hoki i ngā pūkoro hū. Whuia ēnei mea i muri tata tonu i te mahi ki roto i ngā pēke rāpihi rua, kua hīratia hoki.

# Tiakina kia mākū ngā rauemi whai tēpoko pea, ā, aukatihia te whakamahi o ngā mīhini whakatorotī wai, i ngā whakamaene hiko rānei.

# Kei roto i te puka a Te Manatū Hauora, Removing Asbestos from Your Home, he pārongo āmiki ake kia aukatia ai te horapa haere o te puehu tēpoko pēnei i te uhi i ētahi atu mata ki te poritene, te kati me te puru i ngā matapihi me ngā tatau.

# Me āta whakauru ngā rauemi hanga whare whai tēpoko ki ngā pēke poritene, e mātotoru ana i āta hīratia ai, e hoahoatia nei hoki mō te para tēpoko, ā, kua mākatia kei roto rā ko te para tēpoko. Mēnā kāore he pēke taumaha e wātea ana, whakamahia kia rua ngā pēke, tētahi i roto i tētahi, me te āta hīra i te para - kia tūpato kia kore ai koe e whakakī rawa, e poke hoki i ngā pēke.

# Mō ētahi atu kupu ārahi, rapua 'tēpoko' ki te pae tukutuku o te Manatū Hauora: [www.health.govt.nz](http://www.health.govt.nz)

# Te hiki i te parahuhu

He tūraru hauora te parahuhu maroke nā te mea kei reira pea he matū tūtae (he tiko) kei roto me ētahi atu matū tāoke ka taea kia kawea e te hau.

Mēnā e hiki ā-ringa ana koe i te parahuhu, me uhi te katoa ka taea o te tinana, whakamahia te kiripākai tinana (PPE) pēnei i ngā karapu, i ngā hū kaha, i te hāte ringaringa roa me te tarau, he ārai kanohi puehu e tika ana te nui.

Aukatia te whakamahi o ngā mīhini whakatorotī wai ki te parahuhu me ngā mata paru nā te mea mā reira ngā ngārara kino, te tēpoko me ngā matū e tukuna ai ki te hau takiwā. Whakamahia ngā ngongo wai māori, he iti te pēhanga, me ngā puruma hei pana i ngā rauemi mākū kia kore ai ērā e tukuna ki te hau takiwā.

Kia auau ngā wā whakatā, ā, kia āta horoia ngā ringaringa ki te hope me te wai mahana i mua i te kai, i te inu, i te kai paipa, i te momirehu rānei (kāore he take o te patuero ā-ringa ki ngā matū).

Ki te hahae i a koe anō, ki te wāhia te kiri rānei, me mutu te mahi me te whakamahi i te whakaora whawhati tata, tae ana ki te horoi i te motu. Rapua āwhina hauora mēnā e whakaaro ana koe kua pokea pea tērā, he mea hōhonu te hahae rānei.

Me mutu te mahi ina tūpono koe i ētahi paru ka mōrearea pea pēnei i te tuanui raima ā-kaka, i ngā papa whakauhi, i ngā taramu matū, i tētahi tinana mate kararehe. Whakapā atu ki te Kaunihera o te Tairāwhiti mō ētahi atu kupu āwhina.

Mēnā kua pāngia koe e ngā take hauora (tae ana ki te ānini, te kōpukupuku, te māngeongeo kanohi, te hēmanawa rānei) kia mutu te mahi i taua wā tonu, rapua hoki he āwhina hauora.

**Kia mutu te mahi**

Kaua e hari mai i ngā hū me ngā kākahu i whakamahia ai mō te whakapai ake ki roto ki te whare, ina pāngia aua mea ki te para me te kōkīkī.

Unuhia te PPE i whakamahia, whiua hoki, tērā rānei whakaurua ngā mea kia horoia ki tētahi pēke motuhake i hīratia. Me maumahara kia horoia ō ringaringa ā muri i te tango me te whiu i ngā mea.

Whakaritea kua ākatia te poharu me te paru e kitea ana i ngā hū, tae ana ki ngā raparapa, ka patuero hoki.

Horoia ngā ringaringa, me te kanohi ki te wai mā me te hopi, whakamaroketia māriretia hoki. I ngā wā ka taea, uwhiuwhia ki te hopi kia hiki ai i ngā matū, i ngā ngārara rānei kua pā atu pea ki a koe.

Horoia motuhaketia ngā kākahu katoa i whakamahia i ngā kākahu māori noa. Whakaaroarotia te mau ārai kanohi puehu me ngā karapu i a koe e tango ana i ngā kākahu i te pēke i reira rā ērā e tiakina ana, inarā hoki he paru he puehu rānei.

# Te whiu parahuhu i Tairāwhiti

E rua ngā wahi e wātea ana mā te whiu parahuhu - ko tētahi mā te parahuhu nō ngā wāhi taiwhenua, arumoni hoki, ko tētahi mā te parahuhu nō ngā kāinga.

Whakaritea kia maroke te parahuhu.

Te whiunga parahuhu ā-kāinga:

Kei te moka o te Tiriti o Dunstan

Mapi: <https://goo.gl/maps/teJJkCEhWGBFg3U39>

**Kua tuwhera 9am – 4pm, mō ngā rā e 7**

Te whiunga parahuhu arumoni:

163 Matokitoki Valley Road, Matokitoki Clean Fill and Quarry (i tua atu i te wāhi Downer’s Clean Fill)

Mapi: [https://goo.gl/maps/thamBvTxe964xecN7](https://goo.gl/maps/thamBvTxe964xecN7?fbclid=IwAR2-u0VlxVKiV3YYorI-ODasD5mBD5rL_ItvLUDZ8BazkRZZkUtFD2aZsao)

**Kua tuwhera 7am – 4.30pm, rā mahi**

Me mau kiripākai tinana, me rēhita hoki ki te tari.

Mō te whiu parahuhu anake ēnei wāhi.

Mēnā kei a te tangata he hanumitanga o te parahuhu me ētahi atu rauemi, pēnei i te para tipu, i ētahi atu rauemi rānei i whakakinotia e te waipuke, ka kauparetia ia.

Te horoi i tōu kāinga

# Te whakahauhau

* Mēnā e whakamaroke noa ana koe i tōu whare, waiho kia tuwhera ngā tatau me ngā matapihi i ngā wā katoa e taea ana.
* Ina whakamahia e koe ngā mīhini whakakore haukū, katia ngā tatau o waho me ngā matapihi.

# Ngā pūrere hiko (ngā pouaka makariri, ngā pākatio, me ngā rauemi hiko)

Kaua e whakamahi i nga hua hiko mēnā kua waiwaitia ki te wai. Mēna e hokirua ana koe, kia haumaru, kia tika hoki te whuinga i ērā.

# Ngā mata mārō (ngā papa, ngā pakitara, ngā tēpu, me ngā tūpapa)

Me mātua hūkui ki te wai mā me te hopi horoi maitai kia hiki ai i ngā para e kitea ana. Kātahi ka mukua ki tētahi patuero ā-whare, hei tauira, kia 2 ngā kapu o te whakatoki ki te tekau rita o te wai.

# Ngā taputapu ā-kīhini

Horoia ngā taputapu tao, ngā pāokaoka, me ētahi atu taputapu a-kīhini i roto i te wai mā, e hopi ana he wera hoki.

Whiua ngā mea rākau pēnei i ngā papa kotikoti me ngā koko, ngā taputapu kirihou, ngā tītī pātara pēpi me ngā whakarata mēnā kua pā ērā ki te waipuke. Kāore he huarahi haumaru hei horoi i ērā.

Opeopea māriretia, kātahi ka patuero mā te kōpiro, kia 1 miniti te roa, ki roto i te mehanga kei roto ko te 500ml (ko tōna 2 kapu) o te whakatoki tōkau whakakakara kore ki te tekau rita o te wai. Opeopea anō ki te wai haumaru.

Tērā rānei, kōhuatia ngā taputapu katoa, kia 1 miniti te roa, kātahi ka tuku kia mātao haere.

Me maumahara kia aweawe ngā matū ā-whare katoa i ngā kōhungahunga me ētahi atu tāngata whakaraerae.

# Nga taonga ā-whare ngāwari/ngā kākahu/ngā paraikete me ngā ārai

Tangohia ngā mea katoa e mākū ana, e taea ai hoki kia nekehia – ngā takapau, ngā taonga ā-whare, ngā pānga moenga, ngā kākahu. Horoia, patuerotia hoki ngā mea katoa e hiahia ana koe ki te pupuri. Mēnā ka taea e koe, waiho ērā kia maroke mā te hau takiwā me ngā hihi o te rā.

Whiua ngā mea kāore e taea te horoi, te patuero hoki. Me whui ngā mea nui pēnei i ngā matarihi kua waiwaitia e ngā waipuke.

Kia maumahara: Ka taea hoki e koe te whakapā atu ki ngā kaiakuaku, ki ngā kaihoroi whāriki me ngā uhinga rānei hei āwhina.

# Te Hōpurupuru

Mēnā kua puta ake te hōpurupuru ki ngā mata, kia tino tūpato i a koe e horoi ana.

Whakamahia ngā kākahu aupuru me tētahi ārai kanohi puehu kia kore ai koe e whakangā i ngā pua atua hōpurupuru.

Ākatia te hōpurupuru i te wā wawe ka taea kia whakaitia ai te pānga ki ngā pua atua hōpurupuru.

Whakamahia te hopi me te wai hei horoi i te mata kātahi ka whakamahia he hua hōpurupuru tauhokohoko, he mehanga whakatoki ā-kāinga rānei. Mēnā he āwangawanga ōu, whakapā atu ki tōu kaunihera ā-rohe.

Kōrero ki tōu kaunihera ā-rohe mō te whiunga o ngā mea ā-kāinga i tāhawahawatia.

# Ngā wāhi o waho

Me mau te kiripākai tinana kia hīkina ai ngā rauemi totoka i tōu kāinga (ngā kope ikura, pepa heketua me ngā hamuti) kātahi ka whakauru ki ngā pēke ka hīratia.

He whai take te ngongo wai ā-māra hei horoi a waho o te whare kia āka ai i te parahuhu, ngā putunga tote me te kōkīkī whakanehu, engari *kaua e* whakamahi i ngā ngongo wai teitei te pēhanga, nā te mea ka taea e ērā te pana ngā matū i tāhawahawatia ki roto i te hau takiwā.

Mēnā kei a koe he kotakota ā-māra ka taea te whakamahi tērā hei āwhina ki te patuero i te wāhi. Kia mataara ki nga tūraru, āraitia hoki tōu kiri i te kotakota, āraitia hoki ngā arahau nā te whakangā te take.

Te Inihua

# Mō ngā whānau whai inihua ā-kāinga

Tukuna tāu kerēme i te wā wawe katoa ka taea. Me maumahara ki te tuhi pitopito kōrero, ki te tango whakaahua hoki mō te whakakino katoa, mō ngā whakakino e whakatikaina nei e koe (kia haumaru ai, kia maroke ai tōu whare) hei tāpiri atu ki tōu kerēme inihua. Whakapā atu ki tōu kaiinihua i mua i te mahi i ngā whakatikanga kāore e waiwai ana, mēnā me whiu atu e koe ngā mea, pēnei i te kai i tipoko, tangohia hoki ngā whakaahua o ēnei. Mēnā e hiahiatia nei, kōrero hoki ki tōu kaiinihua mō te tautoko mō te wāhi noho taupua

# He tautoko mō ngā kerēme

E tautoko ana The New Zealand Claims Resolution Service (NZCRS) i ngā whānau, kei a rātou ngā kerēme inihua ā-kāinga, whai muri iho i ngā matepā taiao ki te aukati raruraru, ki te whakatau take, ki te whakarite hoki kua ea ngā kerēme i te wā e tika ana. Haere ki [www.nzcrs.govt.nz](http://scanmail.trustwave.com/?c=15517&d=wKf547XRW9Vowv3XSGh3Ih5YKw_8A6M9_B3RAixbHg&u=http%3a%2f%2fwww%2enzcrs%2egovt%2enz) mō ētahi atu pārongo.

Ngā mahi whakaora, whakatika hoki

Me kaua koe e mahi i ngā mahi whakaoti, pēnei i te uhi anō i āu pakitara kia maroke pū rā anō te whare. Ko te hua pea o te tīmata wawe i aua mahi ko ngā whakakino pae tawhiti pēnei i te tupu o te hōpurupuru me te taimate noa o te rākau.

Ka taea e BRANZ te tuku kupu āwhina mō te whakaora kāinga whai muri iho i te whakakino waipuke i [www.branz.nz](http://www.branz.nz).

Ngā kararehe kua mate

# Te iwi whānui

Kaua e pā atu ki ngā kararehe mate me te kore i mau karapu aupuru, mau ārai kanohi e tika ana te nui hoki, waihoki me mau he hāte ringaringa roa, he tarau me ngā pūtu - kia whakaritea ai kāore he pānga kiri.

# Ngā kaipāmu

Ka āhei pea ngā kaipāmu te nehu ā rātou ake kararehe e ai ki ngā āhuatanga māori noa.

* Whakaaroarotia te tatanga ki ngā arawai - kia neke atu i te 50m te tawhiti i tētahi arawai.
* Whakaaroarohia te whakahaere kīrearea, whakahaere mōkutukutu noa.

Ka taea hoki e koe te kimi kupu āwhina mai i ngā rōpū ā-rāngai mō te whuinga o ngā kararehe kua mate.

# Kia mataara ki ngā tohumate o te Leptospirosis

Ko te Leptospirosis he māuiuitanga ā-huakita e pā nei ki ngā tāngata me ngā kararehe.

Ka taea e ngā Leptospira te uru atu ki te tinana mā ngā motu me ngā riwha whai muri i te pānga ki te mimi, ki te pūtautau kua pokea rānei o tētahi kararehe kua pokea.

Ko ngā tohumate tuatahi ko te kirikā, ngā haukōeoeo, te mare, te mamae o te māhunga, te mamae o ngā uaua, ngā kanohi whero, te ruha, te mamae o te puku, te mamae o te korokoro, te tikotiko, te paipairuaki, te ruaki rānei, te kōpukupuku me te poapoa kōwhai o ngā kanohi.

Ka taea e koe te tiaki i a koe anō mā te noho tūpato i te taha o ngā kararehe me te kore i pā atu ki te mimi o te kararehe:

* mā te horoi me te uhi i ngā motu i tōu kiri.
* mā te mau kākahu aupuru
* mā te horoi ringa whai muri i te pānga atu ki ngā kararehe, i mua hoki i te kai.
* mā te aukati i te pānga atu ki ngā wai paru, ki ngā puna, ki ngā moana, ki nga awa rānei.

Me uaua ka kitea te horapa haere o te Leptospirosis mai i tētahi tangata ki tētahi atu.

Mēnā kua pāngia koe e ētahi o aua tohumate, whakapā atu ki tōu tākuta ā-whānau kia whakaritea ai he toronga.

Te whiu i ngā parakaingaki

# He aha te tūraru?

Nā tētahi matepā taiao, nā tētahi āhuatanga ohotata rānei, ka whakakinotia pea tāu pūnaha parakaingaki. Ko te tikanga o tēnei, kāore pea e taea e koe te whakamahi i tōu wharepaku kia tohutohua rā anō e tōu kaunihera he haumaru kia whakamahia anō.

Mēnā kua whakakinotia tōu pūnaha parakiangaki, me whakamahi koe i tētahi wharepaku taupua āpānoa kia whakatikaina.

He aratohu mō ngā wharepaku taupua

Whakamahia he wharepaku matū e tangara ana rānei mēnā kei a koe tētahi, tērā rānei hangaia tētahi whare paku taupua.

# He pēhea te mahi i tētahi wharepaku taupua - i roto:

1. Me mau ngā karapu kia aukati ai i te tāhawahawatanga, ā, whāia ēnei tohutohu: Whakamaua te kōrere wai kei muri i te puoto o te wharepaku.
2. Tangohia te taupoko o te puoto, ā, whakapiakotia te wai i te puoto ki tētahi ipu.
3. Tangohia te wai i te putanga hamuti ki tētahi ipu, ā, whiua aua wai.
4. Te whakamahi i tōu ake wharepaku, i tētahi pākete rānei. Waiho tētahi pēke kirihou mātotoru ki roto i te putanga hamuti, i te pākete rānei.
5. Whakaritea kia kāore he poko i te pēke kirihou kia kore ai tērā e papī.
6. Purua he pepa ngakungaku ki roto, ki te takere o te pēke hei kohi mimi.
7. Whakahekea te taupoki o te wharepaku, uhia rānei te pākete i ngā wā kāore ērā e whakamahia nei.
8. Ringihia he hāwhe kapu o te whakatoki ki roto i te pēke kohi ia ata, ia ata.

Kia hangere te pēke:

1. Kuhuna ngā karapu rapa.
2. Herea te kakau o te pēke, ā, kia āta tango.
3. Me waiho te pēke ki roto i tētahi ipupara whai wīra tika, ki roto rānei i tētahi ipupara māori ā-kāinga i waho, kia kohia ai hei te wā kohikohi para noa. Tuhia he tohu whakapiri mō te pēke "mō ngā para hopuhopu ā-tinana anake". Me taupoki te ipupara, me raina hoki ki tētahi rauemi mātotoru kirihou kāore he papī, waihoki waiho tērā ki waho, he pai ake kia maru te wāhi mēnā ka taea. Me whāiti te āheinga ki te ipupara.

# He pēhea te hanga i tētahi hamuti — i waho:

**Kaua e keri i ngā hamuti i te māra kai, e tata ana ki ngā puna wai rānei.**

1. I te wāhi e whai wāhi ana koe, keria he kōrua kia kotahi mita te hōhunu.
2. Hangaia he pae ki ngā papa rākau.
3. Ia te wā ka whakamahia te hamuti, uhia ngā para ki te oneone, taupokitia te kōrua rānei.
4. Kia whakaitia ai te haunga me ngā rango, whiua he iti noa iho o te kotakota ā-māra, patu pepeke, patuero rānei ki roto i te kōrua.
5. Whakamahia te hamuti tae noa ki te wā kua tae te para ki te 30cm i te waha o te kōrua (e ōrite ana ki te pae papa), iti iho rānei.
6. Whakakīia te kōrua ki te oneone, hangaia rānei he hamuti hou.

# Noho haumaru i a koe e whāwhā ana i te para

Horoia, whakamaroketia hoki ō ringa, ia te wā, whai muri i te whakamahinga o te wharepaku, i te whāwhā rānei i te hamuti tangata. Ka taea hoki e koe te whakamahi te patuero ā-ringa. Whakawhāitia te tokomaha o ngā tāngata e whāwhā para ana.

* Tautapaina kia kotahi te mema o te whānau hei kaiwhakahaere mō te kohi me te whiu para.
* Uhia ngā ipu me ngā kōrua katoa kia whakaitia ai ngā haunga me ngā rango.

**He mea māori noa te pupūtanga o ngā kare ā-roto maha i nga wā taumaha.**

**He wā taumaha, he wā mataku hoki te wā o te aituā ā-taiao, otirā i tēnei wā, kei te noho āmaimai pea, kei te pokea, kei te ngenge, kei te riri, kei te hōhā, kei te pōuri, tētahi atu kare ā-roto rānei. Ahakoa he aha ō kare ā-roto, he mea māori noa. Mehemea e taea ana, whāia ia rā, ia rā, ia hāora, ia hāora, ā, kia mahara ake, ko koe tonu kei te kuhu anō i a koe.**

He rerekē te urupare a tēnā, a tēnā, i roto i aua āhuatanga, otirā he rerekē anō te wā o te kawenga. Tērā pea e wheako ana koe i ngā tauhohenga ā-tinana rerekē – te tūwiriwiri, te whakapairua, te kore e mina kai, he uaua rānei te aro ki ngā mahi. He mea māori noa tēnei, otirā e mārama ana he aha i pērā ai.

Ka rongo pea tātou i te manakoretanga nā ngā āhuatanga ohorere, whakamataku hoki. He momo hiki i te wairua te hokinga mai o te mana whakahaere ki a koe, otirā he āwhinatanga kia pai ai tā tātou tiaki i anō i a tātou. Anei ētahi huatau hei āwhina pea i a koe:

* Kōrerotia ō whakaaro me ō kare ā-roto ki tō whānau, ō hoa, ō hoa mahi, ō hoa noho tata me ētahi atu kua rongo kē i ēnei wheako i mua. Ki te hiahia koe i ētahi atu tautoko, ā, he waea, he ipurangi rānei tāu e mahi ana, tēnā toro atu ki tētahi waea āwhina ki te kōrero ki tētahi kaiārahi matatau. Tirohia a muri o tēnei pānuitanga mō ētahi atu taipitopito.
* Me whai tonu i ngā hātepe ngāwari mēnā ka taea – me riterite te wā e hoki ai koe ki te moe, e whakaritea ai ō kai, me te noho tahi me ngā tamariki, he aha rawa rānei te mahi pai ki a koe.
* Tērā pea he mea hauwarea noa te tiaki anō i a koe, i te wā o te aituā ā-taiao, engari me tiaki tonu koe i tō taha tinana me tō taha hinengaro i ngā wā taumaha. I ngā wā e taea ana, whāia ngā mahi iti noa hei whakapiki i tō wairua, pēnei i te kori tinana, te pānui, te whakarongo ki ngā waiata, te noho tahi me tō whānau hoki.
* Whakawhāitihia te wā e noho ana koe i runga pae pāhopori, te tiro rānei ki ngā rongorongo kōrero. Me whai wāhi anō koe ki te whakangā.
* Mēnā ka taea, kimihia tētahi mahi hei whakaware i a koe. Me huri tō aro ki ngā ‘mahi ā-ringa’ e taea ana e koe (pēnei i te tiaki i ētahi atu, te tirotiro i ō hoa noho tata), otirā ka āwhina tēnei ki te whakatau i ō taumahatanga.
* Ki te hiahia koe, toro atu ki tētahi nēhi, tākuta rānei e tata ana ki a koe.
* Kia manawanui ki a koe anō. Hei te wā e tika ana ki a koe, ka kitea anō tēnei mea te noho tau, te noho hūmārie.

**Kei roto i te pōuri, te mārama e whiti ana. Through perseverance and hope, we will overcome.**

**Kei te kapu o tō ringa tēnei mea te tautoko kore utu.**

**Ki te whakaaro koe tērā tētahi atu e hiahia tautoko ana, ko koe rānei e hiahia tautoko ana, kei te pai, e wātea ana he āwhinatanga** – **me kaua te tangata e mate kia whakamātauria te wā taumaha e tōna kotahi.**

**i te wā o te ohotata waea ki 111.**

**Mō ētahi atu kupu āwhina, tautoko hoki, toro ki allsorts.org.nz.**

**Ngā waea āwhina kore utu**

* + Need to talk? – Waea, pātuhi rānei **1737** ahakoa te wā, ki te whiwhi tautoko i tētahi kaiārahi mātanga
	+ The Depression Helpline – Waea ki **0800 111 757** te pātuhi rānei ki **4202** ki te kōrero ki tētahi kaiārahi mātanga i ō kare ā-roto, te whiu pātai rānei
	+ Youthline – Waea ki **0800 376 633**, pātuhi rānei ki **234**, īmēra ki **talk@youthline.co.nz**, toro atu rānei ki youthline.co.nz ki te kōrero ā-tuihono
	+ The Lowdown – Pātuhi ki **5626** ki te kimi tautoko hei āwhina i te hunga rangatahi kia taea ai e rātou te āhukahuka me te mōhio ki te mate pāpōuri me te āwangawanga.
	+ Healthline – Waea ki **0800 611 116** mō ētahi tohutohu, mōhiohio hauora hoki
	+ Alcohol Drug Helpline – Waea ki **0800 787 797** e kōrero ai koe ki tētahi kaiārahi matatau

**Ngā taupānga oranga kore utu**

Ka taea e koe te tikiake kore utu i ngā taupānga oranga o Groov me Headstrong i runga waea Android me te Apple. Kei roto i tō Google Pay, Apple App Store rānei.

**Ngā Kaitiaki Tautoko ā-Tuawhenua**

He wāhi pai ngā Kaitiaki Tautoko ā-Tuawhenua (RST) e āhei atu koe ki te tautoko me te tohutohu kore utu, matatapu hoki. Ko tā tēnei whatunga ā-motu, e whakahaeretia ana e te hunga kāinga tonu, he āwhina i ngā whānau mahi pāmu me ngā hapori tuawhenua.

He kaiwhakarite wā ngā RST kua whakangungua ki te kite i ngā take hauora hinengaro, take oranga hoki. Ka taea hoki e rātou te tuku i a koe ki ngā ratonga pēnei i ngā ratonga mōhiohio hauora, tautoko ahumoni hoki.

Tēnā waea atu ki a rātou ki te kōrero i ō kōwhiringa. Waea ki **0800 787 254 (0800 RURAL HELP)** ki te whakarite i tētahi kōrero kore utu, matatapu hoki, hei te wā e pai ana ki a koe, toro atu rānei ki **rural-support.org.nz**

**Farmstrong**

He hōtaka oranga ā-motu a Farmstrong mā te hapori tuawhenua. Ko tana whāinga ko te āwhina i a koe kia pai tō oranga, kia pai hoki tō mahi pāmu. Kei tana paetukutuku ētahi rauemi huhua hei āwhina i a koe ki te whakahaere i tōu ake oranga. Toro atu ki **farmstrong.co.nz**

Mēnā ka māuiui haere koe

Tēnā, waea atu ki tōu tākuta ā-whānau, ki tōu kēmihi, ki tētahi atu kaiwhakarato hauora tuatahi rānei.

He kōwhiringa anō ko Healthline. Ka taea e koe te waia koreutu atu ki Healthline ahakoa te wā ki 0800 611 116.

Mēnā kua pāngia koe e ngā tohumate o te maremare o te rewharewha, o te KOWHEORI-19 rānei, me whakamātautau koe. Ka taea e koe te whiwhi ngā Whakamātautau Ākipaturopi Tere (RAT) koreutu i ētahi wāhi tae ana ki ngā marae, ki ētahi kēmihi, ki ngā pokapū whakawātea hoki.

# Te tikotiko, te ruaki rānei

* Kia iti, kia auau ngā inu wai, ngā mehanga kawehiko rānei, ngā inu hākinakina waimeha, te hanumitanga rānei o te wai āporo me te wai - hāwhe wai, hāwhe wai āporo.
* He pai rawa atu te wai ū mā ngā pēpi. Kia mataara ki ngā tohu o te tauraki.
* Kia āta tuku i ngā kai ngāwari kia paku hoki te rahi, pēnei i ngā hupa, i te wā ka hoki mai te hiahia o te tangata mō te kai.
* Ka taea e koe te mahi he mehanga kawehiko ki te kāinga mā te hanumi i te wai kia kotahi te rita, me te hāwhe tīpune o te tote me ngā tīpune e ono o te huka.
* Ina nui ake i ngā rā e 3 te pāngia mai o ngā pakeke e te ruaki, e te tikotiko rānei me rapu āwhina hauora.

# Ngā kirikā, ngā hīwiniwini me ngā mamae

* Kia riterite, kia paku hoki te rahi o ngā inu me inu e te tangata māuiui, ā, me kai hoki ngā kai ngāwari pēnei i te hupa mēnā e pai ki a ia.
* Tangohia ētahi kākahu, ā, waiho tētahi paranene haumākū, mātaotao hoki, (kia kaua e makariri) ki te rae hei āwhina kia tau ngā kirikā.
* Whakaitia ngā kirikā, ā, whakangāwaritia ngā hīwiniwini me ngā mamae ki ngā rongoā ka hokona pēnei te paracetomol, ā, whāia ngā tohutohu i te tapanga, i tōu kēmihi, i tō tākuta ā-whānau rānei.

# Ngā riaka me ngā takoki - ngā ringaringa me ngā waewae

Whakatāirihia te peke, waiho he pēke whakamātao (e mahi pai ana ko tētahi pēke hua whenua whakamātao), tākaikaitia hei hāpai, hei whakaiti i te whakapupuhi hoki, ā, kainga ngā rongoā patu mamae e ngāwari ana pēnei i te paracetomol, i te ibuprofen rānei mō te mamae.

# Ngā motu me ngā riwha - horoia, uhia hoki

Horoia nga taotū katoa ki te wai mā, me āta uhi hoki. Ina paruparu te taotū, whakamahia he hopi me te wai. Ina tino hōhonu te taotū, whakamahia he tauera mā, he papanga ārai rānei mēnā kei a koe. Kia riterite te pēhanga ki te taotū kia whakapōturi ai i te rere o te toto, ā, tono āwhina hauora me te maimoatanga. Horoia ngā riwha, ā, me tiaki kia maroke ērā. Horoia ngā riwha, ā, me tiaki kia maroke ērā. Uhia te motu ki tētahi tāpi hei tiaki. Kia auau te hihira mō ngā tohu pokenga, pēnei i te pūwhero, te mamae rānei e horapa haere ana i te motu. Me maumahara kia whiwhi i tōu pūwero whakaū mo te kauae timu mēnā neke atu i te 5-10 ngā tau mai i te rongoā āraimate kauae timu whakamutunga.

Te haumaru o te wai inu me te kai

# Te wai

Kia auau te titiro ki te whārangi Pukamata, ki te pae tukutuku rānei o tōu Kaunihera ā-rohe kia mōhio ai mēnā he haumaru te wai i te kōrere hei inu, me mātua korohū rānei.

Ina hiahia koe ki te korohū i tō wai, ā, kāore i a koe he hiko, whakamahia tētahi atu momo whakawera pēnei i te BBQ kia kaha te korohū o te wai mō te miniti kotahi. Kia mōhio: me whakamahi te BBQ ki waho anake. Kaua e kawe i tērā ki rō whare, te karāti rānei, nā te nui o te haukino ka hua ake i te waro me te haurehu.

Ki te kore e tareka e koe te korohū i tō wai inu, me whakauru he pire whakamā, te whakatoki (bleach) noa, me te whakakakara kore rānei. Tāpiritia he hāwhe tīpune o te whakatoki ki ia 10 rita o te wai, ka kaurori, ka waiho mō te 30 mineti, me whai rānei ngā tohutohu kei runga i ngā pire whakamā. Me whakamau he taupoki ki te wai kua korohūtia.

# Te haumaru kai

He uaua te mōhio he aha ngā kai e haumaru nei kia kainga i te wā o te 'whakapai-ake' whai muri i tētahi āhuatanga ohotata. Tēnā whāia ngā aratohu a New Zealand Food Safety.

# Ngā aratohu a New Zealand Food Safety

* Whiua atu ngā kai katoa kua pā atu ki ngā waipuke.
* Mēnā he kai e whai tioata hukapapa ana, ā, kāore anō te tākai kia whakakinotia,

kia whakatuwheratia rānei, ka taea haumarutia aua kai te whakamātao anō.

* Ka taea te whakamahi tonu ngā kai kua whakarewatia, mēnā inā noa ake nei te whakarewanga, ā, ka taea ērā te tiakina makariritia, arā ka haere anō te pouaka makariki, engari whiu ngā mea katoa ka pirau.
* Mēnā kua whakawetongia tōu pākatio mō ētahi rā, whuia atu rā ngā ika me ngā mīti kua kore e whakamātao tonu.
* Kāore e taea te whakamātao anō ngā kai kua whakarewatia.
* Hihiratia ngā kai - he haunga rererekē, he āhua rerekē ō ērā rānei? Kua rerekē te tai, ā, he hāwiniwini ērā? Ki te pērā, ehara pea ngē tērā i te haumaru hei kai.
* Kaua e whakamahi i ngā tini kai ina whakakinotia (hei tauira, mēnā kua pakaru ngā maurua o te tini, kua pokia rānei)
* Kaua e kai i ngā kaimoana nō te ngutuawa, nō te whanga rānei whai muri i te waipuke.

# KIA HAUMARU AI TŌU WAI, E TŪTOHU ANA MĀTOU:

1. Te korohū wai TĒRĀ RĀNEI 2. Te whakatoki

1. TE KOROHŪ WAI

**Ehara pea ngē tō wai i tiaki i te haumaru hei inu.**

Me korohū tō wai i mua i te whakamahinga: Kia kaha te korohū o te wai mō te miniti kotahi, tērā rānei me korohū te wai ki te tīkera tae noa ki tōna whakawetonga aunoatanga. Ki te kore e taea e koe te korohū tō wai, me patuero tērā ki te whakatoki.

2. TE WHAKATOKI

* **Te inu**

Mō te inu, te tunu, me te waku niho: Whakaritea he mea tōkau, whakakakara kore hoki te whakatoki.
(Kaua e whakamahi i te Janola, nā te mea kei roto he hopiwē, me te aha he mea hēhē hei rongoā mō te inu wai).

Tāpiritia he 1/2 tīpune o te whakatoki KI te 10 rita o te wai (PĀKETE)

Tāpiritia kia 5 ngā pata o te whakatoki KI te 1 rita o te wai.

* **Te horoi**

Mō te horoi arowhānui (ngā rīhi me ngā mata mārō) whakamahia:

Kia 1 te tīpune o te whakatoki ---------- kia 1 rīta o te wai

Kia 1/4 o te kapu o te whakatoki ---------- kia 10 rīta o te wai

Mō te horoi taumaha (ngā waipuke, ngā whakapaku, mō te māuiuitanga rānei) whakamahia:

Kia 1/4 o te kapu o te whakatoki ---------- kia 1 rīta o te wai

Kia 2 ngā kapu o te whakatoki ---------- kia 10 ngā rīta o te wai

Ngā kīrearea

|  |  |  |  |
| --- | --- | --- | --- |
| Te kīrearea | Te āraitanga | Te whakahaere | Te patu kīrearea |
| Ngā waeroa | Whakapiakotia, tangohia hoki ngā ipu wai kāore e hiahia ana. Āraitia, uhia rānei ngā puoto wai, ngā kura wai rānei. | Whakaawatia, whakakīia hoki ngā wāhi poharu me ngā tairua. Whakatikaina ngā kura whakakaingaki i whakakinotia, whakaurua ngā ika e kai ā-runga ana ki ngā hāroto whakapaipai. | Whakamahia he hinu kōmāmā, he patu pepeke rānei ki runga i ngā hāroto, i te wai marino rānei. Ehuehungia he patu pepepe e karioi nei, hei tauira, ko te diazinon, te malathion rānei, ki ngā wāhi whakatupu o waho. |
| Ngā rangoĀhua kotahi wiki te roa o te huringa whakaputa uri o te rango. | Whiua atu ngā rāpihi me ngā maniua katoa. Whakamau ārai ki ngā tatau me ngā matapihi. | Whakamahia ngā rehu patu rango pae tata, hei tauira, ko te Raid®, ko te Mortein®, hei whakahaere i taua wā tonu. | Ehuehungia ngā pakitara me ngā tipu, inarā hoki ērā e tata ana ki ngā ipupara, ki ngā rehu patu mū ā-kainga.  |
| Ngā KēkerengūE noho ana, e whakatupu ana hoki nga kēkerengū i ngā wāhi pōuri, e mākūkū ana, hei tauria, kei raro i ngā pouaka makariri, i ngā kāpata me ngā pātaka kai. Kei waho ērā noho ai i ngā putunga kōkīkī, rāpihi rānei. | Kia auau te horoi o ngā mea katoa, inarā hoki ngā kīhini, me ngā rūma kai i reira rā he whāwhā i ngā kai. | Hīkina ngā wāhi e taea pea ai te whakatupu. Kia wawe te patu o ngā muitanga. | Ehuehungia ngā wāhi i reira rā ngā kēkerengū e huna ana ki ngā rehu patu mū ā-kainga.  |

 Mēnā kua tū ngā kīrearea hei raruraru, anei ētahi tīwhiri hei aukati, hei whakakore hoki i ērā.

|  |  |  |  |
| --- | --- | --- | --- |
| Ngā keha, ngā pekeriki me ngā kutu | Kia auau te tapahi i te karaihe, ā, whakakorea ngā otaota. Kia mā tonu ngā kāpeti me ngā taonga ā-whare. Kia auau te hihira me te rongoā i ngā mōkai. | Whakamahia te patu pepeke mō ngā wāhi i muia, roto mai waho mai, mō ngā kākahu i muia, ngā paraikete, ngā matarihi me ētahi atu pānga moenga. | Patuerotia ngā kākahu me ngā pānga moenga ki ngā rehu patu mū ā-kāinga.  |
| Ngā rīroiE kawe ana ngā kiore me ngā kiore iti i ngā mate, e kai ana, e tāhawahawa hoki i ngā kai, ā, e whakakino hanganga ana ērā. | Kia āta tiaki i ngā kai, ā, whiua ngā rāpihi katoa. Purua ngā puare me ngā tomonga katoa ki ngā whare. | Whakamahia ngā tāwhiti kiore me ngā rehu paitini. Hīkina ngā pūtake kai, inu hoki. | Mēnā e hiahiatia ana, whakamahia tētahi kaiwhakamahi māraurau, māna e tohutohu e aroturuki hoki ngā paura whakamakenu tāoke me ngā māunu. |

* Kia tūpato mō te akuaku waiwai, inarā hoki te whiu i ngā rāpihi me te parakaingaki
* Whakamahia ngā rongoā ārai ngārara ki ngā wāhi o te tinana i hurahia, kia āraitia ai ngā rango, ngā waeroa, ngā kutu me ngā namu
* Kia tūpato ina whakamahia ngā rongoā ārai mō ngā kōhungahunga.
* Kia mataara ki ngā mōrearea o ngā tāwhiti me ngā māunu paitini mō ngā tamariki me ngā mōkai.
* Me mau ngā hāte ringaringa roa me te tarau mēnā ka puta ngā waeroa
* Tēnā, rapua ngā tohutohu ngaio ina whakamahia ngā matū me ngā rehu. Mēnā e mahi ana koe i tāu ake ehuehu, tēnā whāia ngā tohutohu, ā, me mau ngā karapu e tika ana, he ārai kanohi e tika ana te nui me ngā kākahu waho, he kākahu tawhito rānei.

He pēhea te takatū mō tētahi āhuatanga ohotata

# Me whakarite tō kāinga tūtahi

Kia haumaru anō, me mātua whakarite kua tino takatū tātou mō tētahi anō āhuatanga ohotata.

He mea nui kia hiwa ki te huarere me te mōhio ka aha rā kia tae mai he huripari anō.

Kia rite koe mō ngā huarere taumaha, tae ana ki ngā hau pūkeri, te ua tātā me ngā huaroa nui i te ākau.

Whakaritea he mahere ohotata mā tōu kāinga tūtahi, whakaritea kia reri he pēke nanao, tāmautia tō whare, aukatia he hāereere kāore e waiwai ana, ā, aukatia ngā mahi a te rēhia i runga, e tata ana rānei, ki te wai.

Ka taea e ngā pūnaha huarere te tere panoni. He mea nui te mōhio pū ki ngā pārongo whai mana hou rawa, ā, me te whai i ngā tohutohu whai mana i ngā wā katoa (mai i MetService, mai i tōu kaunihera ā-rohe me Te Whatu Ora).

# Te haere ki hea, whiwhi pārongo ai

* Ngā whakahounga me ngā whakatūpato: [www.metservice.com/warnings/home](https://www.metservice.com/warnings/home?fbclid=IwAR3ioaVHYRC6_MuJEvRMhs0ytfS2QoH3EK_SH8gKujHFywMh3C_lyvDl_jI)
* Ngā katinga rori me ngā āhuatanga waka haere. [www.journeys.nzta.govt.nz/traffic/regions](http://www.journeys.nzta.govt.nz/traffic/regions/)
* Civil Defence: [www.civildefence.govt.nz](https://www.civildefence.govt.nz)
* Tairāwhiti Civil Defence Pukamata: [www.facebook.com/CDEMGisborne](http://www.facebook.com/CDEMGisborne)
* Te Whakahaere Ohotata Te Kaunihera o Te Tairāwhiti: [www.gdc.govt.nz/services/civil-defence](http://www.gdc.govt.nz/services/civil-defence)

# He aha tāu kia rite ai koe?

* Me nui te kai me te wai kia pai ai te noho mō ngā rā e whitu (hei inu, mō te akuaku waiwai hoki), me maumahara ngā kai mā ngā pēpi me ngā kararehe. Mēnā kaore e taea e koe ngā rā e whitu, ka pai noa ngā rā e toru.
* Me whai hoki ētahi kai e karioi ana ka taea te kai me te kore e tunu (hāunga rā kei a koe tētahi tō kapuni, tētahi rorerore (BBQ) rānei. Mēnā me whai koe i tētahi whiringa kai motuhake, whakarite kia rawaka te nui o te kai mō ngā rā e toru kei roto i tōu pēke nanao. Mēnā me whakawātea koe, kāore pea i ngā tāwharau ohotata ngā kai e hiahia ana koe.
* Te pepa heketua me ngā pākete kirihou nui mō tētahi whakepaku ohotata.
* Whakaritea kei a koe ngā rongoā mēnā e hiahiatia ana, he punahiko whaitaua mēnā e whakawhirinaki koe ki te hiko mō ngā pūrere hauora.
* Whakaritea kua whakahikotia rawatia ngā pūhiko whaitaua mō ngā waea me ngā pūrere, me whai hoki tētahi pūhihiko ā-waka mō āu pūrere kia pai ai tāu whakapā atu, te noho whaimōhio anō hoki. Me whakamahere mō te korenga o te hiko mō ētahi rā.
* Me maumahara kia whai ētahi pūhiko whaitaua, he rama, he reo irirangi me tētahi huarahi hei tunu kai mēnā he kotinga hiko mō tētahi wā.
* Whakaahutia he Mahere Ohotata ā-Kāinga Tūtahi, tae ana ki āu mōkai, ā, whakaritea kia reri he pēke nanao
* Whakapā atu ki ōu hoa, tōu whānau, ki ngā kiritata, ki a wai ake ka hiahia pea i tāu āwhina
* Mēna ka taea, me tutuki i a koe ngā take i mua i te ngau a te huarere kia kore ai koe e mate ki te hāereere kāore e waiwai ana.

Kaua e wareware ka taea e koe rātou ko ōu kiritata te āwhina tētahi ki tētahi mā te tohatoha whakaputunga hoki.

Mā te tiaki i a koe anō me tōu kāinga tūtahi, māu e āwhina hoki i ngā ratonga ohotata kia aro ai rātou i ā rātou rauemi whāiti ki ngā tāngata e hiahia ana te āwhina nui katoa.

# He pēhea te noho haumaru

Kei a koe kē pea te nuinga o ngā mea e hiahia ana koe. Ehara i te mea me noho ērā mea katoa i te wāhi kotahi, heoi anō, me mate pea koe ki te kite i ērā i runga i te hohoro, i roto rānei i te pōuri.

* Whakaritea tō wāhi noho mō ngā hau pūkeri mā te whakawhita kia mau ngā mea nui, e taumaha ana, mā te hiki rānei i ngā mea ka taea te hiki ake e te hau, hei tauira, ko ngā mea e noho hei tūraru nui rawa atu ko ngā turapa, ngā tāpōrena me ngā rawa o waho.
* Mēnā e noho ana koe ki tētahi wāhi kei reira rā ngā waipuke puta ai, me takatū koe i a koe anō mō tēnei tūponotanga
* Whakaritea kua mahea ngā waikari, nga kōrere me nga awarua i te kōkīkī. Whakanekehia ngā kararehe ki ngā whenua teitei ake
* Mēnā kei a koe he rākau tawhito he rākau ka taea pea te whati i ngā hau pūkeri, nekehia ngā mea, ngā waka rānei kia noho tawhiti i ērā, ā, topea ngā peka e tāwēwē ana, e mātoetoe ana rānei mēnā ka taea
* Kaua e taraiwa, hāunga rā me pērā noa. Ka tūpono ngā waipuke mata, ngā horo whenua, ā, kāore he painga o te kitenga atu ina puta te huarere taumaha.
* Aukatia ngā mahi a te rēhia i runga, e tata ana rānei, ki te wai, nā te mea ka taea e ngā āhuatanga āwhā te noho hei pūtake o ngā wai haumaru kore e hūkerikeri ana, ā, ka matapaetia he waipuke matāwhanga
* Tangohia ngā puru hiko o ngā pūrere iti ka pāngia pea e ngā hiko auripo, nā te mea ka tūpono ngā kotinga hiko i te huarere taumaha. Mēnā kua koti te hiko, tangohia ngā puru hiko o ngā pūrere matua kia whakaitia ai te hiko auripo me te whakakino pea hei te wā ka honoa anō te hiko
* Katia ngā matapihi me ngā tatau o waho, o roto hoki. Tōia mai ngā ārai, ngā uhi rānei ki ngā wāhi kāore e āraitia nei i ngā matapihi kia aukati ai i ngā whara nā te karaihe pākarukaru, nā te karaihe e rere ana te take.

# Te pēke nanao

He pēke iti te pēke nanao kei roto rā ko ngā whakaputunga e waiwai ana. Whakaritea kia reri tētahi mō ia mema o tōu whānau.

Me whai ia pēke:

* ngā hū hīkoi, he kākahu mahana, he tāpōrena me tētahi pōtae.
* he wai he kai paramanawa hoki (me maumahara kia pērā mā ngā pēpi me ngā kararehe).
* te patuero ā-ringa.
* pūhihiko waea e tangara ana.
* he moni tūturu.
* ngā kape o ngā tuhinga hirahira me te tautohu / ID whakaahua.
* ngā whakaputanga mō ngā whiringa kai motuhake.

Me maumahara ki ngā rongoā e hiahia ana pea koe, ā, tiakina tōu tīpae rongoā, tōu ārai kanohi, te rama, te reo irirangi me ngā pūhiko i tētahi wāhi ka taea e koe ērā te nanao i runga i te hohoro.

# Me aha koe i te wā o te waipuke

Me mātua tū te haumaru. Kaua e whai mahi mōrearea. Kia tere te mahi kia kite koe i te whakapupuketanga o te wai.

Ka taea kia tere te putanga o ngā waipuke me ngā waipuke ohorere. Kia kite koe i te whakapupuketanga o te wai, kaua e tatari ki ngā whakatūpato whai mana. Haere atu ki ngā whenua teitei ake, ā, tūraha atu i ngā waipuke.

# Kaua e uru atu ki ngā waipuke

Kaua rawa koe e hīkoi, e kauhoe, e taraiwa rānei mā te waipuke. Nā te whakamātautau a te tangata ki te taraiwa mā te wai te pūtake o te mahi a ngā aituā.

I ngā wā katoa me pēnei kua tāhawahawatia te wai ki te wai rere i ngā pāmu, ngā matū me te parakaingaku. Mā te waipuke i tāhawahawatia e māuiui pea ai koe. Me āta whakarite kia horoia ō ringa, ō kākahu me tō whare ā muri i te pā atu ki ngā waipuke.

# Kia mōhio koe ki ōu kiritata

Kia mōhio haeretia e koe ōu kiritata. I runga i tētahi āhuatanga ohotata, ka taea e koutou te āwhina tētahi ki tētahi i Te Rākau Whakamarumaru e whakapau kaha ana hei āwhina i ngā tāngata he tino nui rawa tō rātou hia āwhina.

Te manaakitanga i roto i tōu hapori

Mō ngā āhuatanga ohotata katoa, waea atu ki 111, haere tōtika rānei ki te wahanga whāomoomo.

Hāunga rā kua tonoa ngā mea motuhake, kaua e tuku i ngā rawa, engari kē, tukuna moni tōtika mai ki ngā pūtea whakaoranga, i reira rā tōna painga rawa atu. E whakatū ana ngā kaunihera i ngā pūtea whakaoranga ā-koromatua, me te aha ka taea e koe te tuku moni hei hāpai i tētahi hapori motuhake.

# Whakarongo ake ki te reo irirangi mō ngā whakahounga

Whakarongo ki tōu teihana ā-rohe mō ngā rongo kōrero hou rawa - ā, whakaritea kei a koe nga pūhiko mō tāu reo irirangi, he pūhiko whaitaua rānei mō tāu waea pūkoro.

* Radio Ngāti Porou 93.3, 98.5 FM rānei
* More FM 98.9, 90.1 rānei
* Uawa FM 99.3
* Turanga FM 91.7.

# Ngā hōhipera

E wātea ana te rongoā māu i te Te Whare Hauora o Tūranga, i te Hōhipera o Te Puia hoki.

**Te Whare Hauora o Tūranga**421 Ormond Road 06 869 0500E tuwhera ana te Wāhanga Whāomoomo i te 24 haora i te rā mō ngā āhuatanga ohotata

**Te Hōhipera o Te Puia**4 McKenzie Street06 864 6803E tuwhera ana te Wāhanga Whāomoomo i te 24 haora i te rā mō ngā āhuatanga ohotata

# Ngā whare haumanu

I te taone o Tūranganui-a-Kiwa

**City Medical Centre**134 Derby St
06 868 6104
Tuwhera 8am-5pm Mane-Paraire

**De Lautour Medical Centre**1 Turenne Street06 867 4144Tuwhera 8.30am-5pm Mane-Paraire

**Puhi Kaiti Medical Centre**
508 Wainui Road
06 867 8550
Tuwhera 8am-5pm Mane-Paraire

**Three Rivers Medical**

75 Customhouse Street
06 867 7411
Tuwhera 9am-8pm Mane-Paraire
Tuwhera 9am-1pm me te 2pm-6pm hoki i ngā rā whakatā

**The Doctors Te Whare Hāpara**
3 Desmond Road
06 868 8887
Tuwhera 8am-5pm Mane-Paraire

I Te Karaka

**Waikohu Medical Centre**
76 Station Road

06 862 3630
Tuwhera 10am-2pm, Mane-Paraire mō te kuhu noa.

Ngā Whare Haumanu o te Ākau Tokomaru

**Uawa Community Health Centre**40 Banks Street
Tolaga Bay
06 862 6650

**Tokomaru Bay Community Health Centre**
Tokomaru Street
Tokomaru Bay
06 864 5859

**Tawhiti clinic**4 McKenzie Street
Te Puia Springs
06 864 6803

**Ruatoria Community Health Centre**
1 Tuparoa Rd
Ruatoria
06 864 8316

**Matakaoa Community Health Centre**
20 Paikea Street
Te Araroa
06 864 8316

# Ngā kēmihi

He māori noa te haere o ngā kēmihi katoa o te tāone.

**Horouta Pharmacy**92 De Lautour Road06 868 3700Tuwhera 8am-5pm Mane-Paraire

**Gordons Pharmacy**1 Mangapapa Road06 867 1274Tuwhera 8.30am-5.30pm Mane-Paraire

**Kaiti Mall Pharmacy**520 Wainui Road 06 867 7100Tuwhera 8.30am-5.30pm Mane-Paraire

**Pharmacy 53**10 Ballance Street06 867 3038Tuwhera 8am-7pm Mane-Paraire 9am-6pm Rā Horoi/Rā Tapu

**Bramwells Pharmacy**232 Gladstone Road06 867 1291Tuwhera 8am-6pm Mane-Paraire 9am-2pm Rā Horoi

**Pharmacy Three Rivers**75 Customhouse Street06 868 9510Tuwhera 8am-8pm Mane-Paraire 8am-6pm Rā Horoi/Rā Tapu

**Sean Shivnan Pharmacy**578 Gladstone Road06 867 4672Tuwhera 8am-6pm Mane-Paraire 9am-12.30pm Rā Horoi

# Pacific Islanders’ Community Trust

E whakamana ana a PICT kia taurikura te noho o ngā Tāngata o Te Moana-nui-a-Kiwa. Ka whakarato hoki te Tarahiti i te tohuora mō ngā pānga o te tūkino ā-whānau, ngā take mate hinengaro me te tautoko hei whakaora i te raukoti pūroi, waihoki ko te tautoko me te kōkiri mō te Mātauranga, te Hauora, te Manenetanga, te Mahere Pūtea, te Whiwhinga Mahi me ngā āwangawanga e pā ana ki te KOWHEORI-19.

**PICT**
395 Palmerston Road
Tūranganui-a-Kiwa
Tuwhera 8am-4pm Mane-Paraire
Waea: 06 868 5620
Pukamata: [www.facebook.com/pict.tairawhiti](https://scanmail.trustwave.com/?c=15517&d=8_f34zKRX1NtWJKMJHXOSC11NTnJ3_QzedOcrDIdrQ&u=https%3a%2f%2fwww%2efacebook%2ecom%2fpict%2etairawhiti)

Mona Ferris
Heamana o PICT
027 355 5205
pictmona2018@gmail.com

'Alaimaluloa Toetu'u-Tamihere
Kaiwhakahaere Mahi o PICT
Ph: 027 378 8702
Email: pictala2020@gmail.com

# Ngā rata niho

**Ocean Dental**202 Grey StreetTūranganui-a-Kiwa06 868 1995Tuwhera 8.30am-4.30pm Mane-Paraire mō te tiaki niho kōhukihuki.

**David Edgar at Dental Care**153 Derby StTūranganui-a-Kiwa 06 867 9329Tuwhera 8.30am-4.30pm Mane-Paraire mō te tiaki niho kōhukihuki.

# Te tautoko ā-putea

E wātea ana te tautoko ki ngā tāngata e pāngia nei te huarere taumaha inā tata nei. Ka taea e koe te āhei ki te tautoko mā te waea atu ki 0800 400 100.

He maha ngā huarahi ka taea e Te Hira Tangata te āwhina, i runga anō i tōu āhuatanga. Ehara i te mea me kaiwhiwhi penihana koe. I ngā āhuatanga ohotata, ka taea e Te Hira Tangata te āwhina ki ngā utu mēnā kāore i a koe he huarahi anō hei utu.

Ka taea e Te Hira Tangata te āwhina ki:

* ngā utu rongoā
* ngā pānga moenga
* ngā kai
* ngā nama hiko
* ngā whakatikanga, te whakakapi pūrere rānei
* te ngaromanga whiwhinga moni nā te kore e taea e koe te mahi.

Waea atu ki 0800 400 100 i waenganui i te 8am me te 5pm mō te āwhina ki ngā utu ohotata.

E whakarato ana hoki Te Hiringa Tangata i ētahi atu āwhina pēnei i ngā penihana me te āwhina hei utu i āu utu ā-whare.

He rerekē ngā āhuatanga ō tēnā, o tēnā, nō reira, mō te aha ka māraurau koe kei te āhua o tōu āhuatanga. Me whakahoki pea e koe ngā moni kei te āhua o tōu āhuatanga.

# Ngā Pokapū Oranga o te Tairāwhiti Welfare Centres

Hihira tuihonotia te whārangi a Te Whatu Ora Tairāwhiti mō ngā pārongo e pā ana ki ngā pokapū oranga [www.hauoratairawhiti.org.nz/](http://www.hauoratairawhiti.org.nz/)

# Ngā rāhui

Ko te rāhui he tikanga Māori e tono ana i te tangata kia kaua e kohikohi kai, e hī ika, e tango wai rānei i ngā wāhi pirihongi ki te mate, ki te whakamōtī rānei. He tikanga tapu tēnei e uruhina ai i te nuinga o te wā e ngā iwi, e ngā hapū rānei o te mana whenua.

Tēnā, me aro atu koe ki ngā whakahounga a ōu kaiwhakarato iwi ā-rohe.

East Coast: Te Rūnanganui o Ngāti Porou [ngatiporou.com/](https://ngatiporou.com/).

# Ngā nama waea whai take

* Te Kaunihera o Te Tairāwhiti/Gisborne District Council, 0800 653 800, 06 867 2049, 24/7
* Te Manatū Whakahiato Ora: mō te ngaromanga o te whiwhinga moni nā te waipuke te take, waea atu ki 0800 400 100
* Mēnā he nama kiritaki āu ka taea e koe te tono tuihonotia ki [www.workandincome.govt.nz](http://scanmail.trustwave.com/?c=15517&d=wKf547XRW9Vowv3XSGh3Ih5YKw_8A6M9_BaDACtdHQ&u=http%3a%2f%2fwww%2eworkandincome%2egovt%2enz)
* Mō ērā atu pātai katoa, waea atu ki 04 916 3300
* Mahi Haumaru Aotearoa: Waea koreutu 0800 030 040, Mane ki te Taite (hāunga ngā hararei tūmatanui) 8.30am-5pm me te Paraire 9am-5pm
* E whakarato ana hoki a CCS Disability Action i te tautoko mō ngā tāngata whaikaha i Tūranganui-a-Kiwa
Waea: 0800 227 2255, 07 578 0063. Īmēra: bop@ccsdisabilityaction.org.nz
* Kia pūrongo ai i tētahi māuiuitanga, ki te whiwhi kupu āwhina rānei mō ngā tūraru māuiui, tēnā whakapā atu ki te Ratonga Hauora Tūmatanui: mā Te Whare Hauora o Tūranga, mā te īmēra rānei: health.protection@tdh.org.nz.

# Ngā pae tukutuku whai take

* Manatū Hauora/Ministry of Health: [www.health.govt.nz/](https://aus01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.health.govt.nz%2F&data=05%7C01%7CKalinda.Walsh%40tdh.org.nz%7Ca4e7154d2e1443c74c6008db154dd30e%7C01af191e977c4e1e99ca984af1eb91c1%7C0%7C0%7C638127196217654232%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=uVEhI9LskYOQA8mTQ9MC4KP6649UeY%2Fb7KpJIarN7JI%3D&reserved=0)
* Mental Health Foundation of NZ: [mentalhealth.org.nz/](https://aus01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fmentalhealth.org.nz%2F&data=05%7C01%7CKalinda.Walsh%40tdh.org.nz%7Ca4e7154d2e1443c74c6008db154dd30e%7C01af191e977c4e1e99ca984af1eb91c1%7C0%7C0%7C638127196217654232%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=%2BkT1bEiozzvuCzkxBITNG01rxMPtRrpwoUDk%2FOMVq%2FY%3D&reserved=0)
* Te Kaunihera o Te Tairāwhiti/Gisborne District Council: [www.gdc.govt.nz/](https://aus01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.gdc.govt.nz%2F&data=05%7C01%7CKalinda.Walsh%40tdh.org.nz%7Ca4e7154d2e1443c74c6008db154dd30e%7C01af191e977c4e1e99ca984af1eb91c1%7C0%7C0%7C638127196217654232%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=uAaLSDc2jwTjdji7idzr67veKoB8CL%2F%2B25yWCA8Knnw%3D&reserved=0)
* Waka Kōtahi/NZTA: [www.nzta.govt.nz/](https://aus01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.nzta.govt.nz%2F&data=05%7C01%7CKalinda.Walsh%40tdh.org.nz%7Ca4e7154d2e1443c74c6008db154dd30e%7C01af191e977c4e1e99ca984af1eb91c1%7C0%7C0%7C638127196217654232%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=HQDB3zy2QK%2B9tPonl3lr%2FVpuIejjTL0CZbv%2BhAHhtuQ%3D&reserved=0)
* Te Manatū Whakahiato Ora: [www.msd.govt.nz/](https://aus01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.msd.govt.nz%2F&data=05%7C01%7CKalinda.Walsh%40tdh.org.nz%7Ca4e7154d2e1443c74c6008db154dd30e%7C01af191e977c4e1e99ca984af1eb91c1%7C0%7C0%7C638127196217654232%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=%2Fs3VZPjB7oNpRqneN1p7zyEGLFCvMXMrBsJNGTsKtKA%3D&reserved=0)
* Mahi Haumaru Aotearoa: [www.worksafe.govt.nz/](https://aus01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.worksafe.govt.nz%2F&data=05%7C01%7CKalinda.Walsh%40tdh.org.nz%7Ca4e7154d2e1443c74c6008db154dd30e%7C01af191e977c4e1e99ca984af1eb91c1%7C0%7C0%7C638127196217654232%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=35MdZVtD642VKq532XRSelyDvsnVpYMzfdryw4w6r2o%3D&reserved=0).

Ko te tūmanako ka whai take ki a koe ēnei pārongo
Tukuna ōu whakahoki kōrero mā te īmēra ki hnzcommunications@health.govt.nz.