

Me pēhea te whakamahi i te Whakamātautau Ākipaturopi Tere

10 o Poutūterangi 2022

Ka rerekē te āhua o ngā tohutohu whakamātautau i runga anō i te āhua o te momo. Whāia ai e ngā kete whakamātautau ākipaturopi ngā tohutohu i raro nei, engari kaua te katoa. Tēnā whāia ngā tohutohu a te kaihangā.

Te kōhi tīpakohanga



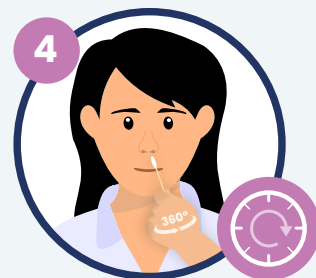
1 Tangohia he pani ihu i te pūkoro.



2 Kuhuna te rākau pani ki tētahi pongāihu, kia 2-3cm mai i te taha o te pongāihu.



3 Āta hurihuritia te pani kia rima ngā wā i te mata o te pongāihu. Mā taua rākau pani tonu, tōaitia te tukanga kōhi i tētahi atu pongāihu.



4 Tirohia ngā tohutohu o te pouaka ki te whakaū i te angawā tika hei pānu i tō hua. Ka rerekē pea tēnei i runga i te āhua o te momo kete.

Te whakamātautau i te tīpakohanga



5 Tihorea te hīri konumohe i runga i te ipuriki waiwāhi, e mau nei te waiwāhi pūtau.



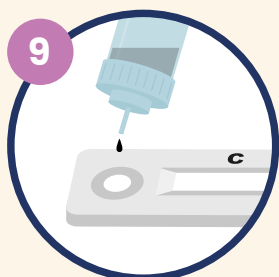
6 Purua te pani ki roto i te ipuriki waiwāhi. Kia kaha tonu te hurihuri i te pani kia rima ngā wā.



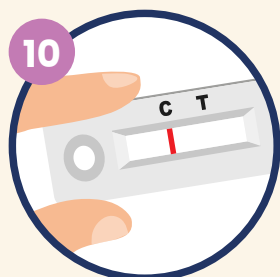
7 Tangohia te pani mā te huri i te pani ki te taha o te ipuriki, i te wā e kōtē ana i ngā tahataha kia tuku ai te wē i te pani.



8 Katia te ipuriki mā te taupoki, ā, kia kaha tonu te whakamau ki runga i te ipuriki. Kia kaha tonu te kōrori mā te perepere i te wāhanga o raro o te ipu.



9 Huri kōarotia te ipuriki, ka pupuri i te tīpakohanga ki runga ake o te poka tīpakohanga. Āta kōtēhia te ipuriki. Tukua kia ringi te 3 - 5 pata ki roto i te puna tīpakohanga.



10 Tēnā tirohia ngā tohutohu o te kete, ka whai i te wā e tika ana ki te tiro i tō hua whakamātautau.

Te pānu i tō hua

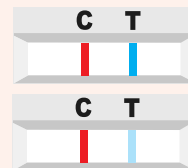
Kāore he mate

E tohu ana tētahi rārangi i te taha mate.



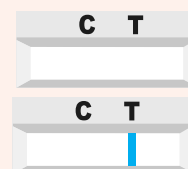
E pāngia ana

E tohu ana ngā rārangi e rua, i te taha o te C me te T (me ngā rārangi rehurehu) e pāngia ana koe e te mate.



Hua muhu

Mēnā kāore he rārangi i te taha o te C, e tohu ana tērā he muhu te whakamātautau. Ki te puta he hua muhu me whakamātau anō. Whāia ngā tohutohu a te kaiwhakanāo me pēhea te roa o te tatari.



Te pūrongo i tō hua

Me pūrongo koe i tō hua. Ka taea tēnei i runga i My Covid Record.

Takiuru ki mycovidrecord.health.nz waea atu rānei ki **0800 222 478** ka pēhi i te kōwhiringa 3.

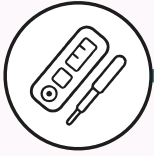
Mēnā kei roto koe i tētahi kaupapa Close Contact Exemption Scheme, me whakamōhio koe i tō kaituku mahi ki tō hua.



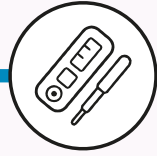
KOWHEORI-19 - Tohutohu Whakamātau



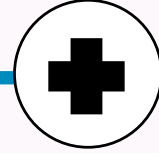
Tangata whai tohumate - ko te tikanga, kotahi neke atu rānei ngā tohumate KOWHEORI-19. Haere ki [Covid19.govt.nz](https://www.covid19.govt.nz) mō ētahi atu mōhiohio.



Kia whiwhi i a koe tētahi whakamātautau RAT, me wawe te whakamahi. Ina puta he hua e tohu ana kei te pāngia koe, ka whiwhi mōhiohio anō koe kia oti tō rekoata i tō hua



Mahia he whakamātautau anō i te 24 hāora mēnā i tohu ake kāore koe e pāngia ana, ahakoa he tohumate tonu ōu. Mēnā ka tohu anō te whakamātautau kāore koe i te pāngia, whakapā atu ki tō mātanga hauora mō te tautoko.



MEMŌHIO

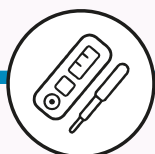
Ina pāngia tētahi tangata e noho ana i tō taha ki te KOWHEORI-19, tēnā tirohia te mahere whakamātautau mō ngā pānga ā-kāinga (te āhuatanga i raro).



Pānga ā-Kāinga - ko te tikanga e noho ana koe i te taha o tētahi kei te pāngia e te KOWHEORI-19 engari kāore ōu tohumate



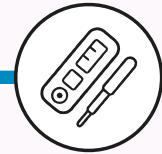
Ka tohu ake he whakamātautau kei te pāngia tētahi i tō kāinga e te KOWHEORI-19



Mahia he whakamātautau RAT e **3 rā** i muri i te whakamātautau e tohu ana kei te pāngia koe



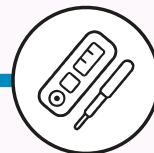
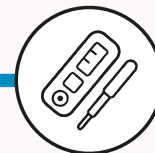
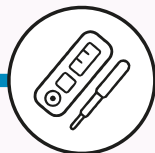
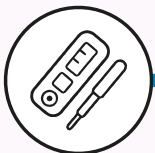
Ina puta ake he tohumate me whai koe i ngā tohutohu mō te tangata whai tohumate (te āhuatanga i runga)



Ki te kore e pupū ake he tohumate, me whai whakamātautau anō hei te **7 rā** i muri mai i te tohu kua pāngia koe e te mate.



He kaimahi waiwai i CCES - ko tōna tikanga he kaimahi waiwai koe, ā, e māraurau ana ki te CCES. Haere ki [business.govt.nz](https://www.business.govt.nz) mō ētahi atu mōhiohio



Me mahi whakamātautau ia rā e mahi ana koe ki te tiro kāore koe i te pāngia. Kāore koe e mate ki te mahi whakamātautau i ngā rā kāore koe e mahi ana, engari me whai tonu koe i ngā aratohu CCES mō ngā kaimahi waiwai