Taau puka akamarama'anga no te patia paruru COVID-19

Manganui te ka rauka i te rave me angaanga taokotai tatou
Na roto i te angaanga kapiti, e autu ei tatou

Wairarapa DHB
Wairarapa District Health Board
Te Poari Hauora a-rohe o Wairarapa

HUTT VALLEY DHB

Capital & Coast
District Health Board
ŪPOKO KI TE URU HAUORA

CapDocs ID: 1.105240 May 2021 - Cook Islands Maori

Kua angaanga pakari tatou katoatoa ma te taokotai i te paruru'anga ia tatou uaorai mei te maki COVID-19.

Kua rave taokotai tatou i ta tatou au tuanga tatakitai no te paruru'anga i to tatou iti tangata i Aotearoa katoatoa nei. Te oronga atu nei te reo akameitaki'anga ma te pumaana no teia maroiroi.

Ko te patia paruru'anga tetai taka'i'anga puapinga no to tatou ora'anga kia vai matutu. Ka o atu koe ki roto i te tare'anga o tetai anere tauatini e ara atu tangata i Aotearoa nei pera tetai pirioni tangata i roto i teia nei ao katoatoa tei patia katoa ia atu ki teia patia paruru.

Meitaki maata.

Tei roto i teia puka te au tua akamarama'anga puapinga tei anoano ia koe kia kite no runga i te patia'anga paruru no te COVID-19.

No te au tuatua ōu no ta matou porokaramu patia paruru:www.VaccinateGreaterWellington.nz

No te au tuatua akamarama'anga no runga i te akanoo'anga tuatau no te patia paruru no te katoatoa:www.covid19.govt.nz

"Iaku uao rai, ko te patia'anga paruru, tetai akaari'anga pumaana roa atu i te vaerua angaanga taokotai. Angaanga taokotai'anga ki toku uao rai kopu tangata e pera te au taeake i roto i taku ngai angaanga, e pera te iti tangata ta matou e tauturu ana"

Arawhetu Gray (Ngāti Kahungunu ki Wairarapa, Rangitane ki Wairarapa, Ngāi Tahu and Ngāti Ira), Tama Aka'aere o te Māori Health, Hutt Valley and Capital & Coast District Health Boards.

No runga i te patia paruru

Kare e tutaki te patia paruru no te COVID-19, e te vai nei no te iti tangata katoatoa e noo nei ki Aoteroa nei.

Ko te angaanga a teia patia paruru ko te paruru i toou kopapa ma te angaanga kapiti atu ki toou au mero i te tamaki atu i teia manumanu me e uake e tu koe.

Ko te patia paruru'anga iakoe tetai takai'anga puapinga roa atu no te paruru'anga iakoe mei te kino ta teia manumanu ka akatupu atu.

Ta tatou au akanoo‘anga no te patia‘anga paruru no te COVID-19

Kua akanoo te Kavamani e kia tuku taime ia te patia‘anga paruru no te COVID-19 Ko te aite‘anga o teia koia, ka tuketuke te tuatau o te mataiti e patia ia atu ei te iti tangata. Tei runga ua i to ratou turanga e te tuatau tei akataka‘ia no ratou.

Ka rava rai te patia paruru no te katoatoa mei te uki 16 mataiti e to runga atu, no te rua patia te ka anoano‘ia. E tika‘anga to te au tangata katoatoa kia patia paruru ia i mua ake i te openga o teia mataiti 2021.

I teia ati‘anga, kare i rauka ake tetai tikaanga no te au tama i raro ake i te uki 16 mataiti kia patia paruru ia.

E kupe roro uira tetai teia anga ia atu “Unite against COVID-19” me ka inangaro koe i te kite e, ko teiea te pupu ka o atu koe ki roto no te patia‘anga.

covid19.govt.nz/MyVaccine

Pupu ta‘i

Pupu rua

Pupu toru

Pupu ‘ā

Ko teia patia‘anga paruru e mea tau, papu ma te tutaki kore.

E tika‘anga tutakikore to tetai uatu tangata i te tapa‘o atu i tetai tuatau kia patia ia atu aia. No nga patia e rua ma te tapa‘o atu‘anga i tetai tuatau no toou patia, kare e tutaki.

Ko te Medsafe te putuputu‘anga e porokiroki nei i te Kavamani no runga i te au vairakau ka tau kia taangaanga‘ia i Aotearoa nei. Kua akarakara matatio ratou ki roto te au kite akapapu‘anga no teia vairakau, i mua ake ka tuku atu ei ratou i te tamanako‘anga ki te Kavamani.

I muri ake i te rua o te patia paruru, ko te turanga papu e kua paruru‘ia koe mei te COVID-19, mei tetai 95%. Ko te patia paruru‘anga COVID-19 tetai ravenga meitaki rava atu no te paruru‘anga tatou, tetai i tetai.

I mua ake i toou patia paruru‘anga

Me tapa‘o koe i toou tuatau patia, e tata koe i te tuatau, e te ngai ka rave ia ai teia, kia kore koe e topa i te reira.

Kia tae koe ki te ngai patia paruru‘anga i te ora i akanoo ia. Me ka tae vave atu koe ki toou patia‘anga, me ka tika, auraka e maata atu i te 15 meneti i mua ake i te tuatau tei akanoo‘ia.

Ka anoanoa ia e rua patia‘anga e rauke ei iakoe te turanga paruru ka anoano‘ia. Ka taeria rai tetai toru epetoma mei toou patia‘anga mua, e rauka mai ei toou tuatau no te rua o te patia‘anga.

Ka anoano ia mei te rua epetoma i rotopu i toou patia no te flu e toou patia‘anga paruru COVID-19. Me kua patia iana koe no te flu i te ngā epetoma i topa ake nei, ka anoano ia koe kia tapa‘o atu i toou tuatau no te patia‘anga paruru COVID-19 no teia ngā ra ki mua.

Aere‘anga atu no toou patia paruru

Ka akono matou iakoe, akamata ki te akara‘anga i toou turanga ora‘anga.

Ka ui iatu kia koe kia akapāpū i toou akapapa‘anga, e pera me kua akatika koe kia patia paruru ia koe.

Ka patia iatu koe e te taunga patia ki runga i toou rima vaitata ki te pakuivi i toou aro kaui me kare te aro katau.

Ka akara matatio ia koe e rua ngauru miniti penei uake e ka tupu te mauiui manako kore‘ia kia koe

Me karanga atu matou e kua mako koe, te aere atura koe i toou aere‘anga.

I muri ake i toou patia‘anga paruru

Ka akanoo matou i tetai taime noou no te rave‘anga i te rua o te patia paruru mei tetai 21 ra i muri ake i toou patia‘anga mua.

Ka anoano‘ia rai koe kia aru atu i te au akanoonoo‘anga paruru mei te COVID-19 i muri ake i toou patia‘anga.

Ka pou rai tetai 7 ra i muri ake i te rua o te patia‘anga e kitena ia ei te meitaki o teia vairaakau paruru mei te COVID-19.

Ka anoano‘ia rai koe aru atu i te au akanoonoo‘anga paruru mei te COVID-19 i muri ake i toou patia‘anga.

Me kite putuputu koe i te tuke i toou turanga e ma te taitaia, komakoma atu ki toou taote **me kare taniuniu atu i te Healthline -0800 358 5453**

Kia ngakaparau koe e, kua patia ia koe!

Ka akatika'ia koe i te nenei atu i tetai tūtū noou i tetai uatu ngai patia paruru'anga, iakoe e tu ara i mua i to matou au reva.

Tukuna ia atu toou tūtū ki runga i te ta'ua uira tūtū akapiri atu ki te tātā'anga #VaccinateNZ

Akakite atu ki toou au taeake e te kopu tangata e e mea tau kia patia paruru ia ratou.

Te akatumutumu

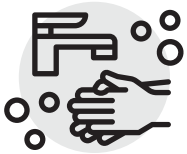
Te nenei'anga i toou uao rai tūtū

Te rē

Te akatumutumu ketaketa

Au akamaara‘ara‘anga no runga i COVID-19

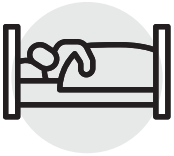
I muri ake i toou patia‘anga, ka anoano ia rai koe kia aru i te au paruru‘anga mei te COVID-19



Ōrei me kare tama ua rai i toou rima

Aao uarai i toou paruru kapumata i runga i te au terera o te katoatoa

Me kite koe i te au akairo o te COVID-19, aere atu kia test ia koe.



E no‘o ki te kainga me e maki koe

Ta‘angaanga iatu te NZ COVID Tracer app i runga i taau taniuniu kia rauka ia koe i te nenei atu i te tutu o te Korona (QR codes) i te au ngai taau ka aere atu; tuku i taau taniuniu ki runga i te bluetooth.

Orei kia mā te au ngai putuputu i te ta‘angaanga ia

Me mare me kore me mare ti‘e koe, arai ua rai i toou vaa.

Te au turanga tu kaui

Mei te au vairakau ke atu, ka kite rai koe i tetai tu kaui ki runga i toou kopapa. Kare e mei te mea e kua tu'ia koe e te manumanu COVID-19, e mea puapinga kia marama koe i teia. Teia tona aite'anga te akamatutu nei toou kopapa i te paruru iakoe no te tamaki atu'anga i teia manuamanu COVID-19

Me kare koe i papu meitaki no runga i teia au tu kaui me kare te ririnui atura te tu kaui, komakoma atu ki toou taote **me kare taniuniu atu i te Healthline i runga te numero 0800 358 5453**

Penei ko taau ka kite	**Eaa te tu tauturu ka rauka**	**Aea teia e akamata ei**
Ko te mamae i te ngai tei patia'ia, te mamae mimiti e te akia o te kopapa tetai au tu kaui putuputu e kitena ia ana.	Tuku atu i tetai tauera mā'ū i te vai anu me kare tetai ice pack ki runga i te ngai tei patia'ia. Akaruke ki runga no tetai tuatau poto Auraka e miri me kore, e māoro i te ngai tei patia'ia.	I rotopu i te 6-24 ora
Ka tupu katoa te tu mauiui o te kopapa, te tu apikepike, te tu ōtete o te kopapa, te akaveravera o te kopapa, te mamae o te au paupau'anga, e ka takaviri katoa te kopu.	Kia rava te akangāroi ma te inu kia maata te vai Ka mako ua me kai i te ua Paracetamol me kare te ibuprofen Kia aru ra i te au akaue'anga tei tukuna mai. Me kino ua atu rai te turunga tu kaui taau e kite ara i runga ia koe, atoro atu i toou taote, me kore ra i tetai uatu i roto i te tuanga rapakau maki	I rotopu i te tuatau 6-48 ora

Te patia paruru ia nei matou no to matou kopu tangata e to matou oire tangata.

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