**Letter template: Ngā māuiui o Takurua**

Kia ora koutou,

Ina te wā o Takurua kei te heke mai, e matatū ana tātou ki ngā taru tawhiti ka heipu mai – ehara noa i te KŌWHEORI-19 engari hoki ko ētahi atu māuiuitanga tērā e puta mai.

Tērā te nuinga o ngā tāngata o Aotearoa i haumarutia i te pānga mai o te rewharewa i ngā tau e rua kua hipa, heoi, kei te māharahara tonu ngā mātanga hauora mō te hekenga o te ārai mate o te hunga ki te rewharewha. Hei tēnei Takurua tērā tonu pea ka tūpono pā mai te rewharewha me te KŌWHEORI-19 i roto i te wā poto. Ka hua mai pea tētahi māuiuitanga kino.

Mēnā ko koe tētahi kāore e aro ki te whiwhi ārai rewharewha, e whakahau ana mātou ki te whai āraitanga rewharewha koe i tēnei tau me te whai kia tika ngā āraitanga mō tō whānau (hei tauira, mītara, mare heihei).

[Flu (influenza) vaccines – Ministry of Health](https://www.health.govt.nz/your-health/conditions-and-treatments/diseases-and-illnesses/influenza/flu-influenza-vaccines)

Mō te tau 2022, he mea koreutu ngā āraitanga rewharewha mō:

* te wahine hapū
* te hunga e 65 tau te pakeke, neke atu rānei
* ngā tāngata Māori, Pasifika hoki e 55 tau te pakeke, neke atu rānei
* te hunga kua roa e pāngia ana e ngā momo mate pērā i te mate huka, te huangō, he mate manawa rānei (e 6 marama neke atu)
* te tamariki i raro iho i te whā tau kua whakaurua ki te hōhipera mō tētahi mate romahā pērā i te huangō.

Mēnā kāore koe e māraurau ana kia werohia ki te āraitanga rewharewha koreutu, ā, kāore e ūhia ana ki tētahi pūtea ā-kaitukumahi, ko te utu ia kei waenga i te $25 me te $45 e ai ki te rongoā āraimate me te kaituku rongoā.

Arā ētahi kōrero anō mō ngā tohumate me ngā tohu mōrearea mō te rewharewha kei te paetukutuku o Te Manatū Hauora.

[Flu symptoms – Ministry of Health](https://www.health.govt.nz/your-health/conditions-and-treatments/diseases-and-illnesses/influenza/flu-influenza-vaccines)

Ahakoa he aha, ko te hiahia ia kia noho haumaru mai ā tātou tamariki me ngā kaiako i te pānga kino o ngā māuiuitanga, ā, kia whai akoranga te tokomaha o ngā tamariki i ngā kura. Mā ēnei mahi katoa kua whakaritea kētia e heke ai te tūpono pā o te KŌWHEORI -19, e ārai atu hoki i ngā māuiuitanga takurua, pērā i te:

* noho ki te kāinga mēnā e māuiui ana koe, me te kimi tohutohu kia aromatawaitia
* horoi i ngā ringa ia te wā
* noho ki ngā wāhi hauhau
* whakahau i ngā manuhiri kia mau ārai mata i rō whare
* horoi, te patuero hoki i ngā papa he rite tonu te pāngia
* uhi i ngā maremare me ngā matihe
* whai kia whiwhi rongoā āraimate ngā tāngata katoa o te hapori (kaua mō te KŌWHEORI-19 anahe).

Kia pērā tonu te mahi i te kāinga, ā, ko te manako ka noho ora tātou katoa i te wā o te Takurua.

Mēnā he pātai āu mō ā mātou mahere hauora, haumaru hoki me whakapā mai.

Ngā mihi,

[Ingoa o te kaituku akoranga kōhungahunga]

hE pārongo mō te rewharewha

# Symptoms Ngā TOHUMATE

He ōrite, he āhua rite rānei ngā tohumate rewharewha ki ngā [symptoms of COVID-19](https://www.health.govt.nz/covid-19-novel-coronavirus/covid-19-health-advice-public/about-covid-19#symptoms). Koinei ngā tohumate rewharewha:

* kirikā (e 38°C piki atu rānei te pāmahana)
* maremare
* korokoro mamae
* he ihu puru, hūpē tautau rānei
* mamae ā-tinana
* he ngāhoahoa nō te māhunga
* e hūwiniwini ana
* he puku kopaito, he ruaki, he koiangi rānei.

Ki te pāngia koe e te rewharewha, ā, e māuiui ana koe, he tika ana kia kaua koe e haere ki te mahi, ki tō kura kōhunghunga rānei me noho iho ki te kāinga. Me tiaki i a koe anō me tō whānau – he mea nui kia whakatā koe, kia kaha hoki te inu wai.

Mēnā he māharahara ōu, me kimi tohutohu mai i te tākuta, i tētahi ratonga rongoā rānei, mēnā rā ka puta he tohu rerekē, mōrearea rānei, mēnā rānei kāore anō koe kia tirohia.

# TOHU MŌREAREA

Me mātua kimi tohutohu rongoā mēnā rā:

* kua pāngia e te kirikā, ā, kāore te pāmahana e heke, ina koa e hapū ana koe
* e kōwiniwini ana, he wiriwiri kino rānei
* me uaua te whakangā, he mamae kei tō poho rānei
* kua rerekē te tae o ōu ngutu, tō kiri, ngā matimati rānei, he pāpura, āhua kahurangi rānei
* ka pā te hukihuki ohorere
* kua pāngia e ētahi atu tohu taumaha pērā i te [meningococcal disease](https://www.health.govt.nz/your-health/conditions-and-treatments/diseases-and-illnesses/meningococcal-disease-including-meningitis) (me ōna tohu anō pērā i te ngāhoahoa kino, te momoe, te ruaki, te kakī mamae, e kore e pai ki ngā rāiti mumura, me te kōpukupuku).

Kia mātaara ki ngā tohu o te matewai, pērā i te pōātinitini i te wā e tū ana koe, mēnā kāore e auau ana te haere ki te mimi.

Mēnā kāore e aro mai ana tētahi kei te tiakina e koe, he noho mū, he pōnānā rānei, me mātua whakapā atu koe ki te tākuta.

# Ngā TOHU MŌREAREA MŌ TE PĒPĒ ME TE TAMARIKI NOHINOHI

Whakapā atu ki te tākuta mēnā he tere rawa te hā o tō pēpē, tō tamaiti rānei, e ngaengae ana, e ngō ana rānei. Tirohia te wāhi ki ngā kaokao, raro iho i ngā rara, mēnā kua ngōngō whakaroto (tē puta kau noa) i a ia e whakangā ana.

Me mātua kimi āwhina mō tō pēpē, tō tamaiti rānei mēnā:

* e kaha hiamoe ana, he uaua te whakaoho mai
* e kaha āritarita ana, kāore i te pīrangi kia awhitia
* he tānange noa, kāore e āhei te neke te aha rānei
* mēnā he maroke te kope, ā, ina tangi ana ia kāore ōna roimata, he tohu tērā o te matewai. Me mātua whakapā ki te tākuta, ka tika.
* mehemea kua pāngia e ētahi atu tohu taumaha pērā i te [meningococcal disease](https://www.health.govt.nz/your-health/conditions-and-treatments/diseases-and-illnesses/meningococcal-disease-including-meningitis) (me ōna tohu anō pērā i te ngāhoahoa kino, te momoe, te ruaki, te kakī mamae, e kore e pai ki ngā rāiti mumura, me te kōpukupuku, heoi kei ngā tamariki nohinohi kāore e tino kitea, pērā i te hiamoe, me te ruaki).

Mēnā he māharahara ōu mōu ake, mō tētahi atu kei te tiakina e koe, waea atu ki Healthline (0800 611 116) ka kimi tohutohu ai, me haere rānei ki te tākuta, ahakoa kua waea atu koe, kua kitea kētia rānei i mua.

Ētahi pārongo anō mō te rewharewha:

* [Flu (influenza) vaccines | Ministry of Health NZ](https://www.health.govt.nz/your-health/conditions-and-treatments/diseases-and-illnesses/influenza/flu-influenza-vaccines)
* [Influenza | Ministry of Health NZ](https://www.health.govt.nz/your-health/conditions-and-treatments/diseases-and-illnesses/influenza)