**Letter template for whānau Māori**

Tēna koutou, tēnā tātau i ngā tini āhuatanga o te wā.

Kei te haere tonu tā tātau, tā Aotearoa, urupare ki te Mate Kowheori-19 me te nui haere o ngā kēhi i ia rā.

Kua kite pea koutou i ngā pānui pāpaho mō te tokomaha o ngā kēhi kei ngā kura. Tēnā, kia kaua e ohorere ki tēnei āhuatanga. Kāore e kore, ki te piki haere ngā kēhi i ngā hapori o te motu, ka pērā anō ki ō tātau kura. He mahere pai tā tātau, he pūnaha pai hoki hei urupare ki tēnei āhuatanga, arā ki te whakaiti i te hōrapa haere o te kowheori ki tōna iti ka taea. Ko te weronga o ā mātau kaimahi katoa, me te whai i te wero tuatoru, tētahi wāhanga nui nō tēnei urupare.

Kua kite hoki pea koutou i a Tākuta Jin Russell, he rata tamariki ki te hōhipera o Starship e kōrero ana mō te rangahau i Poihākena mō te Omikorona ki reira ([research from New South Wales about their recent Omicron outbreak](https://www.ncirs.org.au/sites/default/files/2022-02/NCIRS_NSW_Schools_COVID_Summary_Term_4_2021_Report%20-%2018-02-2022_FINAL_1.pdf)) e whakaatu ana kei te tino iti te hōrapa haere o te kowheori ki roto i ngā kura o reira (he iti iho i te 4% ngā kēhi i ngā kura ka tuku i te mate ki tētahi atu i te kura). Kua kitea hoki tēnei āhuatanga ki Aotearoa.

Koira e tuwhera tonu ana ngā kura kei te Rama Whero! He tino pai te haere mai ki te kura mō te hauora me te ako o tō tamaiti i te taha o ō rātau hoa me ngā kaimahi kura, me ngā tikanga e whāia ana hei whakahaumaru i a rātau.

Kei te ōrite tonu te wāhi ki a koe – tēnā, tautokona tō tamaiti kia haere mai ki te kura, ka āta tirotiro hoki kia kite mehemea kei te whai tohumate tētahi o tō whānau. Mehemea e māuiui ana koe, me noho ki te kāinga me te rapu tohutohu mō te whakamātautau Kowheori-19.

Kei te wāhanga 3 nei o te urupare ki te Omikorona, ko te rerekētanga matua, ko ngā turoro anake me te hunga whai pānga e noho ana ki ō rātau kāinga me noho rāhui ki te kāinga. Katoa ētahi atu, me āta titiro mō te tūpono kitea o ngā tohumate o te Kowheori-19, tae atu ki te hunga whai pānga tata engari kāore i te noho ki te whare o te turoro.

Kei te whakamahia ngā whakamātautau RAT ināianei ki te whakatau i te Kowheori-19 me ngā whakamātautau PCR hoki. Ka whakamōhio ngā whare whakamātautau i a koe he aha te momo whakamātautau e pai ana mōu. Ko te tikanga, ka wawe tonu te whakahoki kōrero ki a koe mehemea ka whakamahia te whakamātautau RAT. Mā konei, mā te whakamahi i te whakamātautau RAT ka tere ake ai te wā whakahoki mō ngā whakamātautau PCR hoki (kua pōturi haere i nā tata nei nā te tino tokomaha o ngā tāngata kei te whakamātautautia).

Mehemea ka tohua tētahi o tō whānau ki te Kowheori-19, ka tonoa koe māu anō e whakamōhio i te hunga whai pānga tata. Me whakamōhio mai i a mātau ki tōna tere ka taea, mehemea kua tohua tō tamaiti ki te Kowheori-19.

Ko te kāinga tonu te tino wāhi ka tukuna te Kowheori-19 ki ētahi atu - nō reira kia kaha ki ngā mahi pai hei whakahaumaru i tō whānau. Ko te horoi ringaringa, te whai hau waho, te ārai maremare me te tihe, te horoi papa kia mā me te rapu tohutohu mehemea kei te māuiui koe. Me whakamau hoki i te maruhā mehemea kei te takiwā e hāereere ana.

Tērā ngā kōrero kei te ipurangi hei āwhina i a koutou ko to whānau ki te whakarite i a koutou anō mō te noho rāhui ([prepare to isolate](https://covid19.govt.nz/prepare-and-stay-safe/preparing-to-self-isolate/)).

Ko te tino tohutohu hei whakahaumaru i tō whānau, me mahi koutou ānō nei kei te whai koutou i te Kowheori-19. Neke atu i te hautoru tāngata ka kore e mōhio kei te whai tohumate rātau mehemea kua werohia rātau ki ngā weronga e toru o te āraimate. Nō reira me whai whakaaro koe ki te hunga ka toro atu koe ki a rātau, me ngā tikanga hauora me whai hei whakahaumaru i a rātau.

Ko te whai i ngā weronga e toru tētahi o ngā tino kaupapa hei āwhina i a koe. Kei te kitea i ngā rangahau, ina tirohia te hunga kāore i te whai weronga, ka 67% te iti iho o te whai pānga o te Omikorona ki te hunga e whai ana i ngā weronga e toru, ka 97% te iti iho o te whai pānga ki te Delta. Mehemea kāore koe e pāngia e te Kowheori, kāore e taea te tuku atu ki tētahi atu.

Hei whakamutu iho, kei te mārama mātau ki te taumaha o ngā pānga whānui o te Kowheori-19 ki ngā whānau maha o Aotearoa. Mehemea kei te mōhio koe ki tētahi whānau e taimaha ana i tō hapori, āwhinatia rātau ki kimi tautoko, hei tauira ki te rapu kai, ki te rapu rongoā, tautoko ā-pūtea rānei ([Help is available – Covid-19 Health Hub](https://covid19.health.nz/advice/help-available))

Mehemea kei te māharahara koe ki te tuku mai i tō tamaiti ki te kura, me whakapā mai. Kei konei mātau ki te āwhina!