



PREPARE
PACIFIC

Cook Islands



PATIA'ANGA PARURU
MEI TE MAKI
COVID-19 NO TEITI
TANGATA COOK ISLANDS

EAA TE COVID-19
Updated 25th June, 2021



EAA TE COVID-19

Updated 25th June, 2021

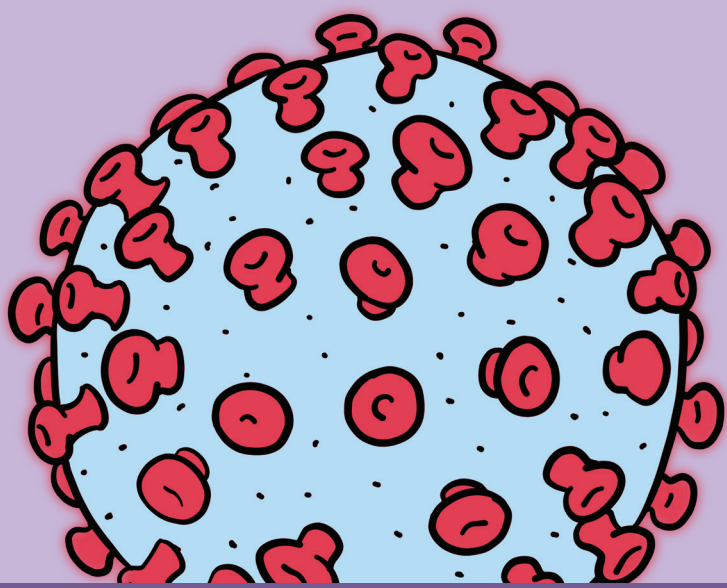
- Ko te COVID-19, e manumanu ou takiri teia ka akatupu i tētai maki kino ki te tangata.
- Ko te manumanu (coronaviruses), no roto te rēira i tētai kōpu manumanu maata. Ko te common cold e te flu tētai maki ka akatupu teia manumanu.
- Kare i papū e noea mai teia manumanu i te akamata anga, inārā kua kitena mai te maki mua i Wuhan, Tinitō i roto ia Titema mataiti 2019.
- Ko te ingoa poto no te maki coronavirus disease 2019, ko te COVID-19.

Last updated: 25th June, 2021

FOR MORE INFORMATION CONTACT
HEALTHLINE 0800 358 5453
www.preparepacific.nz



EAA TE COVID-19?



*E manumanu ou takiri teia
ka akatupu i tētahi maki kino*



*Ka tupu teia
tētahi maki kino*

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- Te kimi mārama oonu nei rai mātou no teia manumanu ou.
- Mei roto i te 176 mirioni tangata i tū iātu e teia maki i roto i teia nei ao, teia tei kite ia mai. E maki kino pakari teia no te mea:
- E maata atu i te 3 mirioni tangata i mate i roto i teia nei ao.
- E kino maata ta teia manumanu ka akatupu ki te au tangata e maki tinamou to ratou, mei te: toto vene, maki pukuatu, potopoto ao, maki ōviri, te au maki i runga i te ate māmā, te maki mapē me kore te maki o te ate.
- Ka ngoie ua teia maki i te piri atu ki runga i te au metua pakari.

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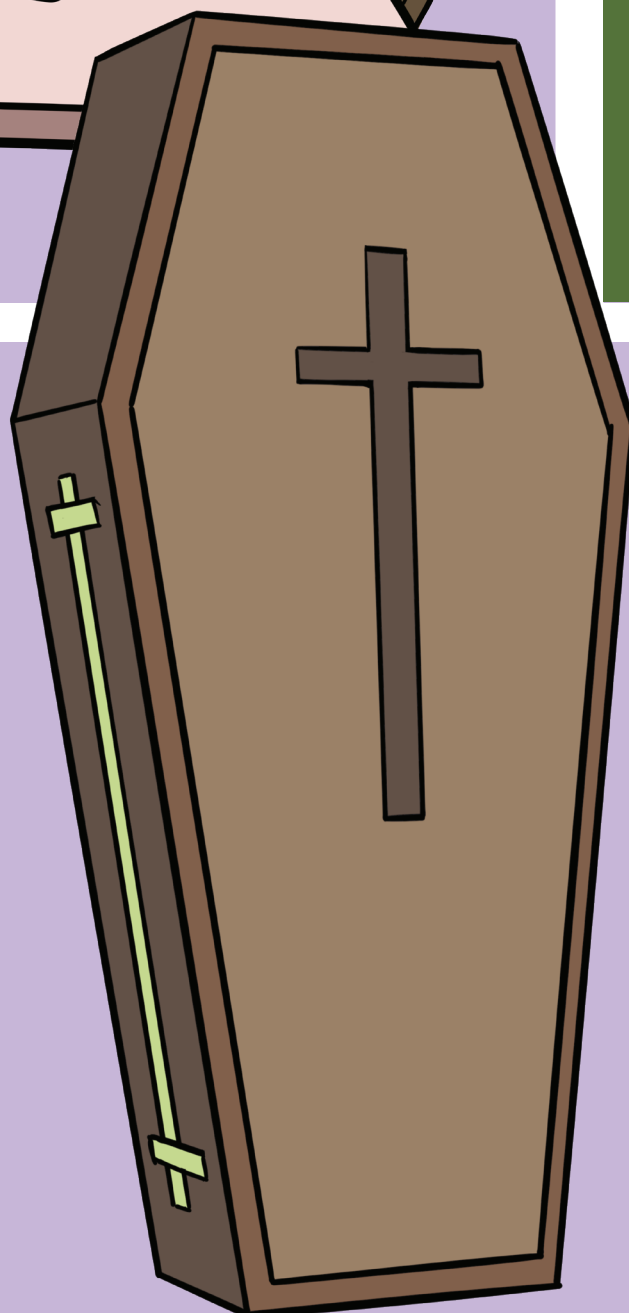


EAA TE KINO O TE COVID-19

Ki runga i te 176
mirioni tei kitea ia tei
tu teia maki kino



E maata atu i te 3
mirioni tangata i mate i
roto i teia nei ao



To tatou metua pakari te
ka kino viviki i teia maki



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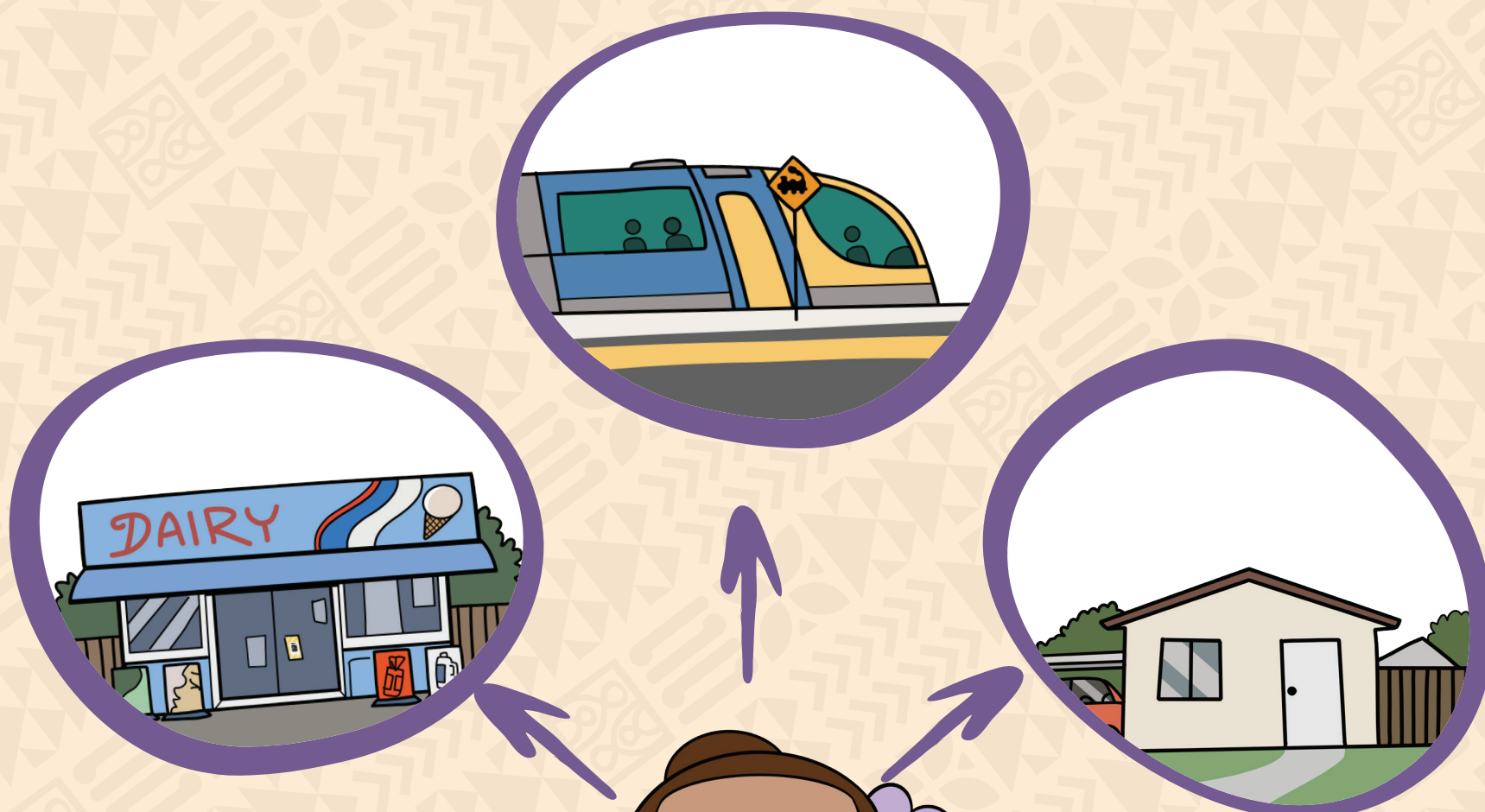
- **Kā viviki tēia maki i tē totoā mē kāre koe i kite ē kua tū ia koe, nō te mea, kāre te mata e kite i tēia manumanu.**
- **Ka ngatā te paruru'anga atu i te COVID-19 me totoā ki roto i te au puna, no te mea, e maki ngoie ua teia i te piri mei tētai ki tētai.**
- **Tētai au tangata me tūia e teia maki, kāre te au akairo e tupu mai. Ka pou rai tētai 48 ora e tupu mai ei te akairo. Tētai au tangata me tūia e te maki COVID-19, kāre e akairo e tupu mai, akairokore (asymptomatic), inārā ka totoā rai te maki ia ratou.**
- **Kite ake koe, kua totoā teia maki ki te au tangata i te angaanga, i te are pure, i ko i te ngāi tāmataora e te tārekareka e i roto i toou ngutuare, ki te au tangata tei inangaro ia e koe.**
- **Me aere koe ki te toa oko kaope e te toa mamāata, ka piri atu te maki ki runga i te au tangata i rēira. E pera me aere atu koe ki runga i te pereao kavekave tangata (bus).**

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EAA TE KINO O TE COVID-19



*Ka ākāangaanga i
te paruru atu i te
COVID-19 me totoā ki
roto i te au puna*

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- Ka tūia tētai ua atu tangata e teia maki, te tāne, vaine, tētai ua atu mataiti e tētai ua atu iti tangata.
- E tomo mai ana te manumanu COVID-19 ki Aotearoa na roto i te Ngai Akato'anga pairere e te Uāpu Ko te au tangata angaanga i ko i teia nga ngai, ka ngoie ua ratou i te tu'ia e teia maki.
- Ko te maata'anga o te au tangata e angaanga nei ki roto i teia nga ngai, e pera te au ngai akatakake'anga, e iti tangata Patipika e ka ngoie ua teia maki i te piri atu ki runga ia ratou.
- E mea puapinga kia akamāroiroi tatou i to tatou iti tangata Pasifika kia mārama ratou no runga i teia vairakau patia paruru e kia patia iātu ratou. No te mea, i runga i ta ratou ngai angaanga ka ngoie ua ratou i te tu'ia e teia maki.

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KA OPU VIVIKI TE ITI TANGATA PASIFIKA I TEIA MAKI



Together
protecting
Aotearoa



E puapinga kia
akamāroiroi tatou i to
tatou iti tangata Pasifika
kia mārama i teia
vairākau patia paruru



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- **To tatou kōpapa, kua anga ia e te au tango oraora.**
- **Ka tomo te manumanu kino ki roto i te tango oraora o te kōpapa e ka totoā atu. Ka akamata te au manumanu kino i te tupu roto i te kōpapa.**
- **Ka pipiri te rēira ki runga i te tango tupuanga oraora, ki runga tikāi i te ate māmā, e ka āka angaanga i te tangata i te akaea.**
- **No rēira, ko te au tangata e maki tinamou to ratou mei te maki toto vene, maki pukuatu, potopoto ao, maki ōviri, maki ate māmā, maki māpe e te maki o te ate, ka viviki ratou i te opu i te manumanu kino.**

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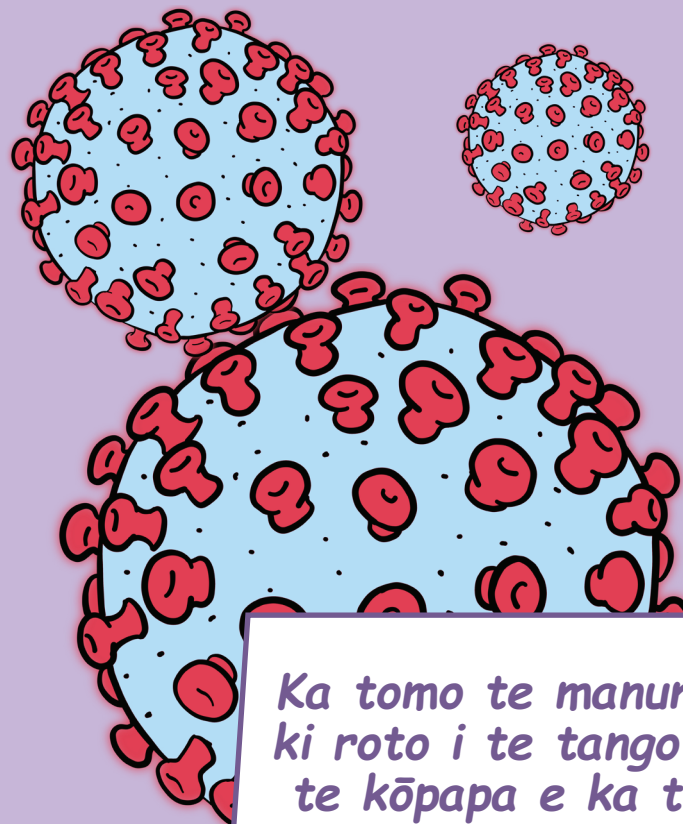
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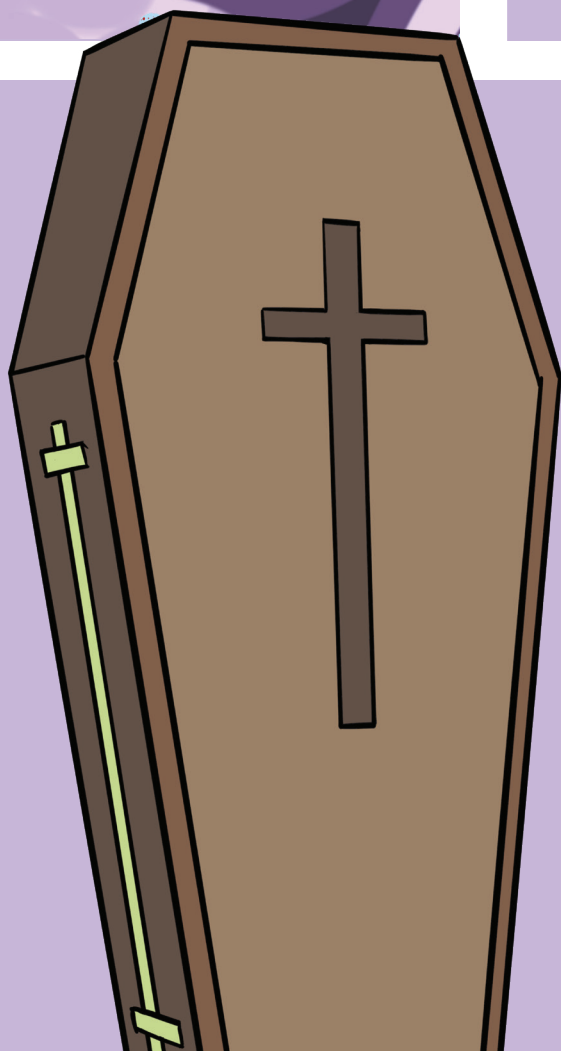
EAA TA TE COVID-19 KA AKATUPU KI TE KŌPAPA



*Ka pipiri te rēira ki runga
i te tango tupuanga
oraora (cells)*



*Ka tomo te manumanu kino
ki roto i te tango oraora o
te kōpapa e ka totoā atu*



*Ko te au tangata e
maki tinamou to ratou
te ka viviki i te opu i
teia manumanu kino*

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- E totoā ana te COVID-19 nā roto i te tōpata vai, o tētai tangata tei tūia e tēia maki me mare, akaea e te mare tie.
- Ka totoā katoa tēia maki me āmiri atu tētai tangata kāre i maki ia, i tētai ngāi tei āmiri iātu e tētai tangata maki, e oti ka āmiri atu i tōna mata, putāngio e te vaa.

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KA AKAPEEA TE COVID-19 E TOTOĀ



E totoā ana te
COVID-19 nā roto i
te mare, akaea e te
mare tie



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- **E maata te au akairo kia matakite tātou:**
 - Veravera
 - Mare
 - Ākāangaanga te akaea
 - Roiroi
 - Anu putaputa, tētai taime ka rūketekete
 - Mamaē atiati te kōpapa
 - Mamaē te mīmiti
 - Mamaē te karaponga
 - Piritia te putāngio, me kore upe
 - Ngaro te tongianga o te kai
 - Ngaro te ongi o te aunga
 - Inangaro i te ruaki
 - Eke
- **Ka tūia tētai uatu tangata i teia maki COVID–19. Inārā, ko te au tangata e maki tīnāmou to rātou ē tē au metua pakari, ko ratou te au tangata ka viviki i te maki me opu atu ratou i te COVID–19.**

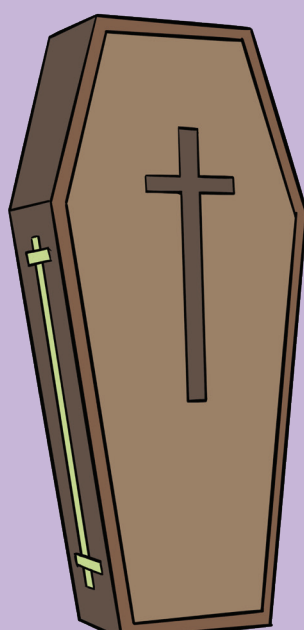
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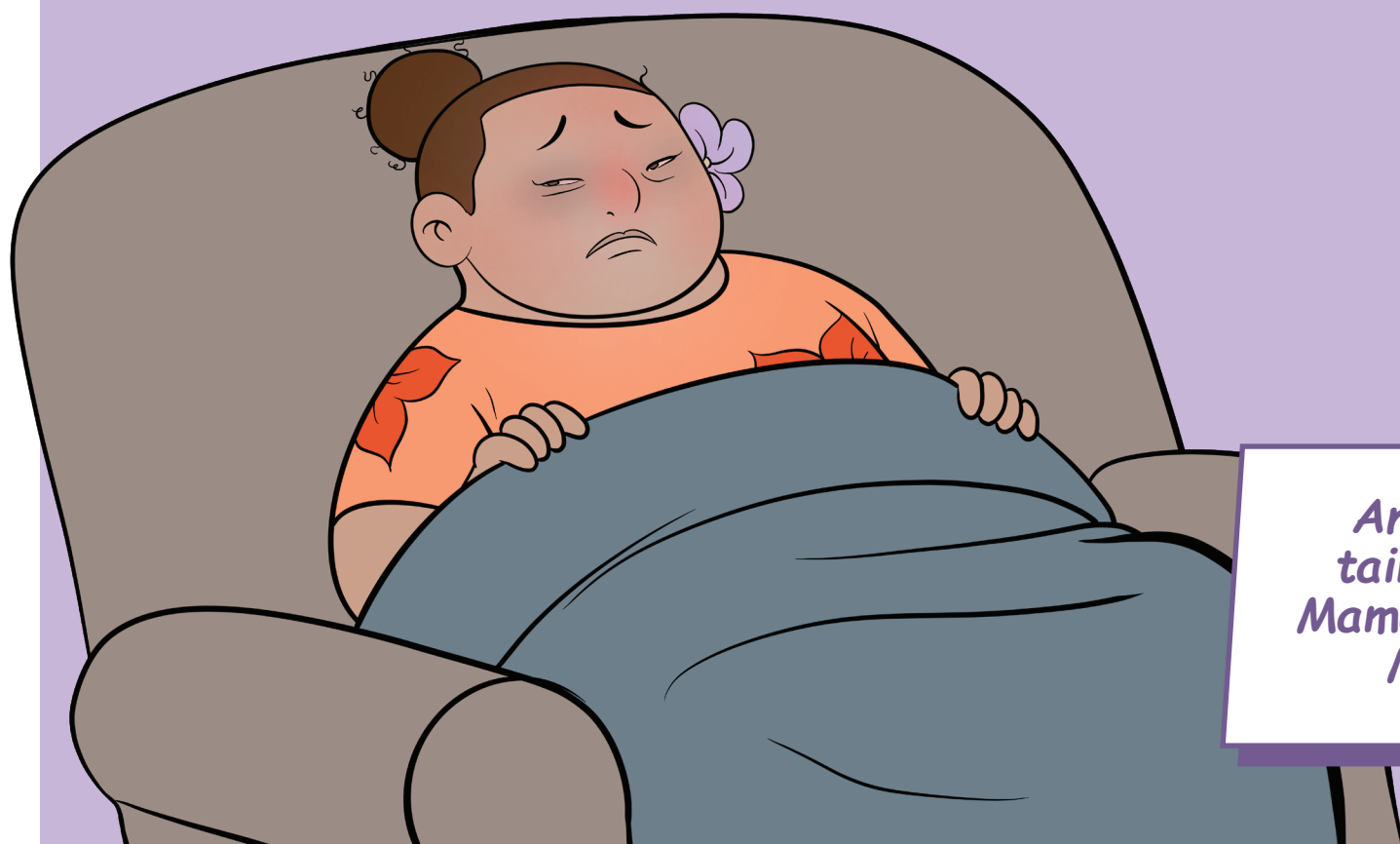


TE AU AKAIRO

*To tatou metua pakari te
ka kino viviki i teia maki*



Maremare



*Anu putaputa, tētai
taime ka rūketekete,
Mamaē atiatī te kōpapa,
Mamaē te mīmiti*

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- No te mea e āitēite te akairo o te 'common cold' me kāre te 'flu' ki te maki COVID-19, e aere atu kia akaraia toou tōpata mero kōpapa. Na teia e akapapu mai e kua tūia koe e te maki COVID-19.
- Me kite koe i te au akairo o teia maki i runga iakoe, e pera, me kua maki koe, e rīngi atu i toou taote. Me kāre, e rīngi atu i te nūmero tutakikore o te tua kimi ora 0800 358 54 53
- Namua koe i te rīngi i toou taote, pati atu kia akaraia toou tōpata mero kōpapa. Kare e tūtaki me akakite koe ka inangaro koe kia akaraia toou tōpata mero kōpapa. Me kāre toou taote e akatinamou tētai noou tuātau no te akara i toou tōpata mero kōpapa, ka akakite atu toou taote i tētai ngāi tei tau iakoe kia aere atu i te akara i toou tōpata mero kōpapa.
- Teia tētai au ngāi no te akara tōpata mero kōpapa i roto i te au puna te ka akatika ia koe kia aere atu. <https://covid19.govt.nz/health-and-wellbeing/covid-19/covid-19-testing/community-testing-centres/>

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**AERE ATU KIA AKARAIA TOOU
TŌPATA MERO KŌPAPA.**



*Teia tētai au ngāi no te akara tōpata
mero kōpapa i roto i te au puna te ka
akatika ia koe kia aere atu*



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- **E akamaara meitaki. Me e maki koe, noo ki te kainga.**
- **Noo ki te kainga me kāre, e noo akatakake atu iakoe kia papū roa toou tōpata mero kōpapa e kāre koe i tū ia e teia maki.**
- **Me kitena ia mai e kua tūia koe e te COVID-19, ka rīngi atu te tua kimi ora iakoe. I rēira, ka akakite atu ratou i tāau angaanga ka rave.**

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NOO KI TE KAINGA



*E akamaara meitaki.
Me e maki koe, noo ki
te kainga*

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- **Kia akanoo te pu angaanga i te tangata angaanga ki te kainga me tūia e te au akairo o te maki COVID-19. Kare katoa e akatikaia te tangata tei akaueia kia noo takake, kia angaanga.**
- **Iakoe e tiaki rā i te akairo o toou tōpata mero kōpapa, ko te akaueanga a te tua kimi ora, e noo akatakake koe iakoe mei toou ngutuare tangata. Ka anoanoia toou pu kia akatika iakoe kia angaanga mei te ngutuare mai, e kia tūtaki atu iakoe ma te tau tikāi.**
- **Me kāre e meitaki i te rave i tāau angaanga mei roto mai i toou ngutuare, ka akatikaia toou pu angaanga i te pati tauturu ki te Kavamani. Ko teia te ngā tauturu ka rauka, ko te Short-Term Absence Payment (STAP) me kāre, ko te COVID-19 Leave Support Scheme. Ka tūtaki te pu angaanga i te tangata angaanga me noo ki te kainga, me kāre ki roto i te nooanga akatakake, no te mea kua tū ia aia e te akairo o te COVID-19, me kāre, kua tū ia aia e te maki COVID-19.**

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**TIKAANGA MAKI NO TE
TANGATA ANGAANGA MONI.**



*Ka anoanoia toou pu
kia akatika iakoe
kia angaanga mei te
ngutuaire mai*



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- No te mea e ka viviki te tangata i te opu i teia manumanu, ka viviki katoa teia maki i te totoā me kāre koe i kite e kua tū ia koe.
- No te mea e kāre te akairo o teia maki e viviki i te tupu mai, e puapinga kia rēkoti koe i te au ngāi tāau ka aere e te au tangata tāau ka ārāvei.
- E tuku atu i te 'COVID Tracer App' mei runga atu i teia ngā roro uira, ko te "Apple" me kāre, ko te 'Google App store' ki runga i tāau roro uira apaipai.
- Ka anoanoia te opati angaanga moni e te au taokotaianga katoatoa i Aotearoa nei kia akanoo i tētai nūmero 'code', ei nenei atu na te au tangata te ka tomo atu ki rēira.
- E puapinga maata kia pata atu koe i tāau roro uira apaipai ki runga i te roro uira o te COVID Tracer App i te apii, te toa e pera katoa ki te au toa mamāata.

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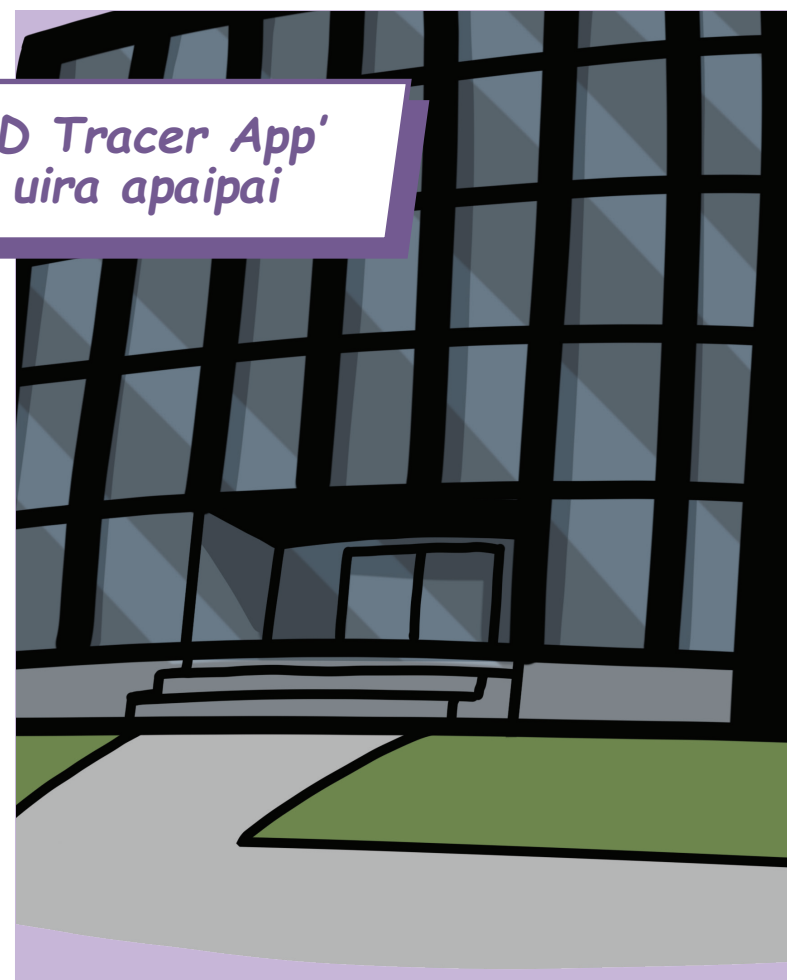


E TĀTĀ I TĀAU NGĀI KA ĀAERE

e puapinga kia rēkoti
koe i te au ngāi tāau
ka aere e te au
tangata tāau ka ārāvei



E tuku atu i te 'COVID Tracer App'
ki runga i tāau roro uira apaipai



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- Me kāre aau 'smart phone' no te nenei atu i teia au nūmero QR codes, ka meitaki ua kia tata koe i te ingoa o te au ngāi tāau i tomo atu e te au tangata tāau i ārāvei.
- E akamaara koe: kia tata koe i te rā, te ora, te ngāi tāau i tomo atu. Me ka rauka, e tata katoa i te ingoa o te tangata tāau i ārāvei atu.

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E TĀTĀ I TĀAU NGĀI KA ĀAERE.



Ka meitaki ua kia tata koe
i te ingoa o te au ngāi tāau
i tomo atu e te au tangata
tāau i ārāvei



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ME KITE KOE I TE AU AKAIRO O TEIA MAKI I RUNGA IAKOE,
e pera, me kua maki koe, e rīngi atu i toou taote. Me kāre, e rīngi
atu i te nūmero tutakikore o te tua kimi ora **0800 358 5453**

Prepare Pacific website **www.preparepacific.nz**

COVID 19 vaccines website:
**[www.covid19.govt.nz/health-and-wellbeing
/covid-19-vaccines](http://www.covid19.govt.nz/health-and-wellbeing/covid-19-vaccines)**

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the latest information available:
Updated 25th June, 2021**



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