



PREPARE
PACIFIC

Kiribati



KABUTAN TE
ITI N TOTO KOA TE
COVID-19 | BUKIA KAAIN
TE BETEBEKE

TERA TE COVID-19
Updated 25th June, 2021



TERA TE COVID-19

Updated 25th June, 2021

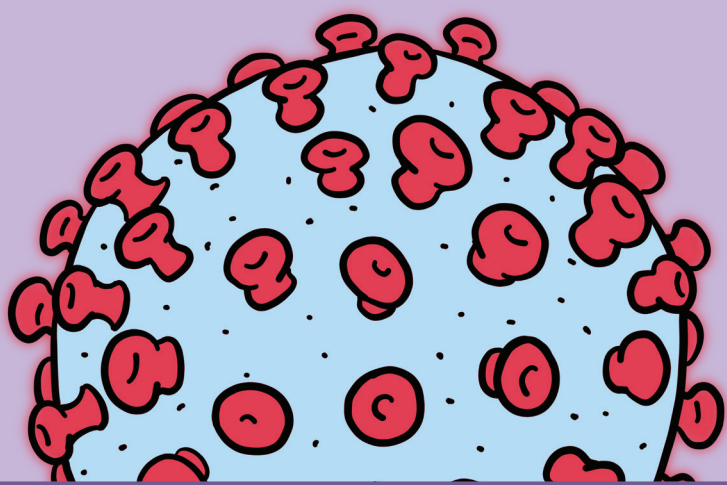
- **Covid-19 bon te man-n-aoraki ae boou ae bon manga tibwa kaoti naba i rarikia ake a kaman kaoti.**
- **Bon mwangan te utu ni man-n-aoraki ae bubura (coronavirus) ake a kona ni karekei aoraki n aron aoraki aika a ewewe (common cold and flu).**
- **E aki ataki raoi bwa e reke ma ia te man-n-aoraki aio ma e ataki bwa e kaoti mai Wuhan, Tiaina n Ritembwa 2019.**
- **Covid-19 bon ka-uarerekean te taeka ae Coronavirus 2019.**

Last updated: 25th June, 2021

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



Tera te Covid-19?



*Te man-n-aoraki ae boou ae
bon manga tibwa kaoti naba
i rarikia ake a kaman kaoti*



*E kona ni karekea te
aoraki ae kakaiaki*

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- **Ibukina bwa bon te man-n-aoraki ae bou, e bon tuai bwanin te atatai i aona ao ti bon tabe naba ni kamatebwaia.**
- **Ma man te riboti n te aonnaba i aoia 176 te mirion aomata ake a tia n ewekaki iai, ao tia ataia bwa te man-n-aoraki aio e rangi ni kakamaku kioina bwa:**
- **E a raka i aon 3 te mirion aomata n te aonnaba ae a tia ni mate man te man-n-aoraki aio.**
- **E kona n rangi n oro riki irouia aomata ake iai aorakiia n aron te tioka, aorakin te buro, te kaikeike, te kaentia, te maama, te kirine ke aorakin te ato.**
- **A rangi ni kai rotaki riki ara kara n te bwaka n aoraki ae korakora man te Covid-19.**

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E AERA E RANGI NI KAKA- MAKU (SERIOUS) TE COVID-19

Ma man te riboti n te aonnaba
i aoia 176 te mirion aomata
ake a tia n ewekaki iai

COVID-19
DEATH

E a raka i aon 3 te
mirion aomata n te
aon-naaba ae a
tia ni mate man te
man-n-aoraki aio

Kai rotaki riki ara
kara n aoraki aika a
kakaiaki aika a reke
man te Covid-19



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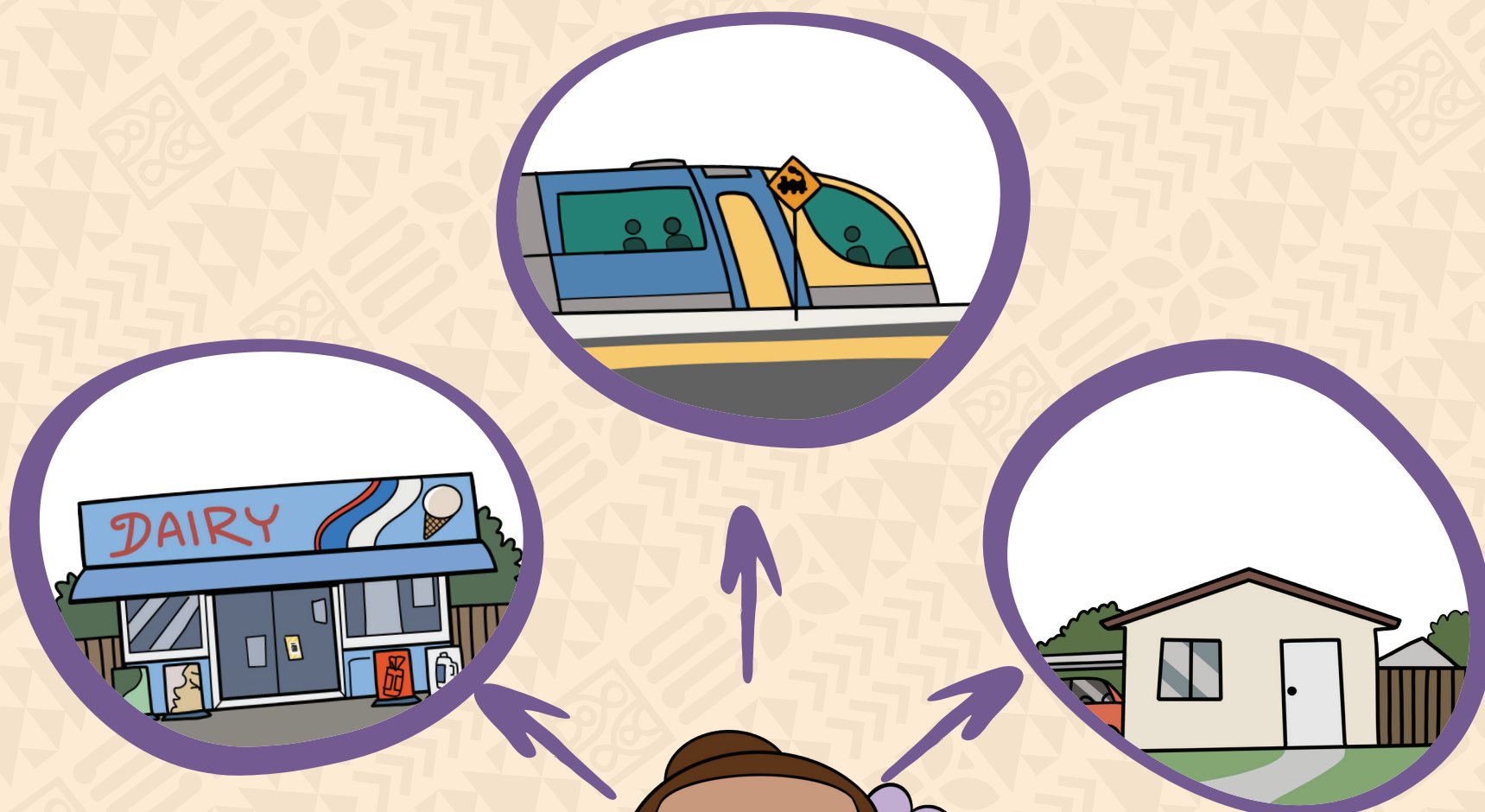
- Bukina teuana bwa e aera e kakamaku te Covid-19 ibukina bwa ti kona ni kabutia nakoia tabeman n akea ara atatai ae ngaia iai ioura.
- Ngkana e a roko te Covid-19 n te komuniti ao e rangi ni kangaanga aron totokoan butinakona bukina bwa e rangi n ewewe.
- Imwin rekena iroum, ao ko kona ni kai kaewea nakoia aomata e ngae ngke akea kanikinaeana iroum. Ko rangi ni kai kaewea Covid-19 ni karokoa 48 te aoa i mwain kaotin kanikina iroum. E kona n reke te Covid-19 irouia tabeman n akea kanikinaeakina ae e oti (aki aoraki) ma a kona naba ni kabuta te virus.
- N te tai are koa ataia bwa ngaia iai te man-n-aoraki iroum, ngaia a kaman tia n rotaki aomata ake raom ni mwakuri, kaain am Ekaretia, nake raom n takakaro ao ai moarara riki nake bon mamaten nanom aika am utu.
- Ai uana naba ma nake raoraom ni mamaroro n taabo ni kobe, ke n te bwati, taabo ni bobwai a kona naba n rotaki n am tai ni mena irarikia.

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E AERA E RANGI NI KAKAMAKU (SERIOUS) TE COVID-19



Ngkana e a roko te
Covid-19 n te komuniti
ao e rangi ni kangaanga
aron totokoan
butinakona bukina bwa
e rangi n ewewe

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- A kona n rotaki n te man-n-aoraki – aomata n aia ririki nako, aine ke mwaane ke man aaba aika a kakaokoro.
- Covid-19 e ninianako Nutiran man taian matabaiawa n te aro are taan mwakuri ni matabaiawa nako a kakai ewekaki riki n te man-n-aoraki.
- Mwaitia ara botanaomata aika kaain te Betebeke a boni mwakuri ni matabaiawa, ke n taabo ake e na kai wai mai iai te aoraki aio ai ngaia are ara utu, a na bon kai ewekaki naba n te Covid-19.
- E rang ni kakawaki bwa ti na kaumakiia kaain ara komuniti aika kaain te Betebeke bwa a na ataa te iti aei ao n itinaki ibukina ngkai a rangi ni kai rotaki.

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A KAI EWEKAKI KAAIN TE BETEBEKE



Together
protecting
Aotearoa



Kaungaia kaain ara
komuniti aika kaain
te Betebeke bwa
a na kamatebw aia
rongorongon te iti n
totoko ao a na itinaki



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- **Rabwatara aikai a bon riki man taian tieo (cells)) aika a marurung (healthy cells).**
- **Ngke ko ewekaki n te man-n-aoraki aio, ao e a ninianako naba am tieo (cells) ike e a karaoi naba katotongana n te aro are e a buta naba i nanon rabwatam.**
- **E a nimtanako am tieo(cells) ake a marururng akekei, riki ake a mena ni mamaam (lungs) n te aro are e a wariki ikeikem.**
- **Ao ai ngaia anne ae e rangi ni kakamaku irouia aomata aika iai aroakiia n aron te kaikeike, tioka, ke iai aorakin burooia, mamaaia ke aia kirine.**

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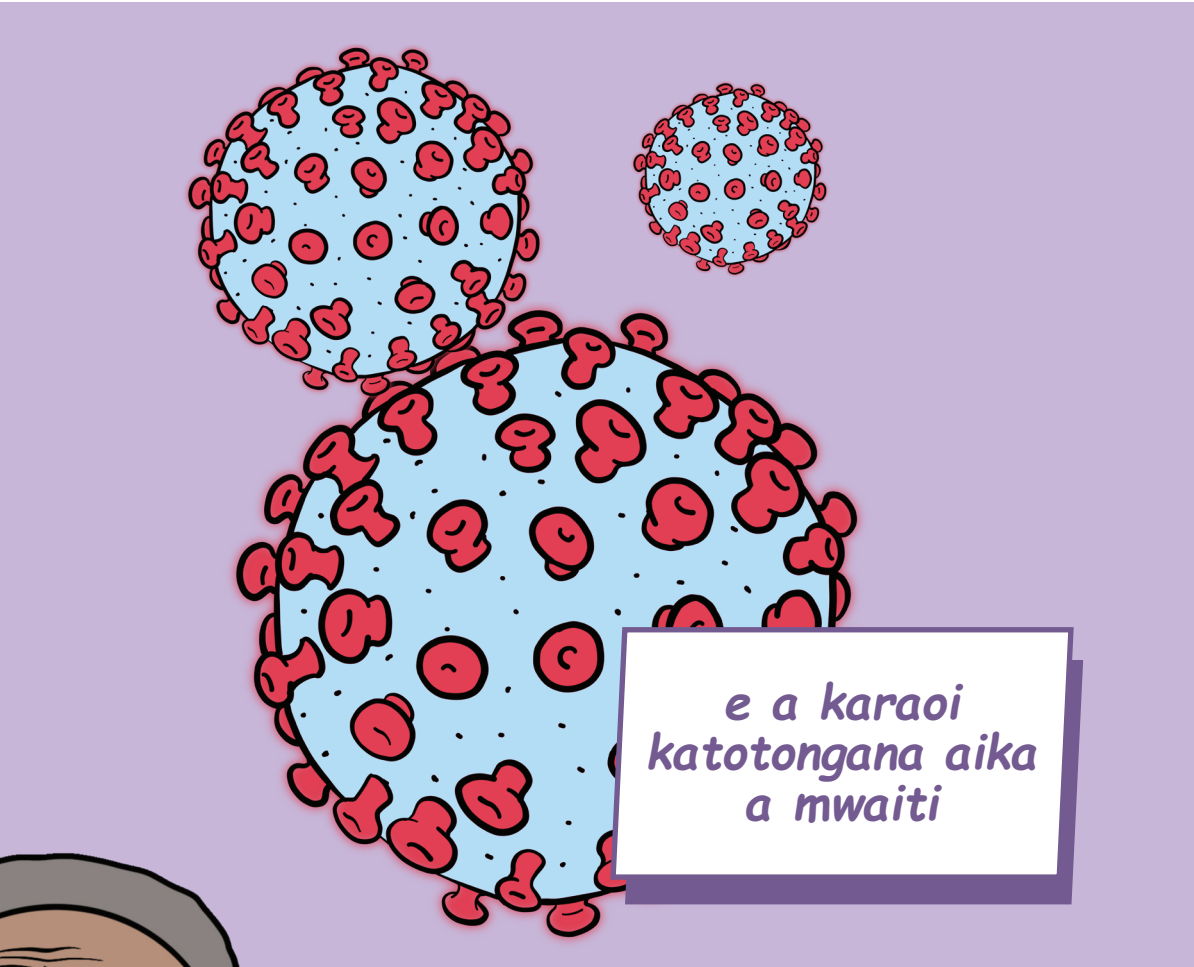
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E KANGA NI BUTANAKO TE COVID-19



*E nimtanako am tieo
(cells) ake a marururung
te man-n-aoraki*



*e a karaoi
katotongana aika
a mwaiti*



*E kona n rangi ni
kakamaku riki nakoia
aomata aika iai riki
aroakiia aika a teimaan*

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- **E ewe Covid-19 rinanon buanen bekobekon, ikeiken, ao mwatien te aomata are e reke te aoraki irouna.**
- **Ke e na bon ewekiko naba ngkana ko ringi taabo ake a tia n ringaki iroun te aomata are iai irouna te Covid-19 ao ko a manga ringa matam, bwairim ke wim.**

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E KANGA NI BUTANAKO TE COVID-19



*E ewe te
man-n-aoraki rinanon
buanen bekobekon,
ikeiken, ao mwatien te
aomata are e reke te
aoraki irouna*



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- **Aikai kanikinaa aika a kona ni kaoti:**
 - Kabuebue
 - Bekobeko
 - Kainano n ikeike
 - Namakinan te kua
 - Te biua
 - Nimarakiraki
 - Maraki n atu
 - Maraki n bua
 - Bono n bwairi ke te ngako
 - Bua te katomam
 - Bua te aroboi
 - Mumuta
 - Bekanako
- **E kona n reke te Covid-19 irouia aomata nako, ma aomata ake iai aorakia riki tabeua ao kaara a na rangi ni kai rotaki riki ni korakoran te aoraki ngkana e reke irouia te Covid-19.**

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KANIKINA

*A kai rotaki riki
kaara*



Bekobeko



*Te takariri, n
tabetai te ruru,
te nimarakiraki,
maraki n atu*

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- Ibukina bwa kanikinaean te Covid-19 bon ti te arona ma te buti n aoraki (flu), ko riai n tutuoaki bwa bon ti anne atakina raoi bwa iai iroum te Covid-19 ke akea.
- Ngkana iai kanikinaeana iroum ke ko aoraki,taiaoka tarebonia am taokita ke te Healthline ae akea bona ibukin buokam bwa tera ae kona karaoia i aon 0800 358 5453.
- Tarebonia moa am taokita bwa ko na tuoaki n te Covid-19. Bon akea bona ngkana ko tuatua bwa ko kainanoa te tutuo aio. Ngkana e aki kona am taokita ni karaoia ao are a na tuangko te taabo ae ko kona n tutuo iai.
- Iai naba taabo n tutuo ibukin Covid-19 aika a mena ni kaawa nako ake ko kona naba ni kawari. Community Testing Centres <https://Covid-19.govt.nz/health-and-wellbeing/Covid-19/Covid-19-testing/community-testing-centres/>

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TUOAKI



Iai taabo n tutuo ibukin te
Covid-19 ae ko kona n buti
ma am ka n rinanona ao ko a
tuoaki naba



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- **Uringnga are tiiku ni mwengam ngkana ko aoraki.**
- **Ko riai n tiku ni mwengam ao ngkana ko kona ao kaokoroko (mairouia kaain am auti) ni karokoa e otinako mwin am tutuo ae ai akea te Covid-19 iroum.**
- **Ane a na reitaki ma ngkoe kaain te Baba n Tararua ibukin te botanaomata ngkana iai te Covid-19 imwin am tutuo n tuangko bwa tera ae ko riai ni karaioia.**

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TIKU NI MWENGAM



Uringnga n tiku ni
mwengam ngkana ko
aoraki

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- A riai taani kamwakuri n aki kariaia bwa a na roko ni mwakuri aomata ake iai kanikina aika a kona n irekereke ma kanikaeen reken te Covid-19 ke a tia n tuangaki bwa a na tiku ni kaokoroia ma aia utu ni mwengaia.
- Ngkana ko a tia n tuangaki irouia ake tabeia ma n te onaoraki bwa ko na tiku ni kaokoroko n tatanningaa mwin am tutuo ae akea te Covid-19 (negative Covid-19 test), e na riai am tia kamwakuri n taraia ngkana arona bwa ko kona ni mwakuri man mwengam (ao ngkana ko kona, ao a riai ni kaboko n aron are ko tataneiai iai).
- Ngkana ko aki kona ni mwakuri man mwengam n am tai n tatanningaa mwin am tutuo n te Covid-19, e kona am tia kamwakuri ni karekea te buoka ae aranaki bwa te "Short-Term Absence Payment(STAP)" ke te "Covid-19 Leave Support Scheme". Aio bon ibukiia taan tia kamwakuri bwa a na kona ni kabooia aia tia mwakuri ake a bon riai n aki mwakuri ibukin tatanningan mwin te tutuo ke itera aika a kakaokoro aika a irekereke ma te Covid-19.

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TE TIKU N AKI MWAKURI IBUKIN TE AORAKI



Ngkana ko tuangaki
bwa ko na kaokoro
ma kaain mwengam ao
taraia ngkana ko kona n
mwakuri man mwengam



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- Ibukina bwa te man-n-aoraki aei e rangi n ewewe, a kona aomata ni kabutia nakoia aomata riki tabeman n akea atakina.
- Ibukina bwa aki kona n oti kanikinaean te Covid-19 n te tai ae waekoa, e rangi ni kakaawaki ae ko tau i mwin taabo ake ko a tia n nako iai ao aomata ake koa tia ni kaitibo mangaai.
- Ko kona ni karekea te "COVID-Tracer App" man te intanete (internet) n te Apple ke te Google App Stores.
- A mwiokoaki bitineti teuana ma teuana ma botaki nako ni kammwakuri i aon Nutiran bwa a na iai irouia te code/bebwa are e kona n tikaeniaki (scan) n te tarebon ngkana ko kawari aia taabo.
- E kakaawaki bwa ko na tikaen kanikinaa aikai (codes) n taabo ni kabane ake ko kawari n aron te reirei, titoa ao taabo ni bobwai aika a bubura.

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TAUAN MWIIN TAABO AKE KO TIA N ROKO IAI AO AOMATA AKE KO KAITIBO MANGAAI

*Ko korei mwin
kawaim ake ko tia
ni kawari*



*Ko kona ni karekea te
Covid Tracer App*



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- Ngkana akea am tarebon ae ko kona iai ni karekea te “COVID-Tracer App” ma n te internet, ao e raoiroi naba ngkana ko kamanena te been ao te beebea ni korei mwin taabo ake ko tia n nako iai ao antai ae ko tia ni kaitibo mangaai.
- Uringnga ni korea te bong n namwakaina, te tai, te taabo ao (ngkana ko kona) aomata ake ko tia ni kaitibo mangaai.

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**TAUAN MWIIN TAABO AKE KO TIA N ROKO IAI
AO AOMATA AKE KO KAITIBO MANGAAI**



*E raioiroi naba ngkana
ko kamanena te been ao
te beeba ni korei mwiin
taabo ao aomata ae ko
tia n kaitibo mangaai.*



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NGKANA KO NANOKOKORAKI NI KANIKINA AIKA
ko namakin ke e rikirake korakoran aorakim ao taetae ma am
Taokita ke tarebonia te Healthline i aon **0800 358 5453**

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

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

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