

lango ni katautau ao bwain mwakuri

Korea aran taian bwai ae ko tangiria ba kanoan te mwakuri ni katauraoi iaon te mwakoro ni bebwa ba ena moantaai n ataaki irouia te koraki ni kabane te bai ae e riai ni karaoaki ao n ibuobuoki iai te koraki

- Ara namba ibukin te reitaki nakon taabo ae kainanoaki ibukin te kabuanibai ao kanganga ae karina n riki.
- Aomata aika kona n ibuobuoki ni kabebetee aron te maeka n onoti (n aron nikirakin taian amwarake)
- Aron ara iango n tararua ao ibuobuoki ae tauraoui (e.g. ibukia ataei, ao koraki aika kainanoa te buoka)
- Tera te aro ni kaongoia aomata ae ti maeka n onoti
- Taian kaetieti ibukin te auti (e.g., aron kawakinaia maan ao aroka, karaoan te uruaki nte auti ngkana e kainanoaki ao kabwakan bakamwane ibukin te auti)

Kete ibukin buokan marurungira E kakaokoro aron kainanon temanna ma temanna n tararua maurina ao marurungina, ma ae inano bon tabeua taian iango.

Bwaaia aika a kainanoaki ibukin tauan tuan te itiaki checklist

- Matike
- Kamanoan te baai
- Bweba ni kamaumau
- Tianitaitia ibukin te baai
- Baeki ibukin nnen te mange
- Bwaaia ibukin te kaitiaki

Korea aran te bwaaia ae tao kona kainanoa:

Tobwan kanikinaean te COVID-19

- Bekobeko / Maraki ni buua /Manriiki (sinus)**
Te baintotom (soothers) n aron te Kawakawa ke te kabira ibukin te maraki ni buua (balm), aitiburaoki, te kabira ae tangauri (vapour rubs) ke oera man te aroka ae kabonganaki inanon te ranibue (eucalyptus for steaming), bain aorakian bairim, ao tibureei n te buua ke kanren te maraki ni buua (lozenges).

- Bia**
Taian bwai ibukin kauarerekean kabuebuen te rabwata ao te bia, n aron te aitiburaoki, te ranibue nte batoro, kunikai ae mau ao bwain katokan te maraki n aron te paracetamol.

- Aches**
Taian bwai ibukin buokam ba kona mwengaraoui – n aron te uninga ao te rabuna ni matu te burangketi.

Korea aran taian bwain aoraki aika kona kainanoa ibukia am utu ngkana kam maeka n onoti.

Teimatoa ni marurung am iango Bon te bai ae ririki te namakin ao te kona n un ao man roko te kua inanon taai ni kanganga. Tai maaku ni karekea te ibuobuoki nakoia tabeman. Ibukin te ibuobuoki ni katokan te bua n nano, ma te kua ke n rotaki marurungin am iango, ko kona n tarebon ke n tekiti **1737** n taetae ma te kauntira ae tia ni kataneiaiki te mwakuri n akea boona, 24 te aoa ni katoa bong nte wiiki.

Tabeua taian iango ibukin tararuaan am iango ba ena marurung bon aikai:

- Teimatoa n reitaki ma raoraom ao am utu
- Butimaea am namakin – E bon ririki te namakin ni kona n un ao ni kua n rawawata n iango
- Teimatoa karaoa te bai ae ko tanneiaiki ni kakaraouia ngkana e kona
- Kauarereke am tai ae ko kabanea iaon te aonrain

Korea aran taian bwaaia ae ko taku ba ena kona n ibuobuoki (n aron bwaaia ae ko unga ni kakaraouia ni mwengam):

Bwaaia aika kona kakaea rongorongoa Tera te bwai ae ko aki ataiia ibukin te aoraki ae te COVID-19? Tera te bwai ae ko tangiria ba kona kakaea ao n ataiia ni buokiko ba kona namakina te tauraoui ae tau? E raoiroi te waaki man are **Covid19.govt.nz**

Taian mwakuri n ibuobuoki ibukin te COVID-19

COVID-19 Healthline: **0800 358 5453**

Healthline: **0800 611 116**

Health advice ibukia naati aika uarereke ke ataei

PlunketLine: **0800 933 922**

Family Services: **0800 211 211**

Work and Income: **0800 559 009**

Mental health support: tarebon ke tekiti **1737**

Alcohol Drug Helpline: **0800 787 797**

Rural Support Trust: **0800 787 254**

Taian ibuobuoki ibukin Bitiniti:

North Island **0800 500 362**

South Island **0800 505 096**