



Tau mena kua lata ia koe ke taute ke tumau e malolō tino he vhā makalili:

1. Nofo i kaina kaeke kua gagao a koe (a to kehe ai ni kaeke ko e finatu a koe ke kitia e ekekafo haau)
2. Kaeke ke finatu a koe ke he taha matakavi ka e gagao e tino, tui e pa ihu/gutu haau ke taofi e tau moko neke pikitia atu kehe falu a tagata
3. Lahi e tau gagao he vhā makalili tupu mai ha ko e tau moko virus, moe ko e tino haau ke totoko atu ke he tau moko/gagao pehē nei. Nofo i kaina ke okioki
4. Holoholo tumau e tau lima fakaaoga e vala vai/vala moli poke vai holoholo lima (hand sanitiser)
5. Finatu ke moua e tau huki puipui haau! Ko e tau huki nei ke lagomatai ke puipui e tino haau mai he tau gagao kelea fa utafano he vhā makalili. Kua lata ia koe moe magafaoa ke moua e huki puipui fulū, MMR, Koviti (katoa mo e tau boosters), moe tau huki he tau fanau ikiiki ke matutaki moe katoatoa tumau
6. Kumi ke moua tuai e tau tegavai haau. Mitaki ke moua ua e faahī tapu to oti e fufuta tegavai haau fae fakaaoga moe nakai uka a koe he fakatali



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WINTER STRONG

Staying healthy Winter long

Iloa nakai e koe?

Ko e fale tokā ai e tau tegavai (pharmacy) ne tata atu kia koe ke moua falu a fakamaamaaga, tau tegavai poke fakatutala mo koe hagao ke he tau lekua ikiiki tuga e.



Hihi kelea



**Muhu kutu
e ulu**



**Magomago e
tino**



**Mamahi e
tino & fiva**



**Tau gagao ke
he tau mata &
fufula**



**Magiho kula
moe pekepeke
e kili he tino**



**Magiho nikiniki
kula e kili he
tino**



**Tau lekua
ikiiki he kili
he tino**

NAKAI FAI TOTOGI e tau fakatutalaaga moe
NAKAI FAI TOTOGI e tau tegavai ke lata mo lautolu
kua putoia kehe fakatokaaga pehē nei tuga:

- Tagata Maori poke Pasifika
- Lautolu i lalo hifo he 14 tau he moui poke falu foki he magafaoa ne kua fai tatalu ke he tino; poke
- Fai Community Services Card a koe

Matautaki atu kehe fale tokā ai e tau tegavai he aho nei!