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He tīmatanga hou ki a Lisa rāua ko tana tamāhine



Lisa me tana Kaiwhakahaere Tautoko Whare Noho a Piripi Christie.

"Kore rawa i whakaaro ka tae mai tēnei rā," te kī a Lisa Hema (Ngāti Kahungunu ki Te Wairoa), e tū whakahihī ana i waho o tōna whare a Kāinga Ora tino hou i Te Wairoa.

I roto i te noho pōkaikaha, kore kāinga me te tū māia mō te 2 tau, kua whiwhi kāinga a Lisa rāua ko tana tamāhine 8 tau te pakeke.

Kua roa a Lisa e kimi whare noho ana, ā, i uaua hoki. I mua o ngā waipuke whakaiki, e noho ia i roto i tētahi kōpuha i te papa noho o tana

tama. I te waipuke tuarua i Te Wairoa, i whakakorehia katoatia te papa noho. I eke te wai ki ngā hope o Lisa – i roto ia i te wai hōhonu me te kore huringa atu mōna. I kitea he nohoanga mō rāua ko tana tamāhine mō te wā poto i Te Hōro

Whakamaharatanga o Te Wairoa, ā, i muri mai i tō rāua marae, a Whaakirangi.

"Tērā te wā i hikoikoi haere māua ko taku tamāhine i roto i te ua, me te kore mōhio me haere māua ki hea," te kī a Lisa.

"He nui te wā i nekeneke haere māua. I noho māua i te taha o te

HAERE TONU I TE WHĀRANGI 02

Te manaaki i ēnei hararei

He karere
nā te Tumu
Whakahaere

Matt Crockett



I ahau i uru hei Tumu Whakahaere, i runga i tōku tino whakapono ki ngā mahi a Kāinga Ora – he āwhina i te tangata me ngā hapori mā te whakarato kāinga ki te hunga e hiahia ana.

Kua tekau mā rima ināianei, ā, e ngākau whakahī ana ahau ki ā mātou mahi me te tawhiti o te anga whakamua. Kua arotahi anō mātou ki ngā mea tino hira – te noho hei kairetiwhare pai, te tiaki i ō mātou kāinga, me te tautoko i ngā tāngata e noho ana i roto.

Kua pai ake ā mātou mahi, he mōhio ake te tiaki i ngā moni, **ka mutu kua tino pakari ake** tā mātou tūnga pūtea. Kua tutuki i a mātou ō mātou here me te whakatipu i te pono o te Kāwanatanga ki a mātou. Ko te mea tino nui, i tutuki i a mātou tēnei me te whakarite kei te pai ki ā mātou kaireti ō mātou whare me ā mātou ratonga. Nō

HAERE TONU I TE WHĀRANGI 02



NŌ TE WHĀRANGI 01

He tīmatanga hou ki a Lisa rāua ko tana tamāhine



whānau engari he tokomaha rawa rātou i reira, e 2 wiki māua i rō waka e noho ana, ā, i te 6 marama ki mua i neke māua ki tētahi whare noho ohotata – he rūma i te mōtera.

"I heke tōku orange me te whanaketanga o taku tamāhine i te whāiti o te wāhi me te kore kāinga pūmau," tana kōrero mai. "Kāore i taea e ia te retireti, te eke pahikara rānei i waho. I mate māua ki te kai i runga moe. I mate ahau ki te whakawātea i tētahi wāhi kia pai ai tana mahi i ana mahi kāinga, ā, kāore i taea tō māua whānau te peka. Ka nui te rūhā."

Ahakoā ngā uauatanga, i upoko pakaru a Lisa kia tino pai te ao o tōna tamāhine. "Ka whakarite ahau kei te mā taku tamāhine, kei te takatū mō te kura i ia rā, ka mutu kei te whiwhi tina – ahakoā i hea māua e noho ana."

"I te hiahia ahau i tētahi kāinga pūmau kia pai ai taku hoki ki te mahi me te tiaki i te taku tamāhine. E hia tau ahau e kaiako ana, me te mahi mā Whānau Ora. Engari i te korenga atu o te tūmanako i a koe o te whai kāinga pūmau, he uaua te whakaaro mō te anamata."

I te ako hoki a Lisa i te reo Māori hei tautoko i te mātauranga o tana tamāhine, engari i mate ia ki te whakatārewa i tērā.

Nā, i te mea kua whiwhi kāinga mahana, maroke, haumaruru hoki ia e pātata ana ki te whānau me te kura, ka nui te mihi a Lisa.

"Kei te āpuru ahau, kei te whakamoemiti, ā, kei te noho whakaiti kua whiwhi ahau i tēnei kāinga rawe. He hikoi nui, roa hoki te tae mai ki konei."

He tino whakamaharatanga te kōrero a Lisa mō te pūtake ake o Kāinga Ora – he whakarato kāinga mō te hunga e tino hiahia ana. Ehara tōna kāinga i te whakaruru noa iho i a ia; he tūāpapa mō te whakaora, te tipu me te tūhono ana ki tōna whānau me tōna ao Māori.

"40 tau o tōku ao i riro atu i te waipuke," te kī a Lisa. "Engari he tū maia māua. Kei te ara ake anō māua."

NŌ TE WHĀRANGI 01

reira he mea nui tēnei ki ahau, i roto i ngā panonitanga katoa, i noho tonu ō hiahia ki te matū o ā mātou mahi.

I ahau e whakamutu haere nei i tōku wā i Kāinga Ora, e hari ana ahau ki te whakawhiti atu ki a Tracey Taylor, he ōrite nei tōna pūmau kia noho mātāmua ā mātou kiritaki me ā mātou tāngata, me te kore whakararu i tō mātou pakari arumoni, pūtea hoki.

Ko tētahi o ngā tino āhuatanga o tēnei mahi ko te tūtaki ki a koe me te whakarongo ki ō kōrero. Ko koe te take e haere mai ana ō mātou ohu mahi ki te mahi i ia rā – e whakahihiri nei koe i a mātou kia pai ake ā mātou mahi.

I te tatatanga mai o te raumati, ko te tūmanako ka whai wā koe ki te whakatā me te noho tahi i te taha o ngā tāngata tino tata ki a koe. Me tiaki tētahi i tētahi, me noho haumaruru, ā, kia maumahara – mēnā me whiwhi āwhina koe, kei konei ngā kaimahi mōu.

Meri Kirihimete, Ngā mihi o te wā.

Matt Crockett

Tumu Whakahaere
Kāinga Ora



Ngā tohutohu mō te karawaka i te haporī

He mate tino rere te karawaka ka māmā noa te hōrapa i waenga i te tangata, ā, ka tino māuiui te tangata. He kino ngā mate ka puta, tae atu ki te mate tikotiko, ngā pokenga uma, me te pupuri o te roro.

Ngā tohumate o te karawaka

He rite ngā tohumate tuatahi ki ērā atu mate arahau pērā i te maremare, te KOWHEORI-19, te whurū rānei (rewharewha), nō reira he uaua te mōhio mēnā kua pāngia koe e te karawaka.

Ko ngā tohumate o te karawaka he:

- kirikā (neke atu i te 38°C te pāmahana)
- maremare
- rere o te hūpē
- mamae, whero ngā karu
- kōpukupuku.

Ka tipu te kōpukupuku i te 3 – 5 rā i muri o ētahi atu tohumate. Ka puta ko ngā ira māwhero, whero rānei, pukupuku rānei ka puta tuatahi ki te kanohi kātahi ka neke haere ki tō tinana. He uaua ake pea te kite i te kōpukupuku ki te kiri pōuri ake. Ehara i te mea he mangeo. He wiki, neke atu rānei te roa o te kōpukupuku.

Mēnā i pā koe ki te tangata e pāngia ana e te karawaka

Mēnā i whai wā koe ki te tangata kei te pāngia e te karawaka i te wā e rere ana te mate i a ia, ka whakapā atu ngā kaimahi hauora tūmatanui ki te tiroiro mēnā he tangata whaipānga tata koe. Ko ngā tāngata whaipānga tata ko rātou i roto i te rūma kotahi, i noho kanohi ki te kanohi me te hunga i rere ai te mate karawaka. Ka kīia anō pea he tangata whaipānga tata mēnā i tae atu koe ki tētahi wāhi i reira te karawaka (he wāhi i haere te tangata i te pāngia e te karawaka). Ka taea e koe te tiroiro ngā wāhi e tirohia ana mā te matawai i te waehera QR i raro. Mēnā i tae koe ki tētahi wāhi e tirohia ana, me waea atu ki Healthline mō ngā tohutohu koreutu ahakoa te wā i te ao i te pō.

Me noho ki te kāinga mēnā kei te tāria e koe ō otinga whakamātautau

Me noho koe ki te kāinga i a koe e tatari i ō otinga hou rawa. Ko te tikanga ka pau ētahi rā mō tēnei. Mēnā ka kitea e tō whakamātautau kei te mate karawaka koe, ka whakapā atu tō Hauora Tūmatanui ki a koe me te tuku tohutohu me aha koe. Mēnā ka kitea e tō whakamātautau kāore koe i te mate karawaka, ka whakamōhioia atu koe e tō kaiwhakarato hauora.

Me matawai hei tiroiro i ngā wāhi onāiane i tirohia ana:



Ko te ārai tino pai rawa i te karawaka ko te werohanga.

Me tiroiro i tō tūnga werohanga karawaka:

Mō ētahi mōhiohio anō mō te tiroiro mēnā kei te tiakina koe mai i te karawaka, me haere ki te paetukutuku werohanga karawaka Te Whatu Ora, me waea atu ranei ki te Vaccination Helpline i **0800 28 29 26**. E wātea ana te Helpline mai i te 8.30am ki te 5pm, Mane ki te Paraire (hāunga ngā hararei tūmatanui). E wātea ana ngā kaiwhakamāori ā-waha, ā, ka āhei koe ki te whakamahi i te NZ Relay.

Te whiwhi i te werohanga MMR

- He koreutu te werohanga MMR mō ngā tāngata katoa i Aotearoa i raro i te 18 tau. Kāore he aha mō tō tūnga hekenga.
- Mēnā 18 tau, pakeke atu rānei koe, he koreutu te werohanga MMR mēnā kei te āhei atu koe ki ngā ratonga hauora ka utua i Niu Tirenī.
- Mēnā 18 tau, pakeke atu rānei koe, ā, kāore koe i te āhei ki ngā ratonga hauora koreutu i Niu Tirenī, ka āhei koe ki te werohanga MMR koreutu i te wā o tētahi urutā mēnā e tūtohua ana tēnei e tētahi kaiwhakarato hauora.

Te whakarite i te werohanga

- Ka taea e koe te whakarite werohanga me ētahi taka rongoā, tō rata, nēhi, kaiwhakarato hauora rānei. Haere ki **bookmyvaccine.health.nz** mō ngā wāhi werohanga i tō rohe.



Kei te whakaaroaro koe mō tētahi mōkai? Anei ngā rerekētanga

Kua oti i a mātou ētahi panonitanga ki tā mātou kaupapahere mōkai me te hātepe whakaae kia mātua mōhio ai koe ki ō haepapa mēnā kei te hiahia koe i tētahi mōkai ki rō whare Kāinga Ora.

E tautoko ana mātou i ā mātou kiritaki kei te hiahia mōkai, engari me mātua whakaae mātou i te tuatahi. Mā te whai whakaae ka taea e mātou te tiroiro kei te tōtika tō kāinga mō te momo mōkai e hiahia ana koe, ka mutu kei te ū ki ngā ture ā-rohe, ngā ture hangatanga ā-rohe rānei.

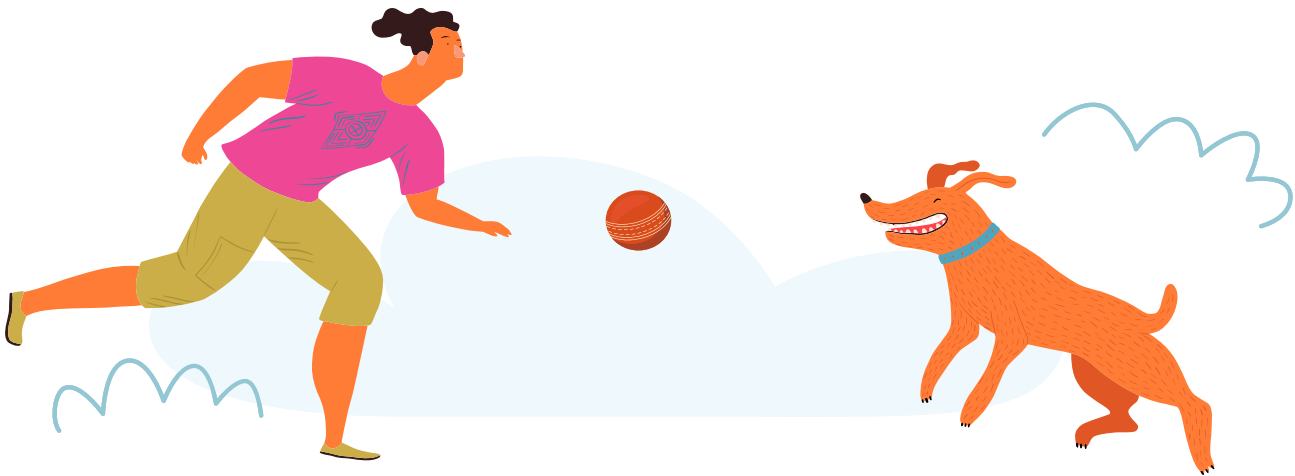
Ina whakaaetia, kei reira ētahi here hei whakaū e whakaaetia ai koe hei rangatira mōkai. Me āta tiaki, me noho haumaruru te mōkai ki tētahi wāhi, ā, kua hoki te mōkai e tūkinō, e whakahōhā rānei. Kei a koe mō te orange o tō mōkai.

Mēnā kua whiwhi kē koe i te whakaae ā-tuhi mō tō mōkai onāianeia kia noho ki tō kāinga, engari ehara i te mea me whiwhi puka whakaae hou koe. Mēnā kei te hiahia koe i tētahi mōkai hou, me

mātua whakarite ka whiwhi whakaae ā-tuhi koe mai i Kāinga Ora ora i te tuatahi.

Mēnā kei te whakaaroaro koe ki te whai i tētahi mōkai, me whakapā atu koe ki tō Kaiwhakahaere Tautoko Whare Noho i 0800 801 601. Māna koe e ārahi i roto i te hātepe me te āwhina kia mārama ai koe ki ngā mea e hiahia ana.

Mō ētahi atu mōhiohio, haere ki [kaingaora.govt.nz/pets](https://www.kaingaora.govt.nz/pets)



Te whakahaumaruru i ngā pūhiko konukōhatu-katote

Kāore e kore he nui ō pūrere ā-pūhiko me ngā utauta tāhiko e noho marara ana i tō kāinga. Mai i ngā ī-pahikara me ngā ī-kutarere ki ngā momirehu, ngā pāraharaha hiko me ngā taonga tākaro a ngā tamariki, he pūmate ahi hoki ērā mēnā ka tūkinotia, ka hē te tiaki, kāore rānei e tika te whakawātea. Anei ētahi āwhina mō te whakamahi haumaruru i ngā pūrere: www.fireandemergency.nz/battery

