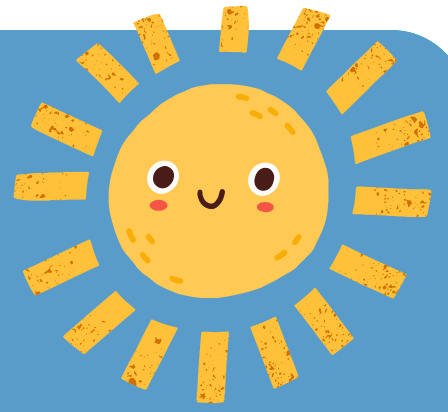




Kia kōangiangi, kia haumaru tātou i tēnei **RAUMATI**



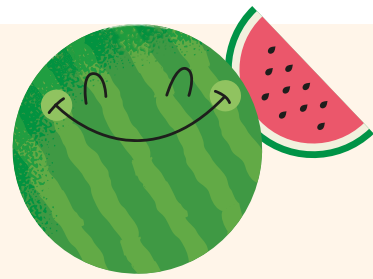
Ngā āwhina whaitake
mā koutou
ko tō whānau

E wātea ana ngā whakamāoritanga i
te reo Māori, Hāmoa, Tonga, Haina
rānei i [kaingaora.govt.nz](https://www.kaingaora.govt.nz)



Kāinga Ora
Homes and Communities

Me tiaki i a koe anō mai i te rā i tēnei **RAUMATI**



Kua tae mai te raumati, nō reira he mea nui te tiaki i a koe anō me tō whānau mai i te iraruke hihi katikati (UV) kino o te rā. Atu i **ināianei ki Āperira**, me mātua whakarite kei te tiakina koe mai i te rā i a koe i waho, otirā mai i te **10am ki te 4pm**. He ngāwari te **SunSmart** – anei ētahi āhuatanga māmā kia noho haumaruru ai:

- ❗ **Me whakamau i ngā kākahu ārai i te rā:** Me mau ko ngā kākahu e kapi ai te nuinga o tō kiri, pērā i ngā hāte he kara me ngā ringaringa roa, he tarau, he tarau-poto roa, he panekoti rānei. He pai ake te ārai a ngā papanga kiki ake, uriuri ake i te rā.
- ✅ **Me noho ki raro marumaru:** Me haere ki raro rākau he niu ngā rau, he whare tēneti iti, he whare, he whakamarumaru rānei. Ehara ko tō waea anake te mea hei kawē māu – me heri marumaru! Ahakoa he hāmarara ākau, he tēneti whakatū tere rānei, he tino whaikiko ngā marumaru kawē ki te kore he marumaru tūturu.
- ✅ **Me pani i te ārai hihirā:** Kia nui tonu te pani ārai hihirā hihinga whānui, parewai neke atu i te **SPF 30**. Me pani te pakeke hanga toharite i te takiwā o te **1 tipune** mō ia wāhanga e whai ake: mähunga (kanohi, kakī me ngā taringa), ia peke, ia ringa, i mua me muri o tō tinana. Me pani ārai hihirā i te 20 meneti i mua o te puta atu ki waho, ka panipani anō i ia rua haora, i muri rānei o te kaukau, te heke o te werawera rānei.
- ✅ **Me whakamau pōtae:** Me mau i tētahi pōtae peha whānui, he pōtae tīrepa e kapi ai tō kanohi, kakī, taringa hoki. Ko te kanohi me te kakī ngā tino wāhi ka tikākātia.



- ❗ **Me whakamau mōhiti:** Me whakamau ko ngā mōhiti tino piri, tākai i te kanohi e ū ana ki ngā paerewa mōhiti **AS/NZS 1067 :2016**. Ehara i te mea e āraia ana te iraruke UV, nō reira me tiroiro i te tapanga mō te whakatauranga ārai rā.
- ❗ **Tirohia te Taupu UV:** E tūtuhua ana te ārai rā ina eke te Taupū UV ki te 3, nui ake rānei, ina roa rānei tō wā ki waho. Ka taea e koe te tiroiro te taumata Taupū UV mō tō takiwā mā te tikiake i te **taupānga UVNZ koreutu**, te haere atu ki te **paetukutuku a NIWA**. Mō ētahi atu mōhiohio tirohia **sunsmart.org.nz**
- ✅ **Me mārama te whakarite i ngā mahi o waho:** Me whakarite i ngā mahi pārekareka i waho i mua o te 10am, i muri o te 4pm, ina iti ana te iraruke hihi katikati. Mēnā kei waho koe i waenga i te 10am me te 4pm – Kuhu, Pani, Whakamau (Slip, Slop, Slap, and Wrap) kia tino tiakina koe.
- ✅ **Me whakahāngai i ō ritenga mahi:** Mēnā kei waho tō mahi, me kōrero ki tō kaitukumahi mō ngā mōrea o te iraruke hihi katikati me ngā āhuatanga kia noho haumaruru ai koutou ko tō rōpū mahi.

Me nui ake **TE MANAAKI** i ngā pēpi mai i **TE RĀ** me **TE WERA!**



- Kaua ngā pēpi e whitikia e ngā hihi o te rā i te mea he rauangi, he marore ō rātou kiri. Me noho ki ngā wāhi marumaru, me mau pōtae peha whānui me ngā kākahu māmā, hauhau kia kapi ai te kiri; kaua e mau kākahu taumaha.
- Ka nui ake pea te kai a ngā pēpi hou i te huarere wera; me nui te inu wai a ngā māmā.
- He tere te piki o te pāmahana o ngā waka; tirohia ngā wāhanga o ngā turu, ā, kaua rawa e waiho ngā tamariki ki rō motukā ko rātou anake. Me mātua whakarite kei te rere pai te hau i ngā perēme; kaua ngā pēpi e moe i rō perēme kia kore ai e nui rawa te wera.

Kimihia ētahi atu āwhina haumaruru i **plunket.org.nz**



Rapu mōhio atu anō mō te iraruke hihi katikati me te noho SunSmart i **sunsmart.org.nz**

Me noho HAUMARU TŌ WHĀNAU i te wai



Me pārekareka i rō wai i te raumati engari kia maumahara ko te haumaru te mea nui. Me whai i ēnei āwhina haumaru wai hira.

! **Me whakahaere i ngā tamariki i ngā wā katoa ina tata ana ki te wai**, otirā rātou i raro i te rima tau, ahakoa he kaha ki te kaukau. Pērā i ngā hōpua kaukau, ngā tāpu kaukau, ngā pākete, ngā kōawa me ngā waka wai.

✓ **Kaua e warea** e ngā waea, ngā pukapuka rānei. Kaua e wāhi i ngā tamariki pakeke ki te tiaki i ngā mea tamariki; me mātua whakarite kei te mātakitaki he pakeke i ngā wā katoa.

Kei te whakatū i tētahi hōpua kaukau i tēnei raumati?

Me whai i ēnei ture kia noho haumaru ai tō whānau. Mēnā he hōpua kaukau kei tō iāri i te kāinga, ka taka tērā ki raro i ngā ture ā-motu:

✓ **Mātua me whakataiepa i ngā hōpua kaukau katoa**, tae atu hoki ki ngā hōpua kaukau kei runga papa whenua, kia kore e uru ai ngā tamariki. Tae atu hoki ki ngā tamariki a ngā kiritata.

! **Tae atu koki ngā hōpua kaukau tamariki** he 400mm te hōhonu, neke atu rānei, me mātua whakatū taiepa hei aukati i ngā tamariki kāore i te tiakina.

! **Me putu atu te wai o ngā hōpua kaukau tamariki** mēnā kāore i te whakamahia, ā, ka huripoki kia kore ai e kī i te wai.

! **Ka whakahaerehia tonutia e** ā mātou Kaiwhakahaere Kāinga ā rātou tirohanga nohoanga noa. Mēnā he hōpua kaukau taupua tāu kei te kāinga kāore i te whakaaetia, ka tonoa kia whakakorehia.



Kei konei ngā ture hōpua wai hei tiroiro māu [building.govt.nz](https://www.building.govt.nz)

Kia haumaru te kaukau

✓ **Me whai hoa kaukau:** Kaua e kaukau ko koe anake. Me te whai hoa i tō taha ka whiwhi āwhina koe ki te tūpono pā mai he ohotata.

✓ **Me whai i ngā kara me ngā pouora:** Me noho ki ngā wāhi i te ākau kua tohua he haumaru mō te kaukau me te whai i ngā tohutohu a ngā pouora i ngā wā katoa.

✓ **Me mōhio ki tō kaha ki te kaukau:** Me noho ki ngā wāhi e tika ana mō tōu kaha, ā, kaua e haere ki ngā wai hōhonu, tere rānei mēnā kāore e taea e koe.

! **Me whakamahi kahu kautere:** Me whakamau kahu kautere i ngā wā katoa i a koe e hī ika ana, e eke pōti ana rānei, otirā ina tika ana mō te hunga kore kaukau, ngā tamariki nohinohi, ētahi atu rānei i te taha o te wai. Ka nui atu te haumaru i te kahu kautere mau tika, ngā kautere ringa, ētahi atu utauta rānei.

! **Kāore e pai te waipiro me te wai:** Ka whakararu te waipiro i ngā whakaaro me te reretahi, nō reira waiho ō inu mō muri o te kaukau.



Me noho **HAUMARU** i **TE AHI** i tēnei raumati

Ka piki i te huarere mahana te mōrea o ngā ahi, nō reira me noho haumaru tō kāinga me tō whānau mā ēnei whakaritenga haumaru ahi i te kāinga, i waho rānei.

! Tirohia ngā pūoko auahi: Me mātua whakarite kei te mahi ngā pūoko auahi ka whakamātauria i ia marama. Me whakakapi i ngā pūhiko i ia tau i te iti rawa. Ahakoa ka tirohia e Kāinga Ora ō pūoko auahi, he pai tonu te tiroiro i waenga i ngā tirohanga.

✓ Me haumaru te rorerore: I mua i tō tahu i te rino rorerore, me āta whakapai, ā, mēnā he kapuni me tiroiro mēnā kei te turuturu te pūoto me ngā ngongo katoa mā te tōrehu i te wai hopi ki ngā hono ngongo kapuni. Me tuku kia rere te kapuni, ā, mēnā ka puta he mirumiru, kei te turuturu. Me whakamahi anake i tō rino rorerore ki tētahi wāhi he tino hauhau, wehe mai i tō whare, i ngā rākau tautau, me ngā papanga mura noa. Kia haumaru te kati atu i te kapuni, te whakaweto rānei i ngārāhu ina mutu koe.

! Kaua e inu me te rorerore: Ko te warea e te moe i te wā e tunu kai ana te tino pūtake o te riro o ngā kāinga i te ahi i Aotearoa. He pērā anō mō ngā whakapōauau.

! Kaua rawa e waiho kia kā noa ngā mura. Ahakoa he kānara, he rino rorerore rānei, me noho tata ka āta tiroiro. Me whakaweto i ngā kānara mēnā ki te puta koe i te rūma.



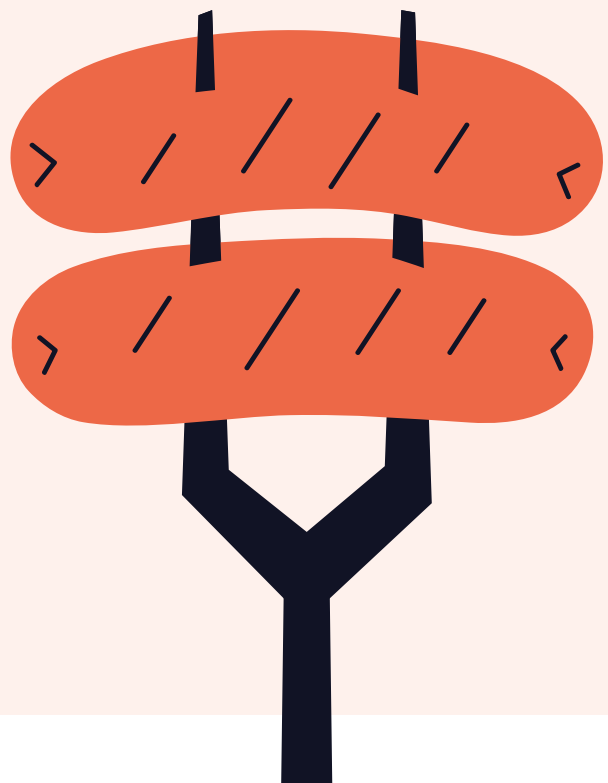
✓ Kia tūpato i ngā ahi i waho: Mēnā he ahi i rō rua tāu, kia iti, ā, me tiaki. Kaua e whakarērea, ā, me tino whakaweto i ngā wā katoa i mua i tō hoki ki rō whare.

! Haumaru ahi mumura: Me tahu ngā ahi mumura ki ngā wāhi e whakaaetia ana, kia tawhiti mai i ngā mea ka mura noa. Me tata hoki he wai, ka mutu ka mātua whakarite kua weto katoa tō ahi ina mutu ana.

✓ Me noho wehe mai i ngā taputapu mumura mai i ngā mea wera: Me whakaputu ngā mea pērā i te pepa, papanga, ngā putunga whakapai kia wehe mai i ngā tōhi, ngā whakamahana, me ētahi atu mea wera.

! Kaua e whakakā muramura: E rāhuitia ana ngā muramura i ngā wāhi maha i te raumati. Ka mura noa ngā ahiniwha i ēnei, ā, mea rawa ake ka hōrapa, otirā mēnā e kaha ana te hau.

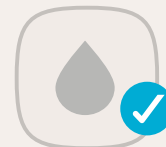
Haere ki checkitsalright.nz mō ētahi atu mōhihio me ngā āwhina mō te mōrearea ahi me te wāhanga ahi i tō rohe.



Me noho **KŌANGIANGI,** **HAUMARU,** hāneanea ō mōkai

He kaha ake te rongō o ā tātou mōkai i te wera o te raumati! Anei ētahi āwhina kia noho haumarū ai ō mōkai.

Tēnā koutou e ngā
rangatira mōkai...



- ✓ **Kia nui te tuku wai:** Me whakarite kei te whiwhi wai mā, mātaotao ō mōkai puta noa i te rā, otirā mēnā kei waho.
- ✓ **Me hanga he wāhi marumarū:** Me whakarite he wāhi marumarū mō ngā mōkai i waho me heri ki rō whare i te wā wera rawa o te rā kia mātaotao ai. Me tiroiro haere i te rā i a ia ka neke puta noa i te rā.
- ✓ **Me whakarite he whāriki, he taora whakamātao rānei:** Me whakamahi he taora haukū, he whāriki whakamātao mō te mōkai hei takotoranga, ā, kia mātaotao ai.
- ! **Kia tūpato i te whakakori:** Me whakaiti te whakakori i tō mōkai i ngā rā wera, kia mataara hoki ki ngā tohu o te wera haere pērā i te whakaaeaea, te hāware rānei.
- ! **Me karo i ngā papa hiko wera:** Mēnā he wera rawa te papa hiko, ngā kirikiri rānei ki tō ringa, he wera hoki mō tō mōkai ki te hiko. Me moata te heri i tō kurī i te ata, i te ahiahi pō rānei kia kore ai e wera ngā matihao i te pakakū, ka wera i raro i ngā matihao.

! **Ka tikākāhia anō hoki ngā mōkai:** Ko ngā mōkai he hāmā ake te kiri me ngā huruhuru ka noho mōrea ake. Ka taea e koe te tiaki mā te panipani ārai hihirā mōkai ki ngā ihu, ngā taringa me ngā puku.

! **Kaua rawa e waiho ngā mōkai ki rō waka tū:** Ka mate ngā kurī i rō motukā wera – mēnā kei te arohaina e koe, kaua e waiho atu ki roto.

! I te rā mahana, ka piki te pāmahana o roto ki runga ake o te 50°C i roto i te 15 meneti. Kāore he tino hua o te whakatū i tō motukā ki raro marumarū me te huaki paku nei i ngā wini. Ka raru tonu pea ngā kurī i te mate pāwerawera i ngā pāmahana teitei, ka mutu he tino mate tēnei mō te kurī – ko te mutunga atu pea ka tūkinotia te roro, ka hē ngā whēkau, ka mate rānei, ā, ko te auau mate he 39–50 ōrau.

! He taihara te waiho atu i tō kurī ki roto i tō waka i raro i te Animal Welfare Act, ā, he \$300 te whaina ki te whiua koe. Mēnā kāore koe i te tino mārāma he pai te wāhi e haere ana koe mō te kurī, me waiho tō kurī ki te kāinga! Mēnā ka kitea e koe he kurī i rō motukā wera, me wawe te āwhina. Waea atu ki **SPCA** i **0800 SPCA NZ**, ki ngā Pirihimana rānei.



Haere ki [spca.nz](https://www.spcanew Zealand.org)

mō ētahi atu āwhina me ngā tohutohu papai mō te raumati mō ō mōkai.

Me noho **PAI TŌ KĀINGA** i tēnei **RAUMATI!**

Ko te raumati te tino wā mō te whakapai me te tiaki i tō kāinga me whakarite kāore e pupū ake he raruraru nui i te raru paku noa.

- ✓ **Me whakawātea ngā kōrerenga me ngā paipa kōrere:** Mēnā ka taea, me whakawātea atu ngā rau, ngā rārā me ngā para mai i ngā kōrerenga kia kore ai e aukati, ā, ka tūkinohia e te wai.
- ✓ **Me tiroiro mēnā kei te turuturu:** Āta tiroiro i raro kāraha, i ngā wini, me ngā tāhū mō ngā tūkino wai. Me wawe te pūrongo i ngā turuturu, ngā tautiaki whare ki a Kāinga Ora ina kitea e koe.
- ✓ **Me noho pai ngā wāhi i waho:** Me whakawātea atu i ngā para, ngā taonga whare tawhito, ngā rāpihi rānei mai i tō iāri kia kore ai e hinga, e tukia me te whakaiti i te mōrea ahi. Kia maumahara ki te tapahi i ō otaota me te ngakingaki i ō māra.
- ! **Me whakapai me te whakariterite i ngā wāhi whakaputu:** I te raumati me whakarite haere i ngā kāpata, ngā kāpata kākahu me ngā hēte, te whakawātea atu i ngā mea kua kore e hiahiatia.
- ! **Ngā para me te tukurua:** Me maka ngā para me te tukurua ki ngā ipupara tika a te kaunihera, ki ngā whakanōhanga hāpori rānei mō ngā whaitua noho. Tirohia te paetukutuku a tō kaunihera mō ngā rerekētanga ki ngā whakaritenga kōhi para i

Kaua ngā **RARU** iti e tipu
hei raruraru **NUI**

ME TAPITAPI?



E tuwhera ana te Pokapū Tautoko Kiritaki a Kāinga Ora i te raumati i **0800 801 601**. Ka taea hoki e koe te tono i ngā tapitapi, ngā tono tautiaki mā te taupānga **MyKāingaOra**



Me noho tō kāinga hei wāhi **HAUMARU** i tēnei **RAUMATI**!

I te mea he nui ake ngā tāngata kei te hāereere,
me noho haumarū mā ēnei āwhina koi.

! Me mōhio koe ki ō kiritata: Ko te mahi nui rawa ka taea e koe kia haumarū ake tō hapori ko te mōhio ki te hunga e noho pātata ki a koe. He nui ake te tuku, te whakaae, me te tono āwhina a ngā tāngata e mōhio ana ki a rātou.

! Me raka ina wehe koe: Me raka ngā wini me ngā kūaha, ahakoa kei te puta koe mō te wā poto ki ō raruraru.

! Kaua e waiho ngā rawa whai wāriu kia kitea noatia: Me whakaputu ngā rawa whai wāriu pērā i ngā tāhiko, ngā moni rānei kia kore ai e kitea mā te wini.

! Me mārama ngā wāhi kuhunga: Me noho kā ō raiti i waho o tō whare hei whakaupa i ngā nanakia, ā, kia māmā ake ai te kite i tō hokinga atu ki te kāinga.

! Kia mataara: Mēnā kei te noho koe i tētahi whaitua noho, kaua rawa e tuku i ētahi atu kia whai i a koe ki roto i te whare mēnā kāore ā rātou ake kī, kāri kuhu rānei.

✓ Kia tūpato i runga pāpāho pāpori: Kaua e tuari i ō whakaritenga haere, te whakaatu rānei kāore koe i te kāinga i runga pāpāho pāpori. Me waiho ngā whakaahua o tō hararei kia hoki rā anō koe ki te kāinga.

! Me pūrongo i ngā mahi rerekē: Mēnā ka kite koe i ētahi mahi rerekē i tō takiwā noho, me whakamōhio atu ki tō Kaiwhakahaere Kāinga, ki ngā Pirihimana rānei. Ka āwhina tō noho mataara kia haumarū te katoa.



Ina haere i te huarahi i tēnei raumati

E manako ana tātou kia tae pai atu tātou ki ngā wāhi e haere ana tātou, ā, he tino hira hoki tērā mō te wā e pokea ana ngā huarahi i ngā hararei i te raumati. E hiahia ana Ngā Pirihimana o Aotearoa ki te whakaiti iho i te maha o te tangata e mate ana i ngā aituā puta noa i te tau. Engari ka kite koe e kaha kē atu te kitea o ngā Pirihimana i a rātou e tūtei ana i ngā rori me te whakaū i ngā ture haumarū rori.

Me mātua whakarite:

- Kei te mau tātua koutou ko ō pāhihi.
- Kāore i te waimaero tō taraiwa (nā te waipiro, whakapōauau, ngenge rānei).
- Kei te whai koe i te tepenga tere me te hāngai ki ngā āhua o te rori.
- Kāore koe i te warea e tō waea pūkoro, ō pāhihi rānei.

! Tirohia te pēhanga o ō tāia, te mātotoru hoki me ngā pereki i mua i tō haere i te huarahi. Me mātua whakarite kua whakatā koe, mēnā ka taea, ka hohoko taraiwa me ētahi atu.



ME HONO
KI Ō KIRITATA

HE ĀWHINA **KI**
TE TIAKI
I TE HAPORI



TIROHIA ētahi
āwhina haumarū atu anō
mō tō takiwā noho:



Kei te hiahia ĀWHINA ATU ANŌ koe i te raumati?

Ahakoia he nui te pārekareka i te raumati, he wā hoki tēnei e pā mai ai te ahotea nā te penapena pūtea me ngā kaupapa a te whānau. Tērā te wā ka hiahia tautoko atu anō tātou. Anei ētahi rauemi, ratonga hoki kia māmā ake ai ngā āhuatanga.



Ngā pātaka hapori: Mēnā kei te hiahia āwhina koe me ngā kai, kei konei te pātaka hapori pātata ki a koe i foodbank.co.nz

Ngā āwhina penapena pūtea: Mō ngā āwhina me ngā take pūtea me te whakarite i ō pūtea, haere ki sorted.org.nz

Kei te hiahia kōrero koe ki te tangata: Mēnā kei te pā te ahotea ki a koe, kei te pōkea rānei, me waea atu, patowaea rānei ki 1737 kia kōrero kirimuna me te matatapu ki tētahi pou tohuora matatau, he kaimahi tautoko rānei. E wātea ana tēnei ratonga mō te koreutu, ā, e wātea ana i te ao, i te pō.

Kei te hiahia tohutohu koe: Mō ngā tohutohu ture, tautoko rānei koe, me whakapā atu ki Ngā Pou Whakawhirinaki o Aotearoa o tō rohe mō tētahi kōrerorero matatapu. Ka kitea te peka o tō rohe i cab.org.nz

Ngā Tautoko Waipiro me te Whakapōauau Hapori
Mēnā kei te hiahia āwhina koe, tō whānau rānei, me waea atu ki **0800 787 797**, patowaea rānei ki **8681** ki te kōrero muna ki tētahi tohuora mātanga. E wātea ana tēnei ratonga mō te koreutu, ā, e wātea ana i te ao, i te pō.

Ratonga Whakahoa: He ratonga whakahoa te Age Concern Visiting Service e hono ana i ngā kaumātua me ngā tāngata tūao e hiahia ana ki te noho tahi me rātou ki te whakawhanaunga. Ka āta tirotirohia ngā tāngata e ngā Pirihimana, ka mutu ka whakangungua rātou, ā, tata pea ki te kotahi haora rātou e kōrerorero tahi ana me ētahi atu mahi i te wiki me tō rātou hoa kaumatua. Ka tū ētahi o ēnei noho tahitanga i te kāinga o te kaumatua, ā, i ētahi wā ka hāereere. Ka tūhonoa ngā tāngata nei i runga i ō rātou āhua, ngā kaingākauatanga, ngā tikanga ahurea, te wāhi, me ngā arotake auau kia rite ai te hono tahi.

Mēnā kei te hiahia koe, tētahi rānei e mōhio ana koe i ā rātou āwhina, me whakapā atu ki te tari a Age Concern o tō rohe i 0800 652 105, haere rānei ki www.ageconcern.org.nz

Ngā Pirihimana me ngā ratonga ohotata: Mēnā kei te hiahia āwhina koe mai i ngā Pirihimana, ngā ratonga ohotata rānei:

- **Waea atu ki 111** mō ngā ohotata, mēnā rānei kei te hiahia āwhina wawe tonu
- **Waea atu ki 105** mō ngā take ehara i te ohotata

Mō ētahi mōhiohio anō



► sunsmart.org.nz



► watersafety.org.nz



► checkitsalright.nz



► spca.nz



► ageconcern.org.nz



► police.govt.nz



► neighbourhoodsupport.co.nz

kaingaora.govt.nz