

He kōrero matua nā te Manatū Hauora o Aotearoa

Kia ora, nau mai ki Aotearoa.

Mehemea ka **māuiui** koe ki roto i te **kotahi marama** o te taenga mai ki Aotearoa, me rapu **tohutohu rongoā** i te wā poto noa ka taea.

Waeahia te nama waea **koreutu** ki **0800 611 116** ka whakapā atu rānei ki te rata.

He mea nui **te whakamōhio** atu ki a rātau kua puta koe **ki waho o Aotearoa** inā tata nei.

Me kōrero atu ki te ngaio hauora mehemea kei te eke tō **paemahana** ki **te 38°C, nui ake rānei** ā kei te pāngia hoki koe e **tētahi, ētahi rānei**, o **ngā tohumate** e rārangi iho nei:

- he maremare e haere tonu ana
- he ngāngā uaua
- he mate tikotiko e haere tonu ana
- he ruaki e haere tonu ana
- he kiri hakihaki
- he marū, he rerenga toto ahakoa kāore he wharanga
- kei te hanga māuiui tō āhua
- kei te rangirua.