

# Kia kōangi, kia haumaru hoki hei tēnei raumati

Ētahi huatau mā  
koutou ko tō whānau



# Kia atamai i te rā hei tēnei raumati

I mōhio rānei koe he pānga tō te huarere wera ki tō hauora? Anei ētahi huatau hei āwhina ki te tiaki i tō whānau.

I a koe e whitikina ana e te rā, kia mahara ki te **slip, slop, slap me te wrap!**

- ! **Kuhuna he kākahu** e uhi ana i tō kiri.
- ! **Pania te ārai hihirā**, otirā kia nui tonu. He ārai hihirā tūāwhiorangi whānui, parewai hoki, otirā he 30 SPF piki atu, te mea pai rawa.
- ! **Whakamaua he pōtae** pārua whānui e uhi ana i ō taringa me te kakī – koinei te wāhi e tikākā ai te tangata.
- ! **Kuhuna he mōhiti** e piri tata ana ki tō kanohi. Ko ngā mōhiti tino pai ka ārai atu i te hihinga UV, nā reira tirohia te tapanga ki te hoko koe i ētahi mōhiti hou.
- ! **Tirohia ētahi atu huarahi ki te tiaki i a koe** ki [www.sunsmart.org.nz](http://www.sunsmart.org.nz).

## Me āta tiaki ngā pēpi

He marore te kiri o te pēpi, nō reira, tiakina rātou i ngā hihi o te rā.

Me whai kia noho kōangi rātou, kua hoki e nui ngā whakapaparanga taumaha. Mā te marumarū, te kākahu whakahā me te pōtae pārua whānui hei whakamarumarū i ngā taringa me te kakī, a pēpi e tiaki.

He rauangi te kiri o ngā pēpi i raro i te 6 marama te pakeke ka urupare pea ki te ārai hihirā - hei whakamātatau, pania he ārai pakupaku mō te kiri rauangi ki te kiri o tōna ringa.

Mehemea ki ō whakaaro kua whakatārehe a pēpi, e āhei ana ki te hoatu ki ngā pēpi pakeke ake i te 6 marama he wai hū kua mātao i waenga i ngā kai. Tirohia ētahi atu tiwhiri mō te haumarutanga rā i [www.plunket.org.nz](http://www.plunket.org.nz).



## Ētahi atu huarahi o te noho kōangi

- ! **Kia kaha te inu wai.** Kia nui te inu wai, ā, me mau tata i tētahi pātara inu.
- ! **Me karo i te rā i a koe e mahi ana.** Whakaritea ngā hākinakina mō mua i te 10am, mō muri i te 4pm rānei kia kōangi ake.
- ! **Whakarerekētia tō āhuatanga mahi.** Mēnā he mahi ā-ringa tō mahi, ka mahi rānei koe i waho, me kōrero ki tō kaituku mahi mō ngā tūraru tikākā, ā, me pēhea hoki te noho haumarū.
- ! **Whakakāngia te whāhauhau.** Whakamahia te whāhauhau ki te whakahauhau i tō kāinga kia kōangi ai. Me kōwhiri noa i te tautuhi kōangi.
- ! **Haere ki [www.health.govt.nz](http://www.health.govt.nz)** mō ētahi atu tohutohu.



# Me noho haumaruru i te puna kaukau

Kei te whakatū puna kaukau koe i tēnei raumati? Whāia ēnei ture e noho haumaruru ai te whānau.

Mēnā he puna kaukau kei tō kāinga, tērā ētahi ture puna kaupapa ā-motu:

! Me taiapa ngā puna kaukau katoa, tae atu ki ngā puna kaukau taupua kei runga i te whenua, hei ārai atu i ngā tamariki. Kei roto i tēnei ko ngā tamariki a ō hoa noho tata.

! Tatū noa ki ngā puna kaukau pāpaku e 400mm neke atu rānei te hōhonu o te wai, me taiapa, hei ārai atu i ngā tamariki tē mātakitakihia.

📺 Ko ngā ture puna kaukau katoa kei [www.building.govt.nz](http://www.building.govt.nz)



Ka whakahaeretia e ā mātou Kaiwhakahaere Tautoko Whare o Kāinga Ora ā rātau tirohanga whare auau. Mēnā he puna kaukau taupua tāu i runga i te papanoho, ā, kāore i te hāngai ki ngā ture, ka tonoa koe ki te whakawātea atu i taua puna kaukau.



## Me mataara ki te wai

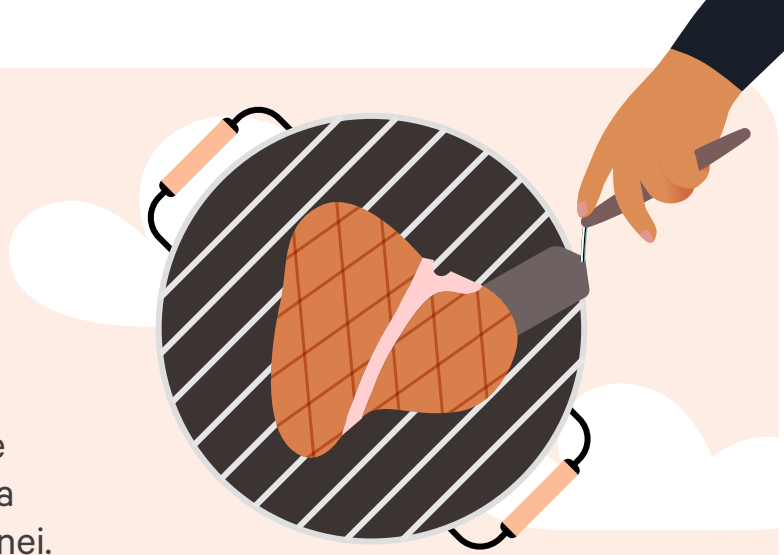
Ahakoia he pūhoru noa i tō iāri, he manu rānei ki te puna kaukau pātata mai, anei he tiwhiri e toru kia noho haumaruru ai te whānau.

1. Tirohia ō tamariki, kaua tō waea!
2. Me pōaha te wai o ngā puna pāpaku, ngā pākete me ngā ipu i te wā kāore i te whakamahia, hei ārai atu i ngā hauata.
3. Kaua e whakarere i ngā tamariki pakeke ake ki te tiaki i ngā mea pakupaku. Me whakarite i tētahi pakeke hei kaitiaki i ngā wā katoa.



# Kia haumaruru te ahi i tō raumati

He tere te rere o te ahi i te wera o te raumati. Anei ētahi huarahi wawe kia noho haumaruru i te kāinga, i waho rānei.



- ! **Tirohia ō pūoho auahi.** Ahakoa ka tirohia ō pūoho auahi e Kāinga Ora, he pai tonu te whakaaro kia tirohia anō hei te raumati.
- ! **Tirohia tō BBQ.** I mua i tō whakakā i tō BBQ, kia kaha te horoi otirā mēnā he kapuni, tirohia te puoto kapuni me ngā ngongo mēnā e pī mai ana te kapuni, mā te ruirui wai hopi ki ngā hononga ngongo. Me whakamahi anake tō BBQ ki waho, i ngā wāhi kōhauhau, otirā me tawhiti i ngā mea tere mura.
- ! **Kaua e inu me te parai.** Ko te warea e te moe i te wā e tunu ana te take nui rawa o ngā weranga whare i Aotearoa. He pērā anō hoki mō ngā pūroi.

- ! **Haumaruru ahi.** Me tahu anake te ahi kōpae i ngā wāhi e whakaaetia ana, otirā me tawhiti i ngā mea ka mura pea. Me tata tonu te wai i ngā wā katoa, otirā me weto rawa te ahi i te mutunga.
- ! **Kaua e tahu pahū ahi.** Kua aukatia ngā pahū ahi ki ngā wāhi maha i te raumati. Kei tūpono hika he ahi tarakaka, kei toro tere taua ahi, otirā i te wā e pupuhi ana te hau.
- ! Haere ki [www.checkitsalright.nz](http://www.checkitsalright.nz) mō ngā mōhiohio me ngā huatau o te mōrearea ahi me te kaupake ahi i tō rohe:



# 111

ā, me te tonu i te Ahi

# Kia kōangiāngi tonu te noho a ngā mōkai

I mōhio rānei koe he nui kē atu te pānga o te tikākā ki ngā mōkaikai tēnā i a tātou? Anei ētahi huatau e ono e noho haumarua ai ō mōkaikai.



**Te wai me te marumaru.** Me noho hou, noho kī tonu ngā ipu wai, ā, kia nui hoki te marumaru mā ō mōkaikai hei te roanga o te rā – i te wā e neke ana te rā anō hoki.



**Ngā hikoikoi kōangiāngi ake.** Whakakorihia tō kuri i te wā ka kōangi ake, arā i te ata, i te ahiahi pō rānei.



**He wera rawa ki te oma.** Mēnā he wera rawa te papa, ngā kirikiri rānei mō ō waewae, kāti, he wera rawa mā tō mōkai hoki.



**Ka tikākā hoki ngā mōkaikai i te rā.** Ko ngā mōkaikai kiritea, hurutea hoki e tino mōrearea ana, otirā ka taea e koe te tiaki i a rātou mā te pani i te pani ārai hihi rā mā ngā mōkaikai, ki ngā ihu, ngā taringa me ngā puku.



**He kaikōhuru te motokā wera.** Kauga rawa e whakarere i tō mōkai ki rō motokā. He \$300 te nui o te hāmene. Ina rokohina he kuri kua mau i rō motokā, me wawe te waea ki ngā Pirihimana, tō SPCA tūtata rānei.



**Kutia ngā huruhuru.** Mā te kuti i ngā huruhuru o tō mōkai e āwhina i a ia kia noho kōangiāngi, engari ka ārai hoki te huruhuru i te tikākā, nō reira kauga e kuti i te katoa.



Haere ki [www.spcan.z](http://www.spcan.z) mō ētahi atu huatau me ngā tohutohu pai mō te raumati:





Mō ētahi atu mōhiohio



► [watersafety.org.nz](https://watersafety.org.nz)



► [checkitsalright.nz](https://checkitsalright.nz)



► [spca.nz](https://spca.nz)



► [sunsmart.org.nz](https://sunsmart.org.nz)

[www.kaingaora.govt.nz](https://www.kaingaora.govt.nz)