

Paruru atu i te toto'a anga o te tiemu o te flu

E arai atu i toou va'a ma tetai pepa tama upe me mare koe, me kare ra, me mare ti'a koe



E titiri atu i te au pepa tama upe ki roto i te punu vairanga tita, me kare ra, ki roto i tetai pute pepa plastic.



E tama e te ta'maro atu i toou rima, i muri ake, i te tuatau kua mare koe, me kare ra, kua mare ti'a koe -e te pu'a katoa i toou rima.



E noo takake atu koe mei te katoatoa o te tangata me maki ia koe.



Te akameitaki atu nei te te tuanga rapakau maki i te Regional Public Health, te Capital & Coast District Health Board, e te Hutt Valley District Health Board ia kotou no tei anga mai i teia pepa akamarama'anga.



www.moh.govt.nz/pandemicinfluenza

E paruru atu i toou ngutuare e te kopu tangata mei teia maki in**FLU**enza