

Health New Zealand  
Te Whatu Ora

# Tauturu i te pāruru i to'ou 'oire tangata.

I raro ake i te ture, kāre te au toa  
'oko'oko e 'akatika'ia i te 'akaāriari i teta'i  
'ua atu 'apinga no runga i te 'ava'ava.

Tukuna'ia teta'i  
'aka'apa'anga no runga  
i te 'ava'ava, me kore ra  
i te 'ava'ava-uira (vape):

**info.health.nz/TellUs**



'O'IA NO TE  
MA'ANI'ANGA I TETA'I  
'AKA'APA'ANGA