

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

I raro ake i te ture, kāre e 'akatika'ia te  
kai 'ava'ava, me kore ra, te kai 'ava'ava-  
uira (vape), i roto i te ngā'i 'anga'anga.



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](https://info.health.nz/TellUs)**



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