



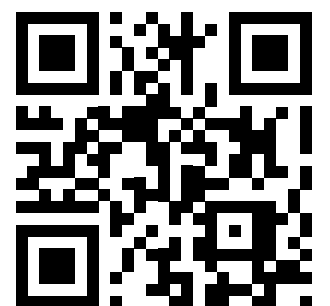
Health New Zealand  
Te Whatu Ora

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

**Ripōti'ia te au rāvenga kai  
'ava'ava, me kore ra, te kai  
'ava'ava-uira (vaping), tei 'apa  
i raro ake i te ture, i roto i**

Ka 'anga'anga ta'okota'i tatou, i te tāpū i te au rāvenga  
kai 'ava'ava, e te au rāvenga kai 'ava'ava-uira (vaping),  
tei 'apa i raro ake i te ture!

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