

Te ta'anga'anga'anga i te Vāito'anga Antigen Viviki

Tei runga ua i te tāpa'o'anga te tu o te au 'aka'aere'anga. E ma'ata te au ko'u vāito'anga antigen viviki, te āru ra i te au 'aka'aere'anga i raro ake nei, māri ra, kare te katoa'anga. Me ka tika, āru'ia te au 'aka'aere'anga a te 'ona.

Te ko'i'anga i teta'i 'ākara'anga



1 Kiriti'ia te swab putāngi'u mei roto i te pu'ao.



2 Tāru'ia te swab ki roto i teta'i rua putāngi'u, mei te 2-3cm mei te 'ope o te rua putāngi'u.



3 Rōra mārie ia te swab e 5 taime, na roto i te rua putāngi'u. Ta'anga'anga'ia taua swab rāi, rave 'aka'ou'ia teia rāvenga ko'i'anga ki roto i teta'i ake rua putāngi'u.



4 'Ākara meitaki ia te au 'aka'aere'anga i runga i te pi'a, i te 'akapāpu i te tuātau ka tataua ei koe i to'ou vāito'anga. Ka tūke p'a teia, tei runga ua i te ko'u.

Te vāito'anga i te 'ākara'anga



5 'Ore'ia te popani aluminium foil mei runga i te mānga mo'ina 'a'ao mā'ū, tei roto i teia te vairākau vāito i te mā'ū.



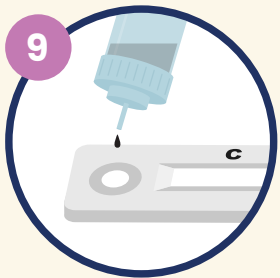
6 Tāru'ia te swab ki roto i te mānga mo'ina 'a'ao mā'ū. Takaviriviri pakari ia te swab no teta'i 5 taime.



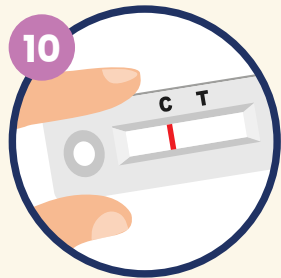
7 'Akaātea'ia te swab, na roto i te takaviriviri'anga i te swab ki roto i te mānga mo'ina 'a'ao mā'ū, e i taua taime rāi, roromi'ia nga pae kia ta'e te mā'ū mei roto i te swab.



8 Tāpiri'ia te mānga mo'ina 'a'ao mā'ū, na roto i te 'ōpara'anga pakari i te popani. Kā'iro meitaki ia na roto i te patapata'anga i ā raro i te mānga mo'ina 'a'ao mā'ū.



9 Taka'uri'ia te mānga mo'ina 'a'ao mā'ū, ma te mou meitaki ki runga ake i te puna 'ākara'anga. Roromi mar'ūia te mānga mo'ina 'a'ao mā'ū. Ma'ani'ia te au tōpatapata mā'ū mei tei 'ākakite'ia mai i runga i te au ko'u 'aka'aere'anga, kia topa meitaki ki roto i te puna 'ākara'anga.



10 Me ka tika, 'ākara meitaki ia te 'aka'aere'anga i runga i te ko'u, ma te āru i te taime tei 'akatinamou'ia no te 'ākara'anga i to'ou vāito.

Te tataua'anga i to'ou vāito

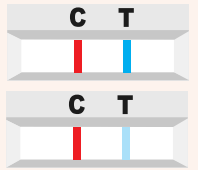
Kare

Na te rāini tei te pae i te reta C e 'akaāri mai e, e kare.



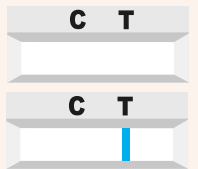
'Āe

E rua rāini, e ta'i tei te pae i te reta C, e teta'i tei te pae i te reta T, e 'akaāri mai e, e 'āe.



Te vāito pu'apingakore

E pu'apingakore te vāito, me kare e rāini i te pae i te reta C.



Te ripōti'anga i to'ou vāito

Ka anoano'ia koe kia ripōti i to'ou vāito. Rave'ia teia, na runga i to'ou My Covid Record.

Tomo atu ki roto i te mycovidrecord.health.nz me kore ra, taniuniu'ia te numero 0800 222 478 ma te taomi atu i te 'iki'anga 3.

Me tei raro ake koe i te 'Akapapa'anga Close Contact Exemption, 'akakite atu i to'ou vāito, ki to'ou 'ona 'anga'anga.

