



## Tera te boutoka ae e tauraoi ao e na kona reke iaa buokam

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### Ngkana e na reke n te kabuanibwai maium, tareboonia 111.

Ibukin rongorongoa aika a boou, kawara [www.civildefence.govt.nz](http://www.civildefence.govt.nz) ao katomako ma am Civil Defence Emergency Management Group ibukin am aono n ana website ao ana tabo ni kanako rongorongoa iaon te intanete.

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### Kitanakin te tabo ao te tabo ni maeka

#### Kitanakin te tabo

Ngkana ko na riai ni kitana te tabo, taiaoka ni kawari raoraom ke am utu ngkana ko kona.

Ngkana ko aki kona n tiku irarikia am utu, ko kona ni kawara te Tabo ibukin Kamanoan te Botanaomata (Civil Defence Centre). Tuoa ana website am Civil Defence Emergency Management Group ibukin taian Civil Defence Centres aika a uki.

Uoti bwaai aika a rang ni bongana ae ko na kainnanoi. N aron bwainaoraki, onea ibukin te kamwaitoro ao bwaai ibukia ataei ake a uarereke.

Ngkana iai am kamea ibukin boutokakia mwauku, kaira am kamea.

Ngkana ko aki kona n roko n te Civil Defence Centre, reitaki ma am Civil Defence Emergency Management Group ibukin maroroakinan bwaai aika ko na kona ni karaoi.

Kakaea am Civil Defence Emergency Management Group iaon [www.civildefence.govt.nz/find-your-civil-defence-group/](http://www.civildefence.govt.nz/find-your-civil-defence-group/).

## **Te ibetutu n te kawai ao te mwamwananga**

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### **Te mwamwananga n te kawai**

Karaoa nanon aia taeka n ibuobuoki am Civil Defence Group ao rabwata aika a babaire n am aono.

Ibukin rongorongon te ibetutu n te kawai ao te mwamwananga, katomako ma te NZ Transport Agency n ana tabo ni kanako rongorongo iaon te intanete ke kawara [www.nzta.govt.nz/traffic-and-travel-information/](http://www.nzta.govt.nz/traffic-and-travel-information/)

Kabongana te NZ Transport Agency's Journey Planner iaon te website ae [www.journeys.nzta.govt.nz/journey-planner/](http://www.journeys.nzta.govt.nz/journey-planner/) ibukin barongakin mwanangam.

## **Mwane ni buoka**

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### **Ibuobuoki ma te mwane**

Ngkana iai am kanganga ma kaitarakin boon bwaai aika a kakawaki, e na kona ni buokiko te Work and Income. E ngae ngke ko mwakuri.

A tannako aomata ma te bwai ae a rinanona. E kona te Work and Income ni buokiko ni kabooi bwaai n aron:

- bwai ni matu,
- amwarake,
- boon te maeka n te auti,
- boon te miita,
- taian onobwai, ke
- onean mwiin bwain te auti aika a maiu n te iti.

Mwaitin ae e kona n reke iroum ao ngkana ko na riai ni kaboa mwiina e a nakon te kanganga ae ko rinanona.

Kawara [www.workandincome.govt.nz](http://www.workandincome.govt.nz) ke tareboonia 0800 559 009 ibukin rongorongorongo riki tabeua.

### **Boutoka man taian bangke**

Ngkana ko rinanon te kanganga ma te mwane ibukin te bwai ae e karina n riki, taetae ma am bangke ngkana e angaraoi.

Iai aia tiim taian bangke ibukin taobarakin te kanganga aika a kona n taetae ma ngkoe i aon aanga n ibuobuoki.

A kona taian bangke n ibuobuoki n aanga aika a kakaokoro. N aron aikai:

- Bitakin te kabwara tarau i aon te bakao inanon te tai ae e uarereke, ao
- Kamaunakin tuua aika a irekereke ma uruan boraraoi iaon karinimwane ake ana tiku ni maan ao moantaain anaakin te mwane anne.

A kakaokoro bwaai aika a kona n riki. Moantaain taetaem ma am bangke, ao moantaain reken buokam.

### **Te mauri ao te mweraoi**

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#### **Mwakuri ni kuakua ae tauraai**

E teimatoa n tauraai te mwakuri ni kuakua ngkana ko kainnanaoia.

Ngkana ko rang ni kakaiaki ao ko kainnanaoia te mwakuri ni kuakua ae kataweaki, kawara te emergency n te onaoraki (ibukin kanganga aika a karina) ae ko uakaan ma ngaia **ke tareboonia 111**.

Tiaki te kanganga ae e karina? Ko kona n tareboonia te Healthline iaon 0800 611 116. E tauraai te Healthline 24 te aoa n te bongina, 7 te bong n te wiiki ibukin karekean taeka n ibuobuoki ae e aki kakaboaki ma irouia taan kuakua aika a mwaatai. A kaineti taeka n ibuobuoki aikai ma kabwarabwaran te tabo ao te tai ibukin karaosan te tutuo ao te bwainaoraki ngkana anne ae ko kainnanaoia.

E a tia ni bae aram iroun am taokita (GP) ke e a tia n reke am tabo ni kuakua ae ko kona ni kakawaria? Tareboonia am GP ke am tabo ni kuakua ibukin kabaeakin am tai. E kona ni waekoa ni kabaeaki am tai ngkana ko kabwarabwara te bwai ae e riki.

Ngkana e tuai ni bae aram ke e aki tauraoui am tabo ni kuakua n te tai ae e waekoa, ko kona ni kawara te tabo ni kuakua n am aono ibukia aika a katawea buokaia. Ko aki riai ni kabaea am tai, ma ko na bae n tataninga.

Kakaea te tabo ni kuakua ibukia aika a katawea buokaia iaon [www.healthpoint.co.nz/gps-accident-urgent-medical-care/](http://www.healthpoint.co.nz/gps-accident-urgent-medical-care/).

### **Bwainaoraki ae e kainnanao beebwana**

Ngkana e a bane am bwainaoraki ae e kainnanao beebwana mai iroun te taokita ke e aki kona n reke iroum, karekean beebwan te bwainaoraki iroun te taokita ngaia ae te kabanea n tamaroa.

Ngkana ko aki kona ni kawara te taokita, a kona n ibuobuoki taabo ake a kabonakoa te bwainaoraki. A kona taan anga te bwainaoraki (pharmacists) n anganiko am bwainaoraki ae ko na kainnanoi ibukin tenibong. E kona ni bobuaka aio bwa e aki mwanenaki iroun te Tautaeka.

Kakaea te tabo ni kabonakoi bwainaoraki iaon [www.healthpoint.co.nz/pharmacy/](http://www.healthpoint.co.nz/pharmacy/).

### **Bwai ni mwakuri ibukin te kuakua ae maiu man te iti**

Ngkana ko kainnanao te iti ibukin kamaiuan te bwai ni mwakuri ibukin te kuakua, bwainaoraki, ke kateimatoan maium ao akea am tianaraita, reitaki ma am tabo n iti ao kabwarabwara te kanganga ae ko rinanona. Ngkana e aki reke buokam n aio, reitaki ma te tabo are a katauraoa am bwai ni mwakuri. Ngkana e aki naba reke buokam n aio, tareboonia 111.

### **Mweraoi**

E rang ni kabuta te tabeaianga n tain te kanganga ae e karina. Aio te bwai ae e bon ririki n tain te kanganga ae e karika te rawawata n iango. E kona n rang ibuobuoki te maroro ma aomata ao karaoan te ibuobuoki nakoia tabeman.

Ibukin buokan te tabeaianga, te aki rau ke marurungin te iango, tareboonia ke kanoakoa am text ae Need to Talk? nakon 1737. Ko kona ni maroro ma te tia ibuobuoki (counsellor) ae e a tia ni kataneiai, e aki kaboaki ao e tauraoui 24 te aoa n te bongina, 7 te bong n te wiiki.

Ibukin te ibuobuoki ae e iteramata iaon boutokakin marurungin te iango, kawara [www.wellbeingsupport.health.nz](http://www.wellbeingsupport.health.nz).

E kakawaki karawataan te matu n taai ake iai te kanganga. Kakaei aanga n ibuobuoki ibukin te matu iaon [www.healthnavigator.org.nz/sleep-tips/](http://www.healthnavigator.org.nz/sleep-tips/).

Ngkana a rotaki ataei n te kanganga ae e karina, maroroakina te bwai ae e riki ma ngaia. Kakaie aanga n ibuobuoki ibukia ataei n tain te buaka iaon [www.kidshealth.org.nz/coping-natural-disaster](http://www.kidshealth.org.nz/coping-natural-disaster).

Kakaie riki aanga n ibuobuoki ibukin tararuan marurungin te iango iaon [www.getready.govt.nz/mental-wellbeing/](http://www.getready.govt.nz/mental-wellbeing/).

### **Boutoka ibukia kaain buuki (rural)**

Ngkana te tia kawakini maan (farmer) ke te tia ununiki ngkoe, e tauraoti te buoka rinanon te Rural Support Trust.

Reitaki nakon te Rural Support Trust iaon 0800 Rural Help (0800 787 254) ke kawara [www.rural-support.org.nz](http://www.rural-support.org.nz).

### **Boutoka ibukia mwauku**

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#### **Boutoka ae e tabangaki**

Ngkana ko kainnanao te buoka n te tai ae e waekoa, tareboonia 111. Ngkana iai am kanganga n te kakauongo ke te taetae iaon te tareboon, ko kona ni kabaea aram ibukin te tieweti ae 111 TXT iaon [www.police.govt.nz/111-txt](http://www.police.govt.nz/111-txt).

Ibukin te buoka iaon tararuan te mauri, reitaki nakon Whakarongorau Aotearoa, New Zealand Telehealth Services. Tareboonia 0800 111 213 ke kanakoa te text nakon 8988.

Ngkana iai am kanganga n te kakauongo ke te taetae iaon te tareboon, ko kona ni kabongana te New Zealand Relay Service ibukin te reitaki ma tabeman iaon te tareboon. Kabwanina rongorongon te tieweti aio iaon [www.nzrelay.co.nz](http://www.nzrelay.co.nz).

#### **Kitanakin te tabo ma kamea aika a boutokaia mwauku**

Ngkana ko na riai n nakon te Civil Defence Centre ao iai am kamea ae te tia ibuobuoki, kaira am kamea. Uotii bwaai aika a rang n bongana ibukim ma am kamea. N ikotaki ma bwaai ni mwakuri, bwainaoraki, onea ibukin te kamwaitoro ao aia bwai ataei ake a uarereke.

#### **Bwai ni mwakuri ibukin te kuakua ae e maiu man te iti**

Ngkana ko kainnanao te iti ibukin kamaiuan te bwai ni mwakuri ibukin te kuakua, bwainaoraki, ke kateimatoan maium ao akea am tianaraita, reitaki ma am tabo n iti n te tai ae e waekoa ao kabwarabwara te kanganga ae ko rinanona. Ngkana e aki reke buokam n aio, reitaki ma te tabo are a katauraoa am bwai ni mwakuri. Ngkana e aki naba reke buokam n aio, tareboonia 111.

## Boutoka ibukia utu ake kaain Maori

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### Boutoka ae e tabangaki

A ikarekebai taian Civil Defence Emergency Management Groups ma Te Puni Kōkiri. A na mwakuri ma kaain te kainga (iwi), te baronga (hapū) ao botaki ni mwakuri ibukia Maori bwa aonga n taraia raoi bwa a boutokaki kaain Maori ake a rotaki.

## Boutoka ibukia kain te Betebeke

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### Boutoka ae e tabangaki ao rongorongo

A mwakuri taian Civil Defence Emergency Management Groups ma te Ministry for Pacific Peoples. A na mwakuri ma taan kairiri n te Betebeke, mwakoro ao botaki ni mwakuri ibukia kaain te Betebeke bwa aonga n taraia raoi bwa a boutokaki kain te Betebeke aika a rotaki.

Kakaea rongorongon te buoka ae e tawe ibukia kaain te Betebeke n ana website ao ana Facebook page te Ministry for Pacific Peoples.

- Website: [www.mpp.govt.nz/emergency-response](http://www.mpp.govt.nz/emergency-response)
- Facebook: @MinistryforPacificPeoples

## Boutoka ibukia kaain aaba ake a uarereke mwaitia

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### Boutoka ae e tabangaki ao rongorongo

A mwakuri taian Civil Defence Emergency Management Groups ma te Ministry for Ethnic Communities. A na mwakuri ma taan kairiri man Aaba aika a Kakaokoro, mwakoro ao botaki ni mwakuri bwa a aonga n buokaki kaain aaba aika a rotaki.

Karekea rongorongon kaekaan taian kanganga n taetae aika a kakaokoro iaon ana website ao Facebook page te Ministry for Ethnic Communities.

- Website: [www.ethniccommunities.govt.nz](http://www.ethniccommunities.govt.nz)
- Facebook: @ethniccommunities.govt.nz

## Kaain tinaniku

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### Buoka ibukia kaain tinaniku

Ngkana tiaki ngkoe kaain Nutiran ao ko kainnanao buokam, ko kona n kabongana te buoka iaon te page aio. Ko kona naba n reitaki ma am Embassy ke High Commision.

Kakaea am embassy ke high commission iaon  
[www.mfat.govt.nz/en/embassies/](http://www.mfat.govt.nz/en/embassies/).

Ngkana ngkoe te tia roko n kawara Nutiran ao e a rotaki mwanangam, reitaki ma am tia kamanomano ke kabomwi (insurer) ibukin mwanangam.

### Visa ae e a bane taina/iaon kawaina n bane taina

Reitaki ma te Immigration New Zealand ibukin buokam n te visa iaon  
[www.immigration.govt.nz/about-us/contact](http://www.immigration.govt.nz/about-us/contact)

## Mweraoia maan

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### Kawakinaia maan

Bon tabem am man. Ko riai n tararuaia inanon tain te kanganga ae e karina.

Ngkana ko na riai n kitana te tabo, kairiia am man ngkana e angaraoi.

Ngkana arona bwa ko na riai n katikuia am man imwim, taraia raoi bwa a mena n te tabo ae mano ao n tan.

Reireiniko arom n tararuaia am man ngkana a reke n te kanganga iaon  
[www.mpi.govt.nz/animals-in-emergencies/](http://www.mpi.govt.nz/animals-in-emergencies/).

### Tabeaiana ibukin mweraoia maan

Reitaki ma am Civil Defence Emergency Management Group n ribotina tabeaianam ni kaineti ma mweraoia maan. Te Ministry for Primary Industries e na manga ruamwin nako kanganga.

Kakaea am Civil Defence Emergency Management Group iaon  
[www.civildefence.govt.nz/find-your-civil-defence-group/](http://www.civildefence.govt.nz/find-your-civil-defence-group/).

### Maan aika a aoraki ao ikoaki

Ngkana a aoraki ke ikoaki am man, reitaki ma aia onaoraki maan.

## Te kamanomano ao kabomwi (insurance)

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### Te uruaki nakon am bwai

Ngkana e uruaki am auti, kaa ke bwain nanon am auti, rawei tamneia imwain ae ko kamwaingi ke n onobwai.

Ribotina te uruaki nakon am kambwana n kamanomano n te tai ae waekoa. Am kambwana n kamanomano e na tuangko bwa tera ae ko na karaoia imwina.

Ngkana ko kainnanao karaoan te mwakuri ae katawe ibukin kaitiakan ao kamanoan am auti, tau i mwin am mwakuri aika ko karaoi. Rawei tamnei imwaina ao imwina. Kawakini katotoon am kabwaka miita.

Ngkana iai am insurance ibukin bwain nanon am auti ma tiaki am auti, maroro ma am tia kamanomano ibukin bwai aika a kona ni kaboaki mwiiia. Rawei tamnei aika a mwaiti ao kawakin mwin bwai ni kabane aika ko karenakoi.

### Karekean te kabomwi man te tabo n kamanomano

Reitaki ma am tia kamanomano ibukin karekean ana kabomwi te NHCover ibukin uruaki man te buaka.

E reitaki ni mwakuri te Natural Hazards Commission Toka Tū Ake ma taian botaki n kamanomano (insurers) ibukin karekean teuana te tabo n reitaki ibukia taan bwaibwai n te auti.

Am tia kamanomano ngaia ae e na tuo a, karaoa ao karekea am kabomwi ni kabane. N irekereke ma mwakoron te NHCover.

### Buoka ibukin taian kabomwi

Akea boon te New Zealand Claim Resolution Service. E kona ni buokiko ma am titiraki nako ke kainnanom ibukin am insurance policy n am auti ke kawain reken te kabomwi.

Ibukin taetaem ma temanna ibukin am kabomwi ao aron reken buokam, tareboonia 0508 624 327, kanakoa am email nakon [contact@nzcrs.govt.nz](mailto:contact@nzcrs.govt.nz) ke kawara [www.nzcrs.govt.nz](http://www.nzcrs.govt.nz).

### NHCover

NHCover bon te kamanomano man taian buaka. E a kaman iai am NHCover ngkana iai am private residential insurance policy ibukin am auti

ke abam aika iai kamanoaia man te urarake. Tabeua aba aika a rotaki a kona n akea aia NHCover.

E kamanoko te NHCover ni kaitarai kabua ke uruaki man:

- mwaingingin te aba,
- umunakon te tano ao atibu man te maunga,
- rebwen te warekeno,
- ana mwakuri kabuebuen te ran,
- te ieka man taari (tsunami), ao
- te urarake ae e reke man bwaai aika a riki aikai.

E kamanoa naba abam ibukin te uruaki man te buaka ao te ieka.

Wareka the Householder's Guide to NHCover ibukin karekean riki otam iaon [www.naturalhazards.govt.nz/our-publications/guide-to-natural-hazards-cover/](http://www.naturalhazards.govt.nz/our-publications/guide-to-natural-hazards-cover/).

## Taan tango auti ao taan bwaibwai n te auti

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### Rongorongo aika a tabangaki

Ngkana ngkoe te tia tango auti ke te tia bwaibwai n te auti ae tatangoaki, karekea otam iaon inaomatam ao kabaeakim iaon [www.tenancy.govt.nz](http://www.tenancy.govt.nz) ke tareboonia 0800 TENANCY (0800 836 262).

## Taian reirei ao taabo n reirei ibukia ataei ake a uarereke

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### Rongorongo aika a tabangaki

Ongora n am reirei ke te tabo n reirei ibukia ataei aika a uarereke ibukin rongongona ae bwanin ao n noria ngkana a iin ao n ningai are a iangoia n uki iai.