

# HAERE KI TE TAKUTA...



... ina e rite ana te  
mamae ki TĒTEHI  
o wēnei:

E rite ana tōna rahi  
ki tō te kapa 10c,  
nui kē rānei

E ero ana

E tupu ana

E rere atu ana ngā  
tāekaeka whero

Kāore e mahu i te  
2 rā

E tata ana ki te  
karu (kia tere te  
haere ki te tākuta)

 **KIRI ORA**

FREE 24 HOUR HEALTH ADVICE

HEALTHLINE 0800 611 116

A REGISTERED NURSE IS JUST A PHONE CALL AWAY

Toi Te Ora  
**Public Health Service**  
BAY OF PLENTY DISTRICT HEALTH BOARD  
Serving Bay of Plenty and Lakes Districts  
[www.ttophs.govt.nz/healthyskin](http://www.ttophs.govt.nz/healthyskin)

Acknowledgement: Regional Public Health Lower Hutt