STOP SORE THROATS HURTING HEARTS

Preventing Rheumatic Fever

Key tips for a warmer, drier home

If you follow even just a couple of these tips, your home could be cheaper to heat and more comfortable to live in.

Open your curtains during the day & close them at night.

Stop cold air getting into your home by stopping draughts around doors, windows and fireplaces.

Check you have the best heating option for your home.

Wipe off any water that has collected on walls and on the inside of windows.

Let steam out in the kitchen and bathroom.

Use white vinegar to remove mould from ceilings and walls. (Never mix bleach and vinegar.)

Dry your washing outside or in the garage or carport.

Find out if your home is insulated. You may qualify to have insulation installed for free.

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Open your windows for at least a few minutes each day.

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MINISTRY OF HEALTH MANATŪ HAUORA

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Sept 2016

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He kupu āwhina kia mahana ake, kia maroke ake tō whare.

Ki te whāia ētahi noa iho o ngā kupu āwhina nei, tērā ka iti te utu māu ā, ka noho tō kāinga hei wāhi mahana, āhuru hoki.

Huakina ngā ārai i te awatea, ā, me kati i te pō.

Katia te urunga mai o te hau mātao mā te puru i ngā puare huri noa i ngā tatau, ngā matapihi me ngā pākaiahi.

Āta tirohia ngā kōwhiringa pai rawa hei whakamahana i tō whare.

Mukua te wai kua piri ki ngā pakitara me te taha roto o ngā matapihi.

Tukua te kohu kia puta atu i te kīhini me te rūma kaukau.

Whakamahia te winika mā hei horoi atu te puruheka i te tuanui me ngā pakitara. Kaua rawa e whakaranu te whakatoki (bleach) me te winika.

I ia rā, waiho ngā matapihi kia tuwhera ana mō te wā poto.

Me tirotiro mēnā kei te pareārai tō whare. Ka āhei pea koe kia whakaurua he pareārai mō te koreutu.

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Whakamarokehia ō kākahu i waho, i roto rānei i te whare motokā.

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Fautuaga autu mo se fale ia mafanafana ma mago lelei

Afai e te utagia mai nei fautuaga, e mafai ona taugofie le faamafanafanaina o lou fale ma atili sologa lelei ai lou nofo ai.

Talai i tua au iefaamalama i le ao ma toe toso i totonu e tapunipuni i le po.

Ia faamautinoa o loo matuā lelei le auala o loo faamafanafana ai lou fale.

Solo ese uma ni vai o loo toʻatoʻa i puipui o le fale ma pito i totonu o faamalama.

Talai faamalama mo ni nai minute i aso taitasi.

Faʻamamago lau tāgāmea, tautau i le uaea i fafo poʻo le fale taʻavale.

Pupuni le ea malulu ina ia lē sao mai i totonu o lou fale, e ala i le taofiofi o le sao mai o le sau i autafa o faitotoa, faamalama ma taʻinaafi.

Talai faʻamalamala (faʻasavili) totonu o le umukuka pe a fai lau kuka, ma totonu o le fale tāʻele pe ʻā e tāʻele, faʻaalu le ausa i fafo.

Faaaogā le vineka paepae (white vinegar) e aveese ai mea o loo taetae palaloa ai luga o le faʻalo ma puipui o le fale. Aua palu vai pisia (bleach) ma le vineka.

Saili po ua uma ona kava lou fale i mea ia e tasulu i va o puipui ma le faʻalo ina ia faamafanafana ai. Atonu e te agavaa e kava lou fale i na mea e aunoa ma se totogi.

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Ko e ngaahi founga eni ke toe māfana ange ai mo mātu'u 'a ho 'api nofo'anga.

Kapau te ke fa'ifa'itaki ki ha ni'ihi 'o e ngaahi founga ni, 'e si'i ange ai 'a e fakamole ki hono fakamāfana'i 'o 'api pea ke nonga ange foki ai.

Holo ke mātu'u 'a e holisi´ mo e matapā sio'ata 'i fale´ 'o kapau 'oku hauhau.

Ta'ofi ke 'oua 'e hū ha 'ea momoko ki fale 'aki 'a hono monomono ke mapuni lelei e ngaahi hū'anga 'ea´ 'o hangē ko e lalo matapā, matapā sio'ata mo e tafu'anga afi 'i fale´.

Vakai'i lelei 'a e founga tuha taha ke fai'aki 'a hono fakamāfana 'o ho.

Fakaava 'a e matapā sio'ata 'i he loki ngaohi kai´ 'i he taimi 'oku ke feime'atokoni ai´, falekaukau 'i he taimi saoa mo kaukau´ ke hū ki tu'a 'a e mao´.

Fakaava 'a e matapā sio'ata´ 'i ha ki'i taimi si'i pē ke hū atu ha 'ea fo'ou he 'aho kotoa.

Ngāue'aki ha vinika hinehina (white vinegar) ke to'o 'aki 'a e tuhituhi 'i he 'aofi 'ato pea mo e ngaahi holisi 'i loto fale foki. 'Oua 'e hu'i e vinika 'aki ha piliu (bleach).

Fakamōmoa fō 'i tu'a pe 'i he tau'anga me'alele´.

Vakai pē kuo 'osi kofu-ke-māfana mo 'aofi (insulate) 'a ho nofo'anga´. Kapau 'oku te'eki ai, vakai pē 'oku 'atā ke kau 'a ho 'api´ 'i hono 'aofi mo kofu-kemāfana ta'etotongi´.

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Toho ke ava 'a e puipui lolotonga 'a e 'aho pea ke toho 'o tāpuni he po'uli.

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