

# Noho ki te kāinga mēnā he tohumate mate karawaka ōu

**He ngāwari noa atu te rere  
o te mate karawaka.**

Mēnā kua pāngia koe e ngā tohumate pēnei i  
te maremare, i te rewharewha rānei, e tētahi  
kōpukupuku hoki waea atu ki tō tākuta ā-whānau,  
ki Healthline rānei i **0800 611 116** mō ngā kupu  
āwhina i taua wā tonu.



[www.health.govt.nz/measles](http://www.health.govt.nz/measles)

**Te Whatu Ora**  
Health New Zealand