

# Te Kai Paipa

He āhuatanga mōrearea mō te manawa-hē me te ikura roro



Ko te noho auahi kore te mea pai rawa ka taea e koe mō tō manawa.

NGĀ PAINGA O TE NOHO AUAAHI KORE INĀIANEI TONU.

I MURI I TE...



Ka tīmata tō pēhanga toto ki te heke haere



He māmā ake mō tō manawa ki te tuku toto

1 TAU

Ka heke tō tūponotanga ki te manawa-hē ki te ½ o te tangata kai paipa

1  
2

5-15 TAU

Ka heke tō tūponotanga ki te manawa-hē kia rite ki te tangata KĀORE i kai paipa



Me kōrero ki tō rata, nēhi, kaitaka rongoā rānei mō ngā kōwhiringa hei āwhina i a koe ki te whakamutu.



Waea atu ki Quitline  
0800 778 778,  
patowaea rānei ki 4006



Kaupapa tautoko  
takitahi, takirōpū rānei



Ngā pāti, rare rongoā,  
pia ngaungau hoki/rānei



Ngā rongoā