

**Taute e motokā haau ke hao  
mai mo te tau ahua tapaka**



Image courtesy of NZ Transport Agency

**Te Whatu Ora**  
Health New Zealand



**Te Kāwanatanga o Aotearoa**  
New Zealand Government

# Taute e motokā haau ke hao mai mo te tau ahua tapaka

Ke, taofiaki e tau fanau, ke ua lauia ke he second-hand smoke, kua kamata mai he aho 28 Novema tau 2021 e mata-fakatufono, nakai maeke ke ula-tapaka i loto he tau liu motoka kaeke kua haha iai e tau fanau i lalo hifo he 18 e tau-tau.

**Hagahaga kelea e tau ahua tapaka i loto he motokā ma e haau a tau fānau hā kua:**

- Atāina lahi haau a tau fānau ke he tau mao ahua tapaka ti ko lautolu e tau fānau ka fafagu hake e tau ahua nai to maeke a lautolu ke moua e tau gagao tuga e tau gagao fatafata, tuli e tau teliga (glue ear) mo e iniini.
- Ko lautolu e tau tagata ikiiki ne fai kapitiga po ke taha he magafaoa ne ula tapaka to liga lalahi hake a lautolu ke ula tapaka foki.

*Ko e mao ahua tapaka ko e ahua he taai kua tugi kua fio fakalataha mo e ahua ne fakatoka mai he tagata u/a tapaka. Pehē mai ko e mo/ea e 200 kona ne toka ai ti maeke he falu he tau kona nai ke moua mai e gagao kenesā.*

**Ula mao ahua tapaka i loto he motokā**

- Nā kai gala oti e tau kona ka vilo hifo e tau pū hio.
- To nofo leva e tau kona pete he leva e gala e ahua mo e namu.
- Nā kai maeke he tau fānau ke kalo kehe mai mo e tau mao ahua tapaka i Ioto he motokā.

**Tau pūhala mukamuka ke hao mai haau a motokā mo e tau ahua tapaka**

- Taute taha fakatufono – nā kai fakaatā e motokā haau ke he tau ahua tapaka he ha magaaho taha.
- Fakameā e tāefu tapaka he motokā haau.
- Uta kehe e tugi tapaka he motokā.
- Fakailoa ke he tau tagata – tau taha fakamailoga “Smokefree” (ai ula tapaka) he pū hio.
- Ole ke he magafaoa haau ke lagomatai a koe ke ua ula i Ioto he motokā haau.

*Kia eke a koe mo fakaffitakiaga mitaki ti aua neke ula a koe he ha magaaho taha ka hā i ai e tau fānau. To eke e mena nai mo lagomataiaga ki a lautolu ke ua ula tapaka.*

[smokefree.org.nz/secondhandsmoke](https://smokefree.org.nz/secondhandsmoke)