

# Make your car smokefree

Kia auahi kore ō tātou waka

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kare e kai 'ava'ava'ia ana ki roto

'Ia taofia le ulaula i lau ta'avale

Tapu'i 'a e ifi tapaka 'i ho'o me'alele'

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## Smoking in the car is harmful to your children because:

- They will be exposed to second-hand smoke and children who breathe in second-hand smoke are more likely to develop illnesses such as chest infections, glue ear and asthma.
- Young people who have friends/family/whānau who smoke are more likely to become smokers.

## Second-hand smoke in your car

- Winding the window down will not remove all of the poisons.
- The poisons will linger long after the smoke and smell have disappeared.
- Children are often not able to move away from second-hand smoke in a car.

*Second-hand smoke is a mix of smoke from the burning end of a cigarette plus the smoke blown into the air by the person smoking. It contains more than 200 poisons, some of which can cause cancer.*

## Easy steps to making your car smokefree

- Make a rule – your car is smokefree at all times for everyone.
- Clean out your car ashtray.
- Remove the car cigarette lighter.
- Let other people know – put a Smokefree sticker on your car window.
- Ask your family and whānau to support you by not smoking in your car.

*Be a positive role model and don't smoke around children at any time.  
They'll be less likely to become smokers.*

# Kia auahi kore ō tātou waka

## He mea mōrearea ki ō tamariki te kai hikareti i te waka nā te mea:

- Ko momi ngā tamariki i te auahi urutomo, ā, ko ngā tamariki ka whakahā i te auahi urutomo ka kaha ake te pānga e ngā mate pēnei i te whakapokenga o te uma, i te taringa rere me te huangō.
- Ko te rangatahi he mātua, he hoa, he tuākana, he tēina kai hikareti rānei ō rātou, he nui noa atu te huringa ki te kai hikareti.

## Ko te auahi urutomo kei roto i tō waka

- Ahakoa ka whakahekea te wini e kore ngā paihana katoa e ngaro.
- Ka noho tonu ngā paihana i te waka ahakoa kua ngaro noa atu te auahi me te haunga.
- Kāore te tamariki e kaha ki te neke kia tawhiti atu ia i te auahi urutomo, i roto i tētahi waka.

## He huarahi māmā ki te whakaauahi kore i tō waka

- Whakaritea he ture me auahi kore a roto i tō waka i ngā wā katoa, mō te katoa.
- Horoia te papa pungarehu o tō waka.
- Tangohia rawatia te tahu hikareti o tō waka.
- Whakamōhiotia te tangata – meatia he tāpiri Auahi Kore ki te wini o tō waka.
- Inoi atu ki tō whānau kia tautokona koe, kāore rātou e kai hikareti i tō waka.

*He ranunga tēnei mea te auahi urutomo o ngā auahi i takea mai i te pito o tētahi hikareti e kā ana, me te auahi ka pūhia e te tangata kai hikareti. E 200 rau neke atu ngā paihana kei roto, ko ētahi he take nō te mate pukupuku.*

*Māu e whakaatu te mahi tika, kua e kai paipa i mua i te tamariki ahakoa ki whea. Mā reira e kore ai rātou e tīmata ki te kai hikareti.*

# Akapapu'ia tō'ou ei mōtokā kare e kai 'ava'ava'ia ana ki roto

## Ka tupu te kino ki tā'au anau tamariki me kai 'ava'ava'ia i roto i te mōtokā, nō te mea:

- Ka 'akaea te tamariki i te rua o te ko'u aua'i ā te aronga kai 'ava'ava, ē kā riro teia i te 'akatupu i tētai au maki, mei te au tu maki ūmaūma, te taringa pīrau, ē te potopoto a'o.
- Ko te au tamariki māpu e au taeake/ngutuare tangata/kopu-tangata tō rātou e kai 'ava'ava ana, tē kā riro katoa mai ei aronga kai 'ava'ava.

## Te rua o te ko'u aua'i i roto i tō'ou mōtokā

- Ua atu ē ka akatuera'ia te au māramarama o te mōtokā, kāre te au poitini katoatoa ē pou i te ngaro.
- Ua atu ē ka ngaro te aua'i ē te aunga o te 'ava'ava, kā roa te poitini i te vai ua anga.
- Kāre e rauka i te tamariki i roto i te mōtokā i te akaneke mamao ia rātou i te rua o te ko'u aua'i 'ava'ava.

## Te au takainga māmā kia kore tō'ou mōtokā ē kī'ia ē te rua o te ko'u aua'i 'ava'ava

- Tuku'ia tetai ture – kāre ē tika'ia te katoatoa i te kai 'ava'ava i roto i tō'ou mōtokā.
- Tāma'ia tā'au apinga vairanga re'u ē te tumutumu 'ava'ava.
- Akapae'ia te apinga tutungi 'ava'ava.
- Akakite'ia ki te tangata – tuku'ia tetai tuatua ārai i te kai 'ava'ava (Smokefree) ki runga i tō'ou māramarama mōtokā.
- Patī'ia ki tō'ou ngutuare ē te kopu-tangata, auraka e kai 'ava'ava i roto i tō'ou mōtokā, ei rāvenga no te turuturu i tō'ou anoano.

*Kia riro koe ei ākara'anga meitaki nō te katoatoa, i te kore ē kai 'ava'ava i te au tuātau katoatoa mē ē tamariki tetai i reira. Ka riro teia i te tauturu kia kore rātou e riro mai, e aronga kai 'ava'ava.*

*Ko te rua o te ko'u aua'i 'ava'ava, koia oki, ko te aua'i i te ope o te 'ava'ava ē kā ra, ē pēra katoa te aua'i tā te tangata kai 'ava'ava ē pupu'i ra ki roto i te reva. Tei runga atu i te 200 te au tū poitini i roto i teia aua'i te ka riro ē, nā tētai pae o teia au poitini, e 'akatupu i te maki cancer.*

# 'Ia taofia le ulaula i lau ta'avale

## 'O le ulaula i le ta'avale e āfāina ai lau fānau ona:

- 'Ole'ā latou miti'ia ai asu o sikaleti a isi, ma o tamaiti latou te manavaina le asu o sikaleti a isi e sili atu ona latou ono maua i ni ma'i e pei o fa'ama'i o le fatafata, taliga tutuli ma le ma'i sela.
- 'O tupulaga talavou e iai a latou uō"āiga e ulaula e sili atu fo'i ona ono 'avea i latou ma tagata ulaula.

## 'O le asu mai le sikaleti a isi i totonu o lau ta'avale

- 'O le tatalaina o fa'amalama e lē mafai ona 'ave'ese ai le tele o kasa ma vai 'o'ona.
- E tūmau pea kasa ma vai 'o'ona tusa lava pē 'ua te'a le asu ma le manogi.
- E lē mafai ona 'alofia e tamaiti le asu o sikaleti a isi 'a'o iai i totonu o le ta'avale.

*'O le asu mai le sikaleti a isi e āfua mai lea i le muli sikaleti 'olo'o ola fa'apea ma le asu e feula mai e le tagata ulaula. 'Olo'o iai ma le sili atu i le 200 kasa ma isi vai 'o'ona, 'o nisi e ono maua ai i le kanesa.*

## 'O 'auala faigōfie e taofia ai le ulaula i lau ta'avale

- 'Ia fai se tulāfono – e sā le ulaula i le ta'avale i taimi 'uma.
- Fufulu le tālefulufu o lau ta'avale.
- 'Ave'ese le afi tutu sikaleti mai le ta'avale.
- Fa'ailoa i isi tagata – fa'apipi'i se fa'ailo "E Sā le Ulaula" i le fa'amalama o lau ta'avale.
- Fai i lou 'āiga e lagolago 'oe i le taofia o le ulaula i lau ta'avale.

*'Ia 'avea 'oe ma fa'ata'ita'iga lelei ma 'aua ne'i ulaula 'a'o iai tamaiti i so'o se taimi. E fa'aitiitia ai le 'avea o i latou ma tagata ulaula.*

# Tapu 'i 'a e ifi tapaka 'i ho'o me'alele'

## 'Oku fakatu'utāmaki lahi 'aupito ki ho'o fānau 'a e ifi tapaka 'i he loto me'alele' koe'uhi':

- Te nau 'ahuina he 'ahu'itapaka' mo mānava'aki, pea ma'u ngofua kinautolu 'e he mahakī, hangē ko e mahaki-fatafata', telinga-hafu' pe mahaki hela'.
- 'I he tutupu hake 'a e longa'ifānau' 'o mamata 'oku ifi 'a honau kaungāme'a' /fāmili' /kainga', 'e 'ange'ange ai pē 'a e malava ke ma'u kinautolu 'e he ifi tapaka'.

## Ko e 'ahu'itapaka' 'i he loto me'alele'

- He'ikai lava 'e he takai hifo ia 'o e sio'ata 'o e me'alele' ke ne to'o kotoa 'a e kona'itapaka'.
- 'E kei tauma'u pē 'a e kona'itapaka' ia neongo ka 'osi atu' 'a e 'ahu' mo e namutapaka'.
- 'Oku 'ikai lava 'a e longa'ifānau' ia 'o faka'ehi'ehi me'i' he 'ahu'itapaka' 'i he loto me'alele'.

## Ko e fanga ki'i me'a faingofua ke fai ke 'oua 'e fai ai ha ifi tapaka 'i ho'o me'alele'

- 'Ai ha'o lao – 'oku tapu ke ifi tapaka 'i ho'o me'alele' ha taha pē he taimi kotoa pē.
- Fufulu ke ma'a ekiaki 'a e me'a-tūefu 'i ho'o me'alele'.
- To'o 'aupito 'a e masi tutu tapaka ia 'o e me'alele'.
- 'Ai ke 'ilo 'e he kakai kehe' – 'ai ha faka'ilonga "Smokefree" (tapu ifi tapaka) 'i he matapaa' sio'ata 'o ho'o me'alele'.
- Kole ki ho fāmili' mo e kāinga' ke nau pou pou atu 'aki 'a e tapu ifi tapaka 'i ho'o me'alele'.

*Hoko ko ha sīpinga lelei, pea 'oua 'aupito na'a' ke ifi tapaka 'o ka 'oku 'i ai ha fānau he feitu'u 'oku' ke 'i ai'. Ka pehē pea 'e ngali ke fakasi'isi'i ange leva heni ha'anau tupu hake 'o ifi tapaka.*

*Ko e 'ahu'itapaka' ko e fio ia 'o e 'ahu me'i' ha fo'i tapaka (sikaleti) mo e 'ahu 'oku puhi mai 'e ha taha ifi tapaka. 'Oku laka hake he 200 'a e fa'ahinga naunau kona mate 'oku 'i ai' pea ko e ni'ihī 'o e kona ko ia' 'oku fakatupu kanisā.*

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

## 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 ula tapaka. Pehē mai ko e molea 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 galo oti e tau kona ka vilo hifo e tau pū hio.
- To nofo leva e tau kona pete he leva e galo e ahua mo e namu.
- Nā kai maeke he tau fānau ke kalo kehe mai mo e tau mao ahua tapaka i loto 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 loto he motokā haau.

*Kia eke a koe mo fakafifitakiaga 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.*

# Vakatabuya na vakatavako e na nomu motoka

## E na vakacacana na nodratou bula na luvemu na vakatavako e na motoka, baleta:

- Ni ratou ceguva kina na kuvu ni tavako ka rawa ni vakavuna e so na mate me vaka na mate ni saresare, vuca ni loma ni daliga, kei na ceno.
- Ni ko ira na gone era veimaliwai kei ira na nodra i tokani, lewe ni vuvale, se wekadra era dau vakatavako, era rawa ni via kana tavako tale ga.

## Na kuvu ni tavako e na nomu motoka

- E na sega ni cagina tani taucoko na veika gaga ke dola na i iloilo ni katuba leka.
- E na dede toka na kena tiko ga na veika gaga e na motoka, dina ni sa seyavu na kuvu kei na i boi ni tavako.
- Era sega ni levea rawa na gone na kuvu ni tavako e na motoka.

## Veika rawarawa e rawa ni caka me kua kina na vakatavako e na nomu motoka

- Virikotora na lewa – me tabu ni dua e vakatavako e na nomu motoka e na veigauna taucoko.
- Vakasavasavataka na i vuruvuru ni tavako ni nomu motoka.
- Kauta laivi na i vakawaqa ni tavako ni motoka.
- Vakatakila vei ira na tani – biuta na i vakatakilakila ni tabu na vakatavako (Smokefree) e na i iloilo ni katuba leka ni nomu motoka.
- Kerei ratou na lewe ni nomu vuvale kei ira na wekamu me ra tokoni iko; me ra kua ni vakatavako e na nomu motoka.

*E veiwaki tu e na kuvu ni tavako na kubou mai na kama ni mua ni i tibi tavako kei na kuvu e uvuca tani ko koya e vakatavako. E tiko kina e sivia e 200 na ka e gaga, ka so vei ira oqori e rawa ni vakavuna na kenisa (cancer).*

*Mo i vakaraitaki vinaka vei ira na gone e na nomu kua ni vakatavako e matadra e na dua na gauna. E na rawa ni tarova na nodra via kana tavako.*