

Make your car smokefree

Me auahi kore tō waka

Akapapu'ia tō'ou ei mōtokā
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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Vakatabuya na vakatavako e na nomu motoka



Make your car smokefree

To limit children's exposure to second-hand smoke, from 28 November 2021 it will be illegal to smoke in a vehicle when there are children under the age of 18 present.

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.*

smokefree.org.nz/secondhandsmoke

Me auahi kore tō waka

Hei whakaiti i tā te tamariki rongō i te auahi paipa, hei te 28 o Whiringa-ā-rangi 2021 ka aukatia ā-ture te kai paipa ki roto i tētahi waka mehemea he tamariki kei raro i te 18 tau kei roto i tērā 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.

He ranunga tenei mea te auahi urutomo o nga auahi i takea mai i te pita o tetahi hikareti e ka ana, me te auahi ka pilhia e te tangata kai hikareti. E 200 rau neke atu nga paihana kei rota, ko etahi he take no te mate pukupuku.

Ke te auahi urutomo kei roto i tō waka

- Ahakoa ka whakahekeka 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.

Māu e whakaatu te mahi tika, kaua e kai paipa i mua i te tamariki ahakoa ki whea. Ma reira e kore ai ratou e tīmata ki te kai hikareti.

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

I te 'akatopa mai i te tamariki i te 'akaea'anga i te aua'i 'ava'ava a tetai atu, ka 'apa, i raro ake i te ture, te kai 'ava'ava i roto i tetai apinga 'aka' oro, me e tamariki tetai tei raro ake i te 18 mata'iti i roto, mei te rā 28 o Noema i te mataiti 2021.

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 ō 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.

Ko te rua ō 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 ō teia au poitini, e 'akatupu i te maki cancer.

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

- Ua atu ē ka akatuera'ia te au māramarama ō te mōtokā, kāre te au poitini katoatoa ē pou i te ngaro.
- Ua atu ē ka ngaro te aua'i ē te aunga ō 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 ō 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.
- Pati'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.

‘Ia taofia le ulaula i lau ta’avale

Mo le faaitiitia o le afaina o tamaiti mai le asu o tapaa o ula e isi tagata, e amata atu i le aso 28 Novema 2021, o se solitulafono le ulaula i totonu o se taavale pe afai o loo iai faatasi ma tamaiti e lei atoa le 18 tausaga le matutua.

‘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/aiga 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 ‘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’a’iloa i isi tagata – fa’apipi’i se fa’a’ilo “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.

‘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.

‘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'

Ke fakasi'isi'i hono uesia 'o e fānau 'i ha'anau mānava'aki 'a e 'ahu'i tapaka kuo puhi mei he kau ifi tapaká, 'e kamata mei he 'aho 28 'o Nōvema 2021 'a hono tapui 'o e ifi tapaká 'i ha me'alele, kapau 'oku 'i ai ha fānau 'oku si'i hifo 'i he ta'u 18 honau ta'u motu'á.

'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 mahaki', hangē ko e mahaki-fatafata', telinga-hafu' pe mahaki hela'.
- 'I he tutupu hake 'a e longa'ifānau' 'o mamata 'oku ifi 'a honau kaungame'a' /fāмили' /kainga', 'e 'ange'ange ai pē 'a e malava ke ma'u kinautolu 'e he ifi tapaka'.

Koe '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 mei' 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 famili' mo e kāinga' ke nau poupou 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 faitu'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 mei' 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'ihi 'o e kona ko ia' 'oku fakatupu kanisa.

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

Ke taofi aki e tau fanau ke ua lauia ke he second-hand smoke, to kamata ai he aho 28 ia Novema 2021 e fakatufono kua, nakai maeke ke ula tapaka ke he tau liu motoka kaeke kua haha iai e tau fanau i lalo hifo he 18 e tau tau moui.

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

- Nākai 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.
- Nākai 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 – nākai 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 lagomataiagi ki a lautolu ke ua ula tapaka.

smokefree.org.nz/secondhandsmoke

Vakatabuya na vakatavako e na nomu motoka

Me tekivu mai na i ka 28 ni Noveba, 2021, e sa na vakatabui vakalawa me caka na vakatavako e na loma ni motoka se lori, kevaka era tiko kina na gone era se bera ni yabaki 18.

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, vuce 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.