



Image courtesy of  
NZ Transport Agency

**KIA AUahi KORE,  
KIA HāKOHU  
KORE TE WAKA**



# Kia auahi kore, kia hākohu kore te waka

He takahi ture te kai hikareti, te hākohu i te waka me he tamaiti kei roto kāore anō kia 18 ōna tau.

## Ko te momi i te waka he tūkinō i te hauora tamaiti

- Ko ngā tamariki ka ngongo i te auahi taurua o te hikareti, ka kaha ake te pāngia e te mate pūkahu, e te taringa hoi me te huangō.
- Mō te taiohi he whanaunga, he hoa hākohu, kai hikareti ōna, ka kaha ake te tūpono ka hākohu, ka kai hikareti hoki ko ia.

“*Ko te auahi taurua he whenumitanga o ngā hau o te hiku wera o te hikareti me te auahi ka puhaina e te kaimomi ki te hau. Neke atu i te 200 ōna paihana, ka takea mai i ētahi te mate pukupuku.*”

## Te auahi taurua me tō waka

- E kore e puta ngā paihana katoa i te huaki noa i te matapihi.
- Ka noho roa ngā paihana ahakoa ngaro pea te auahi me te kakara.
- Kāore he putanga i te waka e karo ai te tamaiti i te auahi taurua.

## He āwhina e auahi kore ai, e hākohu kore ai te waka

- Whakatapua - me auahi kore, me hākohu kore te waka i ngā wā katoa, ahakoa ko wai.
- Tahia ngā paru o te ipu kawē ngārehu.
- Tukua te pūahi hikareti kia ngaro.
- Whakamōhiohia atu - tāpirihia he tohupiri auahi kore, hākohu kore ki te matapihi o te waka. Tonoa he tohupiri i [smokefree.org.nz](http://smokefree.org.nz) me [healthed.govt.nz](http://healthed.govt.nz)
- Me waiho anake i te tākohu ki te wāhi e kore e kitea, e taea.

Kia tika te whakatauirā atu, me kaua e kai hikareti, e hākohu me he tamaiti i konā. Ka iti iho te tūpono ka tahuri atu ko ia ki te kai hikareti, ki te hākohu.

[smokefree.org.nz/facts/health-effects/secondhand-smoke](http://smokefree.org.nz/facts/health-effects/secondhand-smoke)