



**TAUTE KE NAKAI MAEKE
KE ULA MO E VAPE I
LOTO HE MOTOKĀ HAAU**

Image courtesy of
NZ Transport Agency



Taute ke nakai maeke ke ula mo e vape i loto he motokā haau

Pehē mai e matafakatufono tohi, nakai maeke ke ula po ke vape i loto he motokā kaeke kua fai tama i lalo hifo he 18 e tau moui ki loto he motokā.

Hagahagakelea ke he moui he tau fanau haau kaeke ka ula a koe i loto he motokā

- To moua he tau fanau e tau kafokia tuga e gagao fatafata, teliga pela mo e iniini kaeke ka fafagu hake e lautolu e tau ahua tapaka.
- Kitia ki ai to liga ula po ke vape e tau fanau fuata kaeke ka ula po ke vape falu kapitiga po ke magafaoa ha lautolu.

“*Ko e tau ahua tapaka moua mai he matapotu kā tapaka kua vela mo e lalafi atu ke he tau ahua ne puhi mai ki fafo he tagata ne ula. Ha hā he tau ahua nai molea e 200 vaikona, falu ne maeke ke moua he tagata he kenesā.*”

Tau ahua tapaka i loto he motokā haau

- Pete ni ka vilo hifo e tau hio motokā, nakai maeke ke utakehe oti e tau vaikona.
- Pete ni ka galo e tau ahua mo e namu tapaka, mau agaia ni e tau vaikona ki loto he motokā.
- Nakai maeke e tau fanau ke puipui a lautolu mai he tau ahua tapaka i loto he motokā.

Falu a lagatau taute ke nakai maeke ke ula mo e vape i loto he motokā haau

- Taute taha peehiaga - nakai maeke ke ula po ke vape i loto he motokā haau he tau magaaho oti.
- Fakameā e kapiniu potu tapaka he motokā.
- Utakehe e afi hila he motokā.
- Fakailoa ke he falu tagata - pili hake e fakamailoga nakai maeke ke ula po ke vape he hio motokā. Ka manako fakamailoga, kumi atu ke he smokefree.org.nz mo e healthed.govt.nz
- Toka fakagalo mo e fakamamao e vape mo koe.

Lali ke eke a koe mo tagata fakafifitakiaga mitaki mo e nakai ula po ke vape kaeke kua fai fanau mo koe. To liga nakai maeke a lautolu ia ke ula po ke vape ka pihia e tauteaga haau.

smokefree.org.nz/facts/health-effects/secondhand-smoke