



**‘AKARIRO ‘I TŌ‘OU  
MŌTOKĀ, ‘EI NGĀ‘I KAI  
‘AVA‘AVA-KORE, ‘Ē TE KAI  
‘AVA‘AVA-VAIPA-KORE**



Image courtesy of  
NZ Transport Agency



# ‘Akariro ‘i tō’ou mōtokā, ‘ei ngā’i kai ‘ava’ava-kore, ‘ē te kai ‘ava’ava-vaipa-kore

Kā ‘apa koe ‘i te ture, mē kai ‘ava’ava, mē kore, kai ‘ava’ava-vaipa koe, ‘i roto ‘i tēta’i ‘apinga ‘aka’oro, ‘e tamariki tō roto, ‘i raro ake ‘i te 18 mata’iti.

## ‘E mea kino te kai‘ava’ava ‘i roto ‘i te mōtokā, nō tā’au tamariki

- Ko te au tamariki ka ‘akaea ki roto ‘i te aua’i ‘ava’ava a tēta’i e kai ‘ava’ava ra, ka tū’ia rātou e te au tū maki, mei te au maki umauma, taringa tāturi-pipiri, ‘ē te a’o potopoto.
- Ko te au māpū tamariki ‘e kōpū tangata, ‘ē te au taeake tō rātou e kai ‘ava’ava-vaipa, mē kore, ‘e kai ‘ava’ava ana, ‘i te ma’ata’anga o te taime, kā kai ‘ava’ava-vaipa, mē kore, kai ‘ava’ava rāi rātou.

“ *Ko te aua’i ‘ava’ava, o tēta’i ‘e kai ‘ava’ava ra, ‘e kā’iro aua’i tē reira mei te ‘ope kā ‘ō te ‘ava’ava, kāpiti atu ki te au’ai e pupui’ia ra ‘ē te tangata kai ‘ava’ava ki roto ‘i te reva. Tei roto ‘i reira, ma’ata atu ‘i te 200 au poitini, ko tēta’i pae, nā rātou e ‘akatupu ana ‘i te maki ‘ōviri.* ”

## ‘Akaea ‘i te aua’i ‘ava’ava a tēta’i ‘e kai ‘ava’ava ra, ‘i roto ‘i tō’ou mōtokā

- Kāre te tāviri’anga ‘i te māramarama ki raro, ‘e ‘apai-kē atu ‘i te katoa’anga ‘ō te poitini.
- Kā vai rāi te poitini ‘i muri roa ake ‘i te ngaro’anga ‘ō te aua’i, ‘ē te ‘aunga.
- Kāre e rauka ‘i te tamariki, ‘i te ‘akaātea mai mei te aua’i ‘ava’ava a tēta’i e kai ‘ava’ava ra ‘i roto ‘i te mōtokā.

## Au rāvenga kia riro tō’ou mōtokā, ‘ei ngā’i kai ‘ava’ava-kore ‘ē te kai ‘ava’ava-vaipa-kore

- ‘Anga ‘i tēta’i ture – ‘e mōtokā kai ‘ava’ava-kore ‘ē te kai ‘ava’ava-vaipa-kore tō’ou, ‘i te au taime ravarāi, ki te katoatoa.
- Tāmā atu ‘i te patu re’u ‘ava’ava ‘o tō’ou mōtokā.
- ‘Apai-kē atu ‘i te māti tutungi ‘ava’ava ‘ō te mōtokā.
- ‘Akakite ki tēta’i tangata - tuku ‘i tēta’i peapa tāpipiri, kai ‘ava’ava-kore ‘ē te kai ‘ava’ava-vaipa-kore, ki runga ‘i te māramarama ‘ō tō’ou mōtokā. Ka rauka ‘iā koe, ‘i te ‘ōta atu ‘i te au peapa tāpipiri ki kō ‘i te smokefree.org.nz ‘ē te healthed.govt.nz
- Tuku atu ‘i tā’au vaipa, ‘auraka kia kitea, ‘ē kia taeria’ia.

Kia riro koe ‘ei ‘ākara’anga meitaki, ‘ē, ‘auraka ‘ē kai ‘ava’ava, mē kore, kai ‘ava’ava-vaipa, takapini ‘i te au tamariki, ‘i tēta’i ‘uātu taime. Kā riro teia ‘ei ‘akaiti mai ‘i tō rātou ‘inangaro ‘i te kai ‘i te ‘ava’ava, mē kore, kai ‘ava’ava-vaipa.

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