



Gahua auloa ke fakatuai e fakapikitia

Tau puhala mukamuka ke totoko atu auloa ke he gagao ke ua mafiti ke fakapikitia. Gahua auloa e tau tagata oti. Ha ia ke he tau fakailoaaga nai e tau hatakiaga uho kua lata ke iloa, pihia mo e tau lagomatai ke moua ainei.

Heigoa e COVID-19?

Ko e COVID-19 ko e moko gagao vaelesi (virus) foou ke lauia ai e tau mama mo e tau hala fafagu haau. Tupu mai e gagao nai he moko kolonavaelesi (coronavirus). Ha ha i ai e tau puhala mukamuka ke puipuiaki a koe mo e magafaoa haau.

Heigoa e tau fakamailoga?

- ko e fiva/velavela (ko e tote he 38°C)
- ko e koho
- ku poke otioti e fafagu

Ko e tau fakamailoga nai nakai pehe kua moua tuai a koe he COVID-19. Kua fetataaki ni mo e falu gagao moua mau, tuga e kolu/gaiuhu mo e fulu.

Ka fai fakamailoga pihia a koe:

Vilo e ekekafo (GP) haau to finatu. Ka nakai fai ekekafo a koe ti vilo atu ke he Healthline ai tologi ke he numela **0800 358 5453**.

Nofo he kaina kaeke kua gagao

Ke lagomatai ke puipui e tau malolo tino he tau tagata Niu Silani oti, nofo he kaina/he nofoaga mau haau kaeke kua fai fakamailoga pehe na a koe:

- ko e fiva/velavela
- ko e koho
- ku poke otioti e fafagu
- tihe mo e tafe/pela e ihu

Find out more at
Covid19.govt.nz

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Holoholo e tau lima haau

Ka holoholo e tau lima haau to keli ai e tau moko ka pa ai e fufua puihui haana. Ua amoamo e tau mata, ihu poke gutu kaeke kua nakai mea e tau lima haau.

Holoholo fakamitaki fefe e tau lima haau

- Lakaaga 1: Fakapala e tau lima ke he vai/tepe kua fakatafe ai
- Lakaaga 2: Fakaaoga e magamoli ke fakafiho e tau lima kua pala
- Lakaaga 3: Holoholo katoa e tau lima – pihia mo e tau tua lima, tau avaava matalima mo lalo he tau mahina lima – ke molea e 20 sekone
- Lakaaga 4: Fufulu fakamea mitaki aki e vai kua fakatafe ai
- Lakaaga 5: Fakamomo e tau lima aki e kalaie mea, tauela fakaaoga lagataha poke matagi vevela he tulaea (drier)

Holoholo he magaaho fe e tau lima haaku?

Holoholo mau e tau lima haau, mua atu:

- Ka oti e fagu he ihu, koho poke tihe
- Ka liu mai he taha matakavi tolo, lauia e tau puhala o fano/fenoga, makete mo e tau tapuakiaga
- Ka oti e taute/fota mena ki fafo he kaina nofomau
- Ka oti e fota tupe
- To kamata, ke he vahaloto mo e ka oti e leveki he tagata gagao poke taha tagata kua lauia he kafokia
- To kamata mo e ka oti e kai mena

Holoholo tumau e tau lima haau:

- Ka oti e fakaaoga he falevao
- To kamata mo e ka oti e kai mena
- Ka oti e taute he tau veve
- Ka oti e fota manu mo e he tau manu fao
- Ka oti e hiki kaputi poke lagomatai he tau fanau ke he falevao
- Kaeke kua kitia e kiva ke he tau lima

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Koho poke tihe ke he ao tuli lima haau

Ko e koho poke tihe ke he ao tuli lima haau ke taofi/tapaki e tau pukepuke mo e taofi e tau moko ke ua hoko ke he tau aloalo/tua lima haau ke ua fakapikitia aki foki e falu ke he gagao.

Fakapikitia fefe e COVID-19?

Ke tuga e fulu, ko e COVID-19 maeke ke fakapikitia mai he taha tagata ke he taha tagata. Kua fakamooli fakasaiene ko e fakapikitia ke he tau pukepuke e COVID-19. Ka koho, tihe poke tutala e tagata gagao, maeke a ia ke puhi mai e tau pukepuke ne toka ai e tau moko/vaelesi. Lalahi e tau pukepuke ti ai leva ke uta he matagi to mokulu mafiti hifo ke he tau fuga mena/lapalapa.

Maeke he tau tagata ke moua e gagao ka fota/amoamo e tau fuga lapalapa poke tau mena ia, ti aamo e gutu, ihu poke tau mata.

Kakano haia ne mahuiga ai ke mahani fakamea – holoholo tumau mo e fakamomo fakamitaki e tau lima haau, ti koho mo e tihe ke he ao tuli lima haau.

Leveki atu ke he falu

Ko e mahani fakaalofa taha puhala malolo uho ke fakakite e kaufakalata ha tautolu ke totoko ke he COVID-19. Maeke ia koe ke fakakite e kehe kaeke ke:

- Fakakia atu e tau fuakau poke tau tagata tino ukiuki
- Lagomatai atu ke he falu kua manako lagomatai
- Uta e tau koloa ke he kaina kua nonofo ai e tau tagata gagao
- Tutala ke he tau kapitiga, magafaoa mo e tau tu-uta kaina poke manako lagomatai nakai
- Matutaki atu ke lagomatai e tau kalapu mo e tau sosaiete he maaga

Ko e tau matutakiaga mo e tau foaki ke lagomatai nai ke maeke e falu ke kautu ai ke he COVID-19.

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Heigoa e kakano ke nofo-taha ke he puipui?

Ko e nofo-taha ke he puipuiaga, kakano ko e nofo ke he kaina/nofoga haau

Ko e nofo-taha ke he puipuiaga e puhala mafola, mua he iloilo ke leveki aki e koe e tau tagata he kaina, tau kapitiga mo e tau tagata Niu Silani katoa.

Ka manako lagomatai poke hatakiaga haggao ke he nofo-taha ke he puipuiaga ti vilo ai tofogi ke he Healthline he numela **0800 358 5453**

Tau mena ke maitua he nofo-taha ke he puipuiaga

Nofo he kaina mo e taute e tau mena mukamuka, tau lakaaga fakailoilo ke ua fakatata tumau atu ke he tau tagata - tuga ka moua a koe he fulu.

Fakamamao kehe mai a koe he tau feua kua fetataaki taha-ke he-taha mo e falu ke he tote he taha (1) e mita, mua atu kaeke kua loa atu he 15 e tau minisi he fakafetuiaga.

Leveki fakalahi kaeke kua ha i ai e tau mamatua fuakau mo e tau tagata fai kafokia.

To maitua he tau Leoleo Silani a lautolu kua nonofo-taha ke he puipuiaga, ke kikite e tau tuaga malolo mo e tau manako fakatagata.

Ko e tau tagata nonofo visa ne nakai omaoma ke he tau poakiaga he ha Ofisa Malolo-Tino to taofi mo e liuaki ke he motu ne hau ai.

Kaeke kua iloa e koe taha ne kua lata ke nofo-taha ke he puipuiaga kae nakai, ti matutaki atu ke he nhccselfisolation@health.govt.nz.

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Heigoa e fakafetui mamao?

Ko e fakafetui/nonofo mamao (taha talahau ko e 'fakafetui fakaveha') ko e nofo poke o fano mo e ua fakatata lahi ke he tau tagata.

Ko e fakaveha mai he tau tagata. Ke tumau e loto malolo, maeke, ti lata ia koe, ke matutaki mo e tau kapitiga mo e magafaoa ke he telefoni poke kupega/onolaini.

Fakamamao ua fakatata ke he tau tagata ke tote he taha (1) e mita he mamao mo koe, mua atu ka leva ke molea e 15 e minisi he fakafetuiaga.

Ko e ha tagata kua nakai lata ke nofo-taha ke he puipuiaga, ko e fakafetui mamao ko e puhala mahuiga ke totoko atu auloa ke he COVID-19.

Tuaga-malolo he loto manamanatu

Ko e tau fakatino utafano mo e tau fakatutala auloa ke he COVID-19 neke popole/lauia ai a koe. Kua pihia ni ka fakauaua mo e tupetupe e loto haau.

Finatu ke he tau mena ne fa logona mau ai e koe e mafanatia mo e moui fiafia. Matutaki ke he tau mahaniaga – magafaoa, tau kapitiga, mo e tau matutakiaga gahua. Fakatumau e tau magaaho kai, mohe mo e faofao. Fakamanatu kia koe ko e tuaga ni ai he loto manamanatu kae to mole ai.

Ka manako lagomatai ka momoko e loto, tupetupe, ai fiafia poke fakaatukehe/lolelole e loto, vilo atu poke tohi/tekisi (text) ke he levekiaga, ai totogi, 'Need to Talk?' ne hafagi ke he 24 e tula he aho, 7 e aho he faahi tapu ke he numela **1737** ke tutala fakamitaki mo e taha pulotu kanosela.

Falu lagomatai mo e levekiaga foki

Ka nakai iloa e koe ko hai ke kumi lagomatai ki ai poke fia iloa tala atu foki ti vilo ke he laini lagomatai ai totogi he fakatufono he numela 0800 779 997 (hola 8 he pogipogi – hola 1 he pogipogi hake, 7 e aho he faahi tapu).

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