

**HEIGOA KE
HAGAAO
KI AI MO E
AMAAMANAKI
FEFE KE HE:
KOVITI-19**

**TAU PEPA FAKAILOAGA MA
E TAU LOTU PASIFIKA**



VERSION 2 UPDATED: 12 SEPTEMBER 2020 — NIUEAN



NONOFO FAKAENEENE TI MAHANI TOTONU

Ke he magaaho nei, kua nakai lata ke nonofo tupetupe ke he tau numela KOVITI-19 KI Okalana. Iगतia a tautolu ke taute e tau mena kua lata ke fakailoa, puipui mo e levekiaki a tautolu.

Liga kua iloa e koe e taha ne kua sivi ti kua moua mooli he KOVITI-19. Nakai pehe e mena ia kua fakatata tai a koe kia ia mo e ligaliga ke moua he KOVITI-19. To matutaki atu a lautolu e tau tagata gahua faahi malolo tino ka mooli.

Ko e moko/vaelasi gagao a nei ti nakai lata ke tuku-aki ha tautolu a tau tagata. Kua lata a tautolu ke gahua auloa mo e kitia kua haohao mitaki ha tautolu a tau maaga.

**KO E MENA IA FAKAMALOLO ATU KE HE
FALU MO E FELAGOMATAI AKI KO E TAHA
KE HE TAHA TUGA HE FAKAKITE MAI HE**

— 1 TESALONIA 5:11

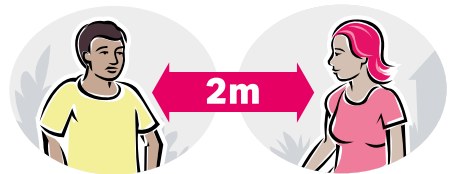
NOFO MO E AMAAMANAKI

FAKATUMAU KE MUITUA KE HE TAU HATAKIAGA MALOLO TINO.

- ▶ Holoholo aki e vala moli mo e vai moli puke e tau lima ke he 20 e sekone, ti fakamomo ke he 20 e sekone
- ▶ Koho mo e tihe ke he ao tuli lima.
- ▶ Fakamamao mai he falu ke 2 e mita he vaha mamao kaeke ko fafo po kua fano kehe mai he kaina.
- ▶ Tui e pa-mata po ke uufi gutu/ihu kaeke kua fano ke he mai he kaina.
- ▶ Kaeke kua koho foou po ke kua lahi e koho, galo e epoepo po ke namu, tafe e ihu, ku e fafagu, pokua tokoluga e velavela (fiva)- fakamolemole, kumi atu ke he toketa magafaoa po ke vilo e Healthline he **0800 358 5453**

Kaeke kua maeke, lali ke fakaputu loga e tau vai holoholo lima mo e tau pa-mata kaeke kua fano-kehe mai he kaina.

Kaeke ko e takitaki a koe he taha lotu/tapu, aoga, aoga fanau lkiiki po ke taha fale gahua, fakamau hifo e tau higoa ha lautolu ne o atu mo e o mai. To mukamuka ke kumi atu ke he magaaho kua fai lekua. Maeke e mena nai ka fakaaoga e QR code * po ke pepa mo tohi/fakamau e tau higoa ha lautolu ne o atu mo e o mai.



* <https://covid19.govt.nz/business-work-and-money/business/get-your-qr-code-poster/>

TAU UIFI-MATA MO E TAU PA-GUTU

Ke fakaaoga e tau uufi mata mo e tau pa-gutu ko e lagomataiaga a ia ke taofiaki e fetufatufaaki he KOVITI-19. Ko e fakaaogaaga he tau koloa nai kua lagomatai ke taofi e tufatufaaga he KOVITI-19 ke he tau maaga. Maeke e tau uufi mata ke talaga aki ha kapa-kalaie tuga e tau tapulu miti tuai, fakapeka kakia po ke tau penetana (bandana) Mena nakai lata ke o ke fakatau e tau koloa na.

Fakaaoga tumau he tau nosi mo e tau toketa e tau pa-gutu. Maeke foki a koe ke tui e tau mena nai kaeke kua manako ki ai, kae mitaki agaia ni e tau uufi-mata.

Fakamua to tui e tau uufi mata mo e tau pa-gutu mena kua lata ke holoholo aki e vala moli mo e vala vai e tau lima haau. Toto he tau kave ne tau ke he tau seliga kae ua aamo po ke fota a mua he uufi mata mo e pa-gutu.

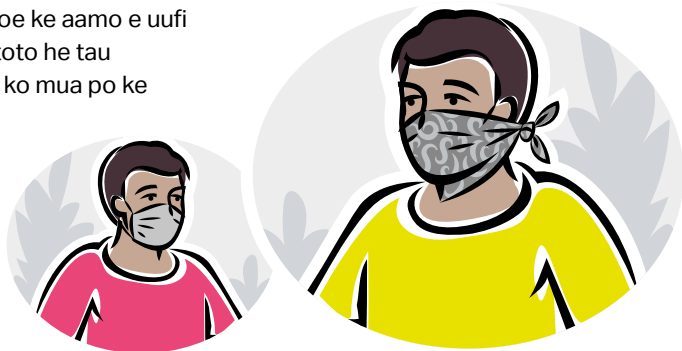
Kaeke kua manako koe ke aamo e uufi mata mo e pa-gutu, toto he tau mata-potu kae nakai ko mua po ke i loto.

Ka utakehe e uufi mata haau po ke pa-gutu, uta-kehe fakamua e tau kave he seliga. Kaeke ko e pa-gutu, liti ke he tiniveve, kaeke ko e uufi-mata kikite ka unu-aki e tau lima poke masini unu-mena ke fakaaoga e moli unu-mena mo e valavai.

Ko e tau fanau ikiiki mo lautolu kua uka ke fafagu, kua nakai lata ke tui e tau uufi-mata mo e tau pa-gutu.

KO E TAU UIFI-MATA KUA LATA KE TUI TUMAU KE HE TAU PELEO-AFI HEKE AULOA, KAMATA HE AHO GOFUA 31ST IA AOKUSO.

Ka, nakai tui e tau uufi-mata haau ke he tau peleo-afi heke auloa to fakahala a koe ke he magaaho ia ni ke he \$300:00 po ke \$1000:00 kaeke, kua uta ke he Fakafiliaga.



FANO KE SIVI

MOUA NOA* E SIVI PETE NI KUA FANO A KOE KE SIVI HE TAHA MATAKAVI FOKI.

Vilo atu FAKAMUA ke he toketa magafaoa haau, kaeke kua lavelave to fakatonu atu e ia ke kumi atu ke he taha toketa foki ke tivi a koe.

Kaeke kua maeke ke sivi, tala-age ki ai ko e manako NI a koe ke tivi ke ua totogi e toketa.

Ke sivi ke he taha Community Testing Centre, ko e higoa ni haau, aho mo e tau ne fanau ai mo e numela telefoni ke age mo matutaki ki ai. Uta e tohi fakamooliaga (ID), tuga e tohi fakaholo peleo-afi haau.

Kua haohoa mitaki oti, e tau seneta nai.

Ko e tau Kiliniki Mafiti kua ata foki ke lata mo e tau sivi. Falu kua hafagi 24 e tula ke he 7 e aho.

Ha ha i ai foki e falu tagata gahua toketa kua lata a koe ke fano ki ai ke sivi.

Ka fano ke sivi kua lata a koe ke fai pa-mata po ke uufi-gutu/ihu.

Uta e numela NHI haau mo e taha tohi fakamooliaga (kaeke kua fai) ke fakamukamuka-aki e sivi haau.



Kaeke kua matutaki tata a koe mo ia kua moua he gagao neke to fekau he tau tagata gahua malolo tino a koe ke fano ke he taha seneta sivi pauaki.

Ko e tau Community Testing Centre to fai magaaho a koe ke leo mo e neke mule foki he fakatali.

* Kaeke kua manako a koe ke sivi ha kua amanaki ke fano fenoga to fai totogi ka atu kia koe.

Ke moua e lisi katoa ke lata mo e tau matakavi ke sivi ai kumi atu ke he: arphs.health.nz/covid19test

Kua lata a koe ke nofo he kaina to moua e tali ke he sivi haau. Ka moua e koe e text, kua nekativi/ai mooli e sivi haau. Manatu, liga ko e 5 e aho to moua e tali ke he sivi haau. Ka positivi/mooli e sivi haau, to vilo atu fakahako e tau tagata gahua malolo tino kia koe.

HEIGOA E MATUTAKI TULEISIGI (CONTACT TRACING)

Kaeke ko koe kua talahau kua fai **MATUTAKIAGA MO IA KUA MOUA HE KOVITI-19**, ko lautolu e tau tagata gahua malolo tino, takitaki he tau Tapu, ulu aoga po ke tau pule gahua ka fakailoa atu ki a koe.

Ko e tau tagata gahua malolo tino ka vilo fakahako atu ki a koe po ke fakafano atu e loga he tau texts ke talaatu ko koe taha kua fai matutaki mo ia ne gagao.

Kaeke kua moua a koe, to huhu atu e tau huhu nai ki a koe;

- ▶ Ko fe ne fano a koe ki ai.
- ▶ Ko hai ne feleveia mo koe
- ▶ Fai, fakamailoga nakai kua ligaliga ko e KOVITI-19

To, fakafano atu e falu fakailoaaga kia koe ke lata mo e nofo puihui tokotaha.



KEHEKEHEAGA HE FAKA-TATA MO E MATUTAKI LAGA-TAHA:

MATUTAKIAGA FAKA-TATA

- ▶ Ki loto he 2 e mita mo e tagata kua moua tonu ke he 15 e minute po ke molea
- ▶ Nonofu fakalataha he kaina mo ia kua moua he gagao.
- ▶ Ko koe taha he fufua kua ha i ai e taha tagata ne moua mooli he gagao
- ▶ To matutaki atu fakahako a lautolu e tau tagata gahua malolo tino
- ▶ Fakatai ke he tau matakavi, gahua, fale tapu, fale aoga mo e falu foki
- ▶ **LATA** ia koe ke nofo puipui tokotaha ti fano ke sivi

MATUTAKI LAGATAHA

- ▶ Nakai tata mo e 2 e mita mo ia kua mooli po ke mo lautolu ki lalo he 15 minute.
- ▶ Fakalataha mo ia kua mooli ke he matakavi taha.
- ▶ Fakatai: tau fale koloa, tau fale nonofu, pasi, tuleni mo e falu foki.
- ▶ Nakai lata ke taute falu gahua.
- ▶ Mataala ke he tau fakamailoga.
- ▶ Ka fai fakamailoga, fano ke sivi ti nofo puipui tokotaha.



NOFO PUIPUI TOKOTAHA

Ko e tau matutaki tata **KUA LATA KE** nofo puiipui tokotaha **FAKAMAFITI** ti fano ke sivi.

**Testing is important, but
SELF-ISOLATION IS THE
MOST IMPORTANT ACTION**

**KO E NOFO PUIPUI TOKOTAHA
KE HE 14 E AHO** mai he matutakiaga fakaoti haau mo ia ne gagao pokua talaatu e lautolu e tau tagata gahua malolo tino. Ko e tau hatakiaga to tuku-atu foki kia lautolu he kaina.

Ko koe taha kua mooli kaeke kua talahau atu e lautolu e tau tagata faahi malolo tino, akoako haau, ulu-aoga po ke ulu-gahua.

Ko e tau tagata oti he tau fakapotopotoaga, tau aoga, mo e tau fale gahua kua lata ke mataala ke he tau fakamailoga he gagao ti o ke sivi. Tokologa he tau tagata to ole ke o ke sivi lagaua- taha he 5 e aho mo e liu foki he 12 e aho.

Ka tupetupe a koe ha ko e tau koloa, tau kaitalofa po ke falu a mena foki kua manako ki ai, fakailoa atu ke he faahi malolo tino. To kikitae ki aia lautolu kua fai tagata ke lagomatai a koe.

Ka nonofo mo e falu, ti kua lata a koe ke fakamamao fakalahi mo lautolu ia.

Ua fetufatufaaki e tau kapiniu kai, tau kalase inu, tau mena taute kai, tau

tauela, tau uluga po ke falu a koloa foki mo lautolu ne nonofo auloa ke he kaina. Ka oti he fakaaoga e tau koloa nei ti fakamea aki e vala moli mo e valavai po ke fafao ki loto he matini holoholo kapiniu po ke matini unu-mena.

Fakamea-aki e vala moli, vala-vai mo e kapa-kalaie e tau fuga lapa fa fakaaoga tumau.

Nakai maeke e tau tagata ke ahiahi atu a koe.

Maeke e tau tagata tufa koloa ke o atu ke he gutuhala, ka e nakai fakatata po ke fakapiki a koe kia lautolu.

Tutala ke he pule-gahua haau, tau kapitiga mo e magafaoa ke lagomatai a koe ke he tau mena kua manako a koe ki ai.

Tutala ke he pule-gahua po ke maeke nakai a koe ke gahua ke he kaina he tau mogo nai.

Maeke a koe ke fano hui, poi mo e heke pasikala, ka e lali ke fakamamao mo lautolu i fafo. Fakamamao ke tote 2 e mita.

Ke lagomatai-aki e manamanatuaga tupetupe, fakaatukehe, momoko mo e falu a mena kua tupetupe ai, ti text ke he 1737 – ai tologi, 24 e tula he 7 e aho ke tutala mo ia e kanosela (counsellor) Ha ha i ai a lautolu ke fakahokohoko e fekau haau.

NOFO PUIPUI TAKI-TOKOTAHA MA LAUTOLU KUA MOUA MOOLI HE KOVITI-19.

Kaeke ko koe po ke fai foki he kaina kua **MOOLI KUA MOUA HE KOVITI-19** to matutaki atu a lautolu he faahi malolo tino ha kua lata a mutolu ke o ke nonofo puipui ke he hotela mo lautolu kua gagao mooli. Liga to ole foki ke he haau a magafaoa ke o fakalataha mo koe.

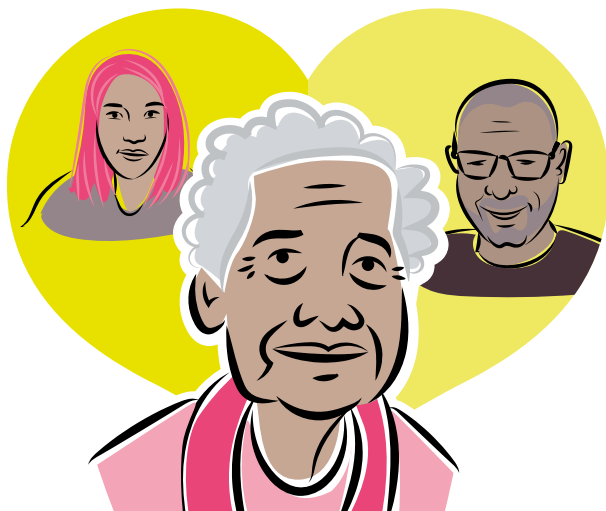
Hagahaga mitaki mo e haohao mitaki foki e tau kaina nai. Ko lautolu ne moua he KOVITI-19 ke nonofo ai a to malolo ai.

Ko e nofo haau ke he fonua ia to totogi ni he fakatufono.

Ka fai huhu a koe ke he totogiaga he tau kaitalofa mo e falu a mena foki ma e magafaoa hakua nofo kehe a koe, fakamolemole tutala ki a lautolu he faahi malolo tino ka hea atu kia koe.

To fakamaama atu he tau tagata malolo tino e tau mena kua lata ia koe ke iloa to fano a koe ke he fonua kua nonofo ai a lautolu kua moua mooli ke he gagao.

Ha ha i ai e tau tagata fakahokohoko kupu ke he fonua ia ka manako a koe ke tutala ki a lautolu e tau tagata gahua malolo tino.



MOUAAGA HE TAU

LAGOMATAI MALOLO TINO

ATA TUMAU E TAU LAGOMATAIAGA MALOLO TINO KAEKE KUA MANAKO A KOE KE FINATU KI AI.

Kaeke kua gagao a koe mo e fai fakamailoga nakai tatai mo e KOVITI-19, finatu ke he toketa magafaoa haau po ke faahi ahiahi mafiti he fale gagao.

Ko e mena mitaki ke finatu a koe ke he fale gagao ka manako a koe ki ai. Ko e tau fale gagao oti ha ha i ai e tau fakatokatokaaga ke kitia kua haohao mitaki a koe mo e magafaoa haau.

Maeke agaia a koe ke kumi atu ke he toketa haau kaeke kua manako ki ai. Maeke ia lautolu ke tuku-atu falu a fakamaamaga ke he telefoni po ke vitio.

Kaeke, kua ha ha ia koe falu huhu malolo tino, kumi atu ke he Healthline **0800 611 116**.



MOUAAGA HE FALU

A PUHALA LAGOMATAI

Hea atu ke he **FONO** he 0800 366 648 ke moua e falu a lagomatai ke he tau mena kai, fale nonofo, lagomatai tupe po ke fuafuaga he tuaga-malolo.



FAAHI GAHUA MO E TAU TUPE MOUA:

Hea noa; 0800 559 009.

Finatu ke he workandincome.govt.nz ke moua tala foki.

MANAKO KE TUTALA? 1737

Hea noa po ke text 1737

Finatu ke he 1737.org.nz ma e falu tala foki

LAINI LAGOMATAI, KAVA-KONA MO E TAU SEGA-VAI KONA:

Hea noa atu ke he 0800 787 797 po ke text 8681

Finatu ke he alcoholdrughelp.org.nz ke moua falu a fakailoaga.

FAKA-KATOATOAGA:

Hea noa atu ke he 0800 688 5463 (Outline) Telefoni nakai maeke ke talanoa/ fakapuloa ma lautolu he rainbow community. Ataina ke he tau magaaho afiafi hola 6-9 he po.

Finatu ke he outline.org.nz ma e falu a fakailoaga foki.

LAINI LAGOMATAI MA E TAU TAGATA PELE TUPE.

Hea noa ke he 0800 654 655 po ke text 8006

Finatu ke he gamblinghelpline.co.nz ma e falu a fakailoaga.

**AUA NEKE FAKALOLELOLE A TAUTOLU KE HE
MAHANI MITAKI, HAKOE MENA TO HELEHELE
MAI E TAUTOLU KE HE VAHA KE LATA AI, KAEKE
KUA NAKAI FAKALOLELOLE A TAUTOLU**

— KALATIA 6:9

Healthline - 0800 611 116

