



Olaga i te Tūlaga 2

I te Tūlaga 2, kā lahi na mea a tagatā nuku e mafai ke fai. Kae mātau ko te COVID-19 koi iēi lava i te taimi nei, e tatau ai ki tatou ke fakaeteete ma tūmau pea ke puipua ki tatou.

Mō te tatou haogalēmū pea, kua iēi nā takiala mā nā fakagataga ki te numela o nā tino e mafai ke mafuta pe fakatahi. E aofia ai na fakatahiga uma faka-kogā fenua, faka-nuku, faka-Ekalehia (lotu), nā fakatahiga faka aganuku (vēia ko nā fakaipoipoga, nāmaliu ma nā tātuga) vēna foki nā mafutaga faka-kaiga e fai i nā fale. Ko nā fakamatalaga ki te te numela e fakagata ai nā tino e tatau ke fakatahi e maua foki i te kupega tenei www.covid19.govt.nz.


Nā mea iēnei e mafai ke fai e koe ke puipua koe:

- Fakamākeke fafano o lima i nā taimi tatau, ihe meamoli ma holo ke mamago lelei. E lahi lele te āogā kāfai koe e makeke oi fai te mea tenei.
- Māfatua ma tale ki tō gaugātulilima – kae hē ko te ea – kae ke nahe pipihi ai te hiama.
- Fakamaumau ki lalo nā fale ma nā koga e fano koe ki ei, pe ko ai foki nā tino e feoaki ma mafuta koe ki ei – auā kafai e tauale he tino, e faigōfie ke hakili ma fakafehokotaki nā tino iēna i nā mea nae feoaki ai koe auā e iēi ni tahi tino e ōno tauaale pe kua maua i te famai.
- Fakatafapili oioti ki nā tino e ke iloa.
 - o Fakamamao i he 2 mita mai nā tino e hē ke iloa kāfai koe e feoaki ini koga i fafo atu o tō fale vēia ko nā pāka pe ko nā matāfaga.
 - o Fakamamao i he mita mai nā tino e hē ke iloa, i nā koga vēia ko nā fale koloa.
- Kāfai koe e feoaki i nā auala feoaki fakamua vēia ko nā pāhi, nofo ma he tino e kē iloa pe fakaavanoa te nofoa i o tafa – ko koe nahe tu i luga o te pāhi.
- Nofo i te fale kāfai koe e tauale. Koe nahe fano ki te gāluega, pe ko te āoga pe mafuta ma ni iētahi tino.
- Fai hō hiakiga COVID-19 kafai e iēi ni o āuga vēia koe e makalili pe vēia ko nā āuga o te fulū e tafe to ihu pe tale – telefoni te Healthline i te numela 0800 611 116.

Find out more at
Covid19.govt.nz

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E fakaauau pea nā tautuaga a te Mālō ke puipuia ia tagatā nuku ke haogalēmū i nā auala iēnei:

- Fakamautinoa e lahi nā hukehukega i nā koga o Niuhila katoa ke hiaki ai nā tino tauale pe maua i te COVID-19.
- Hakili ma fakafehokotaki vave nā tino kua maua i te COVID-19 vēmā ma nā tino nae feoaki tafapili ki lātou ki ei.
- Fakamautino ko nā tino uma kua maua i te COVID-19 e nonofo i nā fale.

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