



Nonofo he tau kaina – ko e heigoa e kakano

Tau mena haau ke taute

Kua hoko tuai a tautolu ke he Fakapapahiaga 3 ainei, ka kua amanaki ke tuku hake ke he Fakapapahiaga 4.

Ko e kakano ma e tau tagata Niu Silani ne nakai gahua he tau gahua tonuhia kua lata ni ke nonofo he tau kaina mo e ua feoaki mo e falu ne nakai nonofo mo mutolu he tau kaina.

Iloa e mautolu mamafa e ole nai. Mahuiga ni ke tamate e gagao ke puipui e tau tagata mo e ke maeke ha talu faahi leveki tino ke gahua mo e leveki e tau tagata kua gagao i Niu Silani.

Maeke a koe ke fano ke lakahui poke faofao mo e kitekite fano, kae fakaveha ke ua e mita mo e tau tagata he tau magaaho oti. Maeke a koe ke taatu e tau fanau haau ki fafo.

To fai mena kai ni ke moua tumau ai – to matutaki e tau tauteaga mena kai, to uta koloa tumau, mo e hafagi e tau fale-koloa lalahi. To maeke a koe ke moua koloa kai.

To fai vai/segavai tului gagao ke moua.

To fai levekiaga malolo tino ke moua e lautolu kua tonuhia ki ai.

To fakatumau ni e tau puhala moua tupe leveki fa mahani, tuga e tau penefiti.

Manatu ke taute tokotaha e tau fekau oti haau. Ole atu a mautolu ke fakafetui ni a koe mo lautolu ne nonofo puipui mo koe, kae fakamamao mo e falu tagata foki he tau magaaho oti.

Manako a mautolu ke he tau lagomatai haau ke puipui a Niu Silani mo e tamate e gagao COVID-19. Neke fakaaoga e tau puhala mamafa ke fakamooli e tau tagata oti ke auloa ai, he magaaho nai.

Find out more at
Covid19.govt.nz

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Ko e moua tupe lagomatai au mai i fe?

Ha ne gahua e Fakatufono ke he tau levekiaga ma e tau tagata Niu Silani ke he tau hikiaga nai ke he tufaaga kua fakalahi ai ha kua unu hake ha tautolu a fakatautonu. Putoia ai e:

- taha puhala fakakatoa he totogi gahua
- levekiaga okioki mo e nofo-puipui
- tau fakatupeaga mo e tukuhau fakapisinisi.

To fakatumau ni e tau levekiaga tupe moua ha mutolu, tuga e tau penefiti.

Kumi e tau lagomatai ma e COVID-19 ke he kupega he Work and Income: [hinai](#)

Tau Pisinisi Tonuhia

Ko e tau pisinisi kua nakai-tonuhia i Niu Silani to pa oti. Ko e tau fale kava, tau fale kai, tau fale inu ti, tau fale faofao, tau fale kifaga, tau kaina koukou, tau miusiamu, tau faletohi, tau fonua pele mo e falu a fonua tolo auloa ki ai e tau tagata kua pa mo e taofi ai.

Ko e tau pisinisi kua tonuhia, mo e falu ne lagomatai ki ai, to matutaki ke foaki e tau koloa mahuiga ma e tau tagata Niu Silani oti.

Ko e mena ia ko e tau kai, tau vai/segavai, leveki malolo, hila, tau penisini, tau lau-veve, kupega onolaini, mo e tau lagomatai tupe, to matutaki ni ke hafagi.

Ko e ha?

Ko e tau fakapuhala nei ke taofi aki e fakapikitiaaga he gagao ke leveki aki e tau tagata Niu Silani, ka e matutaki agaia ni e tau levekiaga mahuiga.

Ke taofi e gagao ke ua fakapikitia atu foki falu kua lata ni e tau tagata ke ua o fano.

Ko e heigoa e tau pisinisi tonuhia?


Ko e tau higoa mo e tau takitakiaga he tau gahua kua tonuhia to fakakite ai he tau magaaho ku i mua. Neke fai lafiaga foki ke fakatautonu ke he ha tautolu a tau lafiaga manako.

Ko e tau pisinisi nei to matutaki ni ke gahua, ka e ha ha i ai e falu puhala kehe ke fakagahua ke leveki aki e tau tagata gahua, tuga e gahua ke he tau tula kehekehe, tau magaaho kai kehekehe, tau aho okioki kehekehe mo e fakafetui fakaveha.

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To fakatu e mautolu e kaina ke hea mai ki ai mo e telefoni numela 0800 ai fai totoġi ke lagomatai tali ha huhu. To fakafoou foki e kupega kaeke kua mau e fekau nai.

Ko e tau fakailoaaga ke he tau veveheaga to fakapuloa ai ke he tau magaaho ku i mua.

Tau pisinisi nakai-tonuhia

Ko e tau pisinisi kua nakai-tonuhia i Niu Silani to pa oti. Ko e tau fale kava, tau fale kai, tau fale inu ti, tau fale faofao, tau fale kifaga, tau kaina koukou, tau fale musiamu, tau lapuli, tau fonua pele mo e falu a fonua ne fa tolo auloa kia ai e tau tagata kua pa e tau fakatokatokaaga ia.

Ke he 48 e matahola ki mua mo e amamanaki ke unu hake ke he Fakapapahiaga 4 to taofi ai e tau falekai ke utakehe.

Ko e kakano he fakafetui fakaveha ke taki ua e mita he vaha ai e tau tagata gahua mo e tau tagata tolo, ko e fakamea mo e holoholo he tau lima ke fakatumau ai. Mahuiga ke tohi oti e tau talahauaga ke he tau tagata, ti taofi oti e tau tagata gagao ke ua oatu.

Ko e tau pisinisi kua tonuhia, mo e falu ne lagomatai ki ai, to matutaki ke foaki e tau koloa mahuiaga ma e tau tagata oti i Niu Silani. Ko e kakano ko e tau mena kai, leveki-malolo, hila, kupega, tau lau-veve mo e tau lagomatai tupe to hafagi tumau. To fakatumau foki e tau puhala leveki malolo tino mo e kumiaga he tau matutakiaga.

Manako a mautolu he lagomatai haau ke puipui a Niu Silani mo e tamate e COVID-19. Neke fakaaoga e tau puhala mamafa ke omoi e tau tagata oti ke kau auloa, he magaaho nai.

Ko e moua tupe lagomatai au mai i fe?

Ha ne gahua e Fakatufono ke he tau levekiaga ma e tau tagata Niu Silani ke he tau hikiaga nai ke he tufaaga kua fakalahi ai ha kua unu hake ha tautolu a fakatautonu. Putoia ai e:

- taha puhala fakakatoa he totoġi gahua
- levekiaga okioki mo e nofo-puipui
- tau fakatupeaga mo e tukuhau fakapisinisi.

To fakatumau ni e tau levekiaga tupe moua ha mutolu, tuga e tau penefiti.

Kumi e tau lagomatai ma e COVID-19 ke he kupega he Work and Income: [hinai](#)

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Ko e ha?

Ko e tau puhala nei ke taofi aki e tufatufaaga he gagao ke leveki aki e tau tagata Niu Silani, ka e matutaki agaia ni e tau gahau kua tonuhia.

Taofi e tau feua toloaga

Ko e tau feua oti i loto mo fafo to nakai fakahoko.

Nakai haofia e tau fale gahua ha lautolu kua gahua ke he tau gahua tonuhia.

Ko e tau fakatokatokaaga nei kua lauia ai e tau fakapotopotoaga tuga e tau aho fanau, tau mauku/tanuaga, tau tangi mo e tau fakamauhoana.

Ole atu a mautolu ke fakafetui ni a koe mo lautolu ne nonofo puipui mo koe, kae fakamamao mo e falu tagata foki he tau magaaho oti.

Tau fakaakoaga

Kua pa mo e taofi oti e tau aoga mo e tau aoga fanau ikiiki (ECE).

To fakailoa fakahako ni he tau aoga ke he tau mamatua ko e heigoa e kakano kia lautolu.

Ko e tau fanau he tau tagata gahua tonuhia – tau ekekafo, nosi, fakaholo peleo afi tali gagao mo e tau leoleo – kua maeke agaia ke o atu ke he tau aoga poke aoga fanau ikiiki ke he 48 e tula ne toe. Ke he tau magafaoa nai to pa mo e taofi e tau aoga he fakaotiaga he aho Lotu.

Ko e tukuaoga ne hau kua fakaholo mai ki mua ke kamata he aho Gofua, 30 ia Mati. Ke he fakaotiaga he faahi tapu nai mo e tukuaoga, to fakatoka he tau aoga e tau puhala akomena onolaini mo e fakamamao.

Ko e tau fakaakoaga ne hafagi agaia ke he 48 e tula i mua ke fakatoka e tau puhala leveki malolo – lafi ki ai e fakafetui fakaveha ke he ua (2) e mita he mamao mo e kumiaga he tau fakafetuiaga. Fakatumau, ko e ha tagata ne nakai malolo e tino ke ua finatu he aoga.

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Covid19.govt.nz

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Ko e kumi lagomatai ke he Levekiaga Malolo-tino

Ka manako a koe ke kitia e ekekafo po ke ha tagata gahua malolo tino, FAKAMUA ke vilo atu.

Ko e tau tutalaaga oti to taute ke he telefoni, (poke kolofelenisi-vitio) ke taofi e kelea ke ua fakapikitia e gagao he taha ke he taha.

Ka lata ke fakatutala mata, ko e ekekafo haau poke tagata gahua malolo tino ke fakatoka ai.

Mogo fe kua lata ia au ke kumi lagomatai fakaekakafo?

Kaeke kua tupetupe a koe ke he ha fakamailoga COVID-19 ha ia koe, fakamolemole matutaki ke he Healthline (ai totogi) he numela **0800 358 5453** poke ekekafo haau.

Ko e tau fakamailoga he COVID-19 ha ia ke he kupega/uepesaite he Covid19

<https://covid19.govt.nz/resources-and-translation/translations/>

Maeke nakai au ke toka e kaina kae finatu ke kumi ekekafo kaeke kua ha ha i ai e fakapapahiaga fakafo 3 poke 4?

Ka manako lagomatai ekekafo, vilo fakamua ke he ekekafo haau poke falagagao.

Ko e tau falegagao mo e fale ekekafo ko e tau lagomatai tonuhia ke hafagi tumau, pihia ke he taofiaga fakapapahiaga 4.

Kaeke kua manako lagomatai mafiti, hea atu ke he levekiaga mafiti (hea e 111).

Nakai moua e au e Healthline/ekekafo haaku.

Tokologa e tau tagata Niu Silani ne manako lagomatai mo e hatakiaga ti mahuiga ke fakaata e tau laini telefoni ha Healthline mo e tau Ekekafo ma lautolu ke hea ka tonuhia lagomatai.

To taute oti e tau mena ke moua mafiti he tau tagata e tau lagomatai kua lata.

Fakamolemole lali ni ke hea e Healthline poke ekekafo haau ka manako lagomatai fakaekakafo. Ka nakai ko e hea lagomatai fakaekakafo a koe, to liga maeke a koe ke kumi e tali ke he huhu haau fakaonolaini ke he covid19.govt.nz

Kaeke kua manako lagomatai mafiti, hea atu ke he levekiaga mafiti (hea e 111).

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Heigoa haaku ke taute kaeke kua fai segavai au fa mahani ke moua?

To taute he Ekekafo e falu puhala ke moua e koe e tohi talavai kae nakai kitia mata a ia. Fakamolemole hea e ekekafo ke moua e tala tonu mai ia ia.

Ko e tau fale talavai ko e levekiaga tonuhia to nakai pa ai, pihia ke he Fakapapahiaga 4.

Ka manako a koe ke finatu ke he fale talavai mahani haau, vilo atu fakamua ke iloa ko e maeke nakai a koe ke finatu ki fale. Kaeke ko koe taha tu hagahaga kelea, neke lata ia koe ke ole taha ke finatu ke tamai e tau segavai haau.

Heigoa haaku ka taute kaeke ke tu hagahaga kelea au, tino ukiuki poke fai tagata tu hagahaga kelea e kaina haaku?

Hagahaga kelea lahi a koe kaeke kua:

- **Molea e 70 e tau:** Ko e tau tagata momotua kua fa fai kafokia e tino, lauia ai e hala fafagu ti hagahaga kelea a lautolu ke he COVID-19.
- **Tau tagata kua fai kafokia:** Ko e tau kafokia ka hagahaga kelea lahi ai a koe ke he COVID-19. Lauia ai e, tau tagata kelea e hala fafagu, tuga e COPD, fai kelea e atevili, toto tokoluga, kelea e tau fuaifi mo e moua he suka.
- **Tau tagata hane fae tului he gagao kenesa mo e kelea e toto:** Ha ko e tau tului he gagao kenesa mo e kafokia he toto kua fa lauia ai e tau puipuiaga he tino he tagata, ti hagahaga kelea lahi foki a lautolu kehe COVID-19.
- **Tau fifine fatu:** Nakai la iloa ia he tau pulotu ko e lauia nakai e tau fifine fatu he COVID-19 ke tuga e falu tagata. Kae, ko e tau fifine fatu kua fa fai hiki ke he tau tino neke malikiti e hagahaga kelea mai he falu gagao.
- **Tau tagata nakai mukamuka ke moua e tau levekiaga tino.**


Ko e falu takeleaga i Niu Silani, ko e falu mena foki he ha lautolu a tau momoui neke hagahaga kelea ai foki. Kua lauia ai e:

- **Tau momotua he tau kaina leveki:** Ko e tau levekiaga mae tau momotua kua mukamuka lahi ke uta fano e tau moko vaelisi pehe nei. Mukamuka a lautolu ke moua e tau gagao ha kua momotua mo e mukamuka ke fai gagao foki e tino.

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Kaeke kua nofo a koe mo e tagata tu hagahaga kelea mo e manako fakailoaaga ke puipui aki hana moui. Kumi ke he kupega nai he Minisituli Faahi Malolo-Tino
<https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-novel-coronavirus-health-advice-general-public/covid-19-self-isolation>

Tau puhala o fano mo e o fenoga

To hiki e tau o fenoga ma Niu Silani. Kua ole atu kia mutolu oti ke taofi e tau fenoga o fano he motu ke lagomatai a mautolu ke taofi e COVID-19.

Ko e tau puhala o fenoga mo e uta fekau to fakaata ni ma e tau tagata gahua tonuhia, ma e tau fekau fakaekekafo, mo e ke o atu ai ke he tau falekoloa.

Ko e tau vakatoga, puhalatu mo e lelue kua fakaata agaia mo lau koloa kua tonuhia.

Maeke agaia ke fakaaoga e tau peleoafi he tau tagata.

Tau Peleoafi Tagata Mo e O Fenoga

Maeke ke fakaaoga e tau peleoafi he tau tagata. Kaeke kua maeke ti fakaaoga e puhala fakafetui fakaveha.

Tau lakahui mo e o fano kua maeke, kae fakaaoga e fakafetui fakaveha he tau magaaho oti.

O Fenoga Pulagi Ke He Lalolagi

Ko e tau tagata kitekite mo e ahiahi kua maeke ke o fenoga he pulagi ke liliu atu ke he tau motu ne omai ai.

Ua finatu ke he male vakalele ka nakai fai tiketi a koe. Ka nakai fai tiketi a koe ti matutaki atu ke he taha aisini poke fakahako ni ke he ofisa vakalele. Ka nakai maeke a koe ke moua ha tiketi ti fakamolemole matutaki atu ke he hukui motu/kautu haau.

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O Fenoga Vakalele he Motu nai

Ma e 48 e tula ne toe, kua lata e tau tagata ke oatu ke he tau kaina, he tau matakavi nonofo poke motu nai. Kua ole a mautolu ke he tau foaki o fenoga pulagi ke fakamooli e puhala fakafetui fakaveha ke he tau magaaho ia. Ka molea e 48 e tula, ko e tau puhala o fenoga vakalele ni mae tau tagata gahua levekiaga tonuhia mo e tau vakalele lau koloa.

Ko e tau tagata evaeva mo e ahiahi kua maeke ke fakaaoga e tau vakalele matakavi he motu ke oatu ke he male vakalele fano ke he lalolagi.

Kaeke kua nakai malolo a koe, ha ha i ai mo e koho, ku e fafagu poke velavela, poke sihe a koe poke pela e ihu, ti ua fano fenoga.

Kaeke ko koe ke he vakalele kua mahuiga ni ke koho poke sihe ke he maloku he tuli lima haau. Kaeke kua maeke, ti uta e vai fakamea lima mo e tau tisiu. Ka maeke, ti nofo tokotaha he nofoa tata ke he puhio.

Tau puhala ke uta aki a lautolu kua gagao

Kaeke kua tupetupe a koe ke he COVID-19 fakamolemole vilo atu ke he Healthline (0800 358 5453) ke moua e hatakiaga to fano e fenoga.

Ke lagomatai ke fakatuai e fakapikitia he ha moko gagao, ko lautolu kua nakai malolo (gagao) kua lata ke nonofo he tau kaina. Kaeke kua nakai malolo kae lata ke tuku fenoga, fakaaoga e taha puhala fano fenoga pulaeveti. Ka nakai maeke ke taute pihia ti hea ke he Healthline ke moua fakamua taha hatakiaga (0800 358 5453).

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