

# NOFO I KAINA KE PUIPUI E GAGAO KOVITI-19 I OKALANA

Updated 23 February 2022



Unite  
against  
COVID-19

## NOFO I LOTO HE KAINA HAAU



Ko koe katoa mo lautolu oti ne nonofo mo koe kua lata ke nonofo i kaina. Aua neke fano kehe mai a koe he kaina haau ha koe falu a kakano. To maeke ni a koe ke fano kehe mai he kaina kaeke kua fakailoa atu he tagata gahua malolō tino poke hahā i ai e lekua tupu fakaofo moe kua vilo atu a koe kehe numela 111.

Lali ke nofo fakavehā moe falu tagata he kaina haau ka maeke ke taute pihia.

## LEKUA TUPU FAKAOFO – VILO E NUMELA 111

Kaeke ko koe poke taha tagata ne nonofo mo koe kua kamata ke gagao lahi ti vilo fakamafiti e numela 111. Kumi e lagomatai kaeke kua uka ke fafagu, okaoka e fatafata, nakai maeke ke tu ki luga, poke lialiapou lahi e ulu poke hahā ia koe e manatu fakauaua.

**Nakai fai totogi ka fakaaoga e emepelene (ambulance).**

## KO HAI KUA LATA IA AU KE FAKAILOA KI AI?

- Koe haau a takitaki gahua
- Koe aoga poke aoga fakamahani ke latamoe tama haau
- Tau kapitiga, magafaoa moe falu a tagata kua fakafetui mo koe kehe tau magaaho kū kua mole
- Ka fai matakau poke tau fakaholoaga ne kua finatu a koe ki loto he tau fale kehe molea e 15 e minisi (tuga e fano he tapu)



Fakailoa atu kehe tau tagata kua fakafetui mo koe kehe tau magaaho kū kua mole ke o atu ke tivi (test) moe nonofo i kaina. Maeke ia lautolu nei ke matutaki atu kehe website [www.closecontact.nz](http://www.closecontact.nz) ke iloa falu a fakamaamaaga.

## TAU MENA KE AMAAMANAKI ATU KI AI



Tokologa a lautolu kua moua e huki puiipui to lauia kehe tatalu kehe fiha ni e aho. Falu ia lautolu nei to nakai fai fakakiteaga.

Kaeke kua tupetupe a koe poke fai lekua malolō tino, ti vilo atu kehe haau a Ekekafo (GP) poke Healthline he numela 0800 358 5453.

## TAU SEGAVAI

Matutaki ke inu e tau segavai fa mahani haau.

Kaeke kua manako segavai a koe ti vilo atu kehe haau a Ekekafo (GP) moe fakailoa atu kia lautolu ko koe kua nofo i kaina ke puiipui e gagao. Ole atu kia lautolu ke fakafano e tohi ke moua e tau segavai haau kehe fale moua segavai, ko hai ka taatu ki kaina moe nakai fai totogi.

## NOFO MOE FAI MATUTAKIAGA

Hakua nakai maeke ia koe ke ahiahi atu falu a tagata kehe haau a kaina, matutaki atu kehe haau a kapitiga poke taha tagata he magafaoa ke fakakia atu a koe he telefoni poke text atu kia koe he tau aho oti. Mitaki lahi e puhala nei kaeke ko koe koe tagata nofo tokotaha.

## FIHA E LEVA KUA LATA IA AU KE NOFO I KAINA?

- Maeke ia koe ke hu mai ki fafo he kaina haau ka mole e 7 e aho, moe ka nakai fai fakakiteaga kehe tino haau kehe 72 e tulā.
- Kaeke kua nakai galo e tau fakakiteaga poke gagao lahi a koe ti vilo atu kehe Ekekafo (GP) haau poke Healthline he numela 800 358 5453.



## FUFUA NONOFO AULOA HE KAINA (HOUSEHOLD BUBBLE)



Ko lautolu ne nonofo auloa mo koe ke nonofo foki i kaina. Kua lata ia lautolu ia ke tivi (test) fakamafiti, moe liu tivi foki kehe aho ke 3 poke aho 7 aki he mole e atu kia koe. Koe tiviaga nei ke fakatata iloa neke moua foki a lautolu he Koviti-19.

Maeke ia lautolu ke kumikumi atu kehe kupega hila [www.closecontact.nz](http://www.closecontact.nz) poke vilo atu kehe Healthline numela 0800 358 5453 ke moua falu fakamaamaaga kehe tau mena kua lata ke taute.

## TAU MENA KAI MOE FALU A KOLOA

Ka maeke ia koe, fakatau e tau mena kai haau moe falu a koloa fakaaoga e internet, poke ole atu kehe tau kapitiga ke taatu e tau mena kai ki kaina.

Ka manako lagomatai kehe tau mena kai poke falu a koloa ti vilo atu kehe COVID-19 Welfare he numela 0800 512 337.

## GAHUA MOE TAU PUHALA LAGOMATAI TUPE

Koe matakau ne fakagahua a koe (poke gahua na koe tokotaha) neke maeke ke kumi lagomatai.

Kaeke ke manako lagomatai tupe a koe, vilo atu kehe COVID-19 Welfare he numela 0800 512 337.

## KAEKE KUA NAKAI NOFO HAOHAO MITAKI A KOE

- Manako ke Tutala? – vilo poke text kehe numela 1737 ke tutala moe tagata lagomatai, hafagi tumau e numela nei
- Lifeline – vilo kehe numela 0800 543 354 (0800 LIFELINE) poke text 4357 (HELP), nakai fai totogi
- Youthline (Tau fuata) – vilo kehe numela 0800 376 633, text 234, nakai fai totogi



## KA FAI HUHŪ FOKI?



Vilo kehe Healthline numela 0800 358 5453

Kumikumi atu kehe [www.whanauhq.nz](http://www.whanauhq.nz) ke moua falu a fakamaamaaga hagaa kehe nofo i kaina ke puiipui e gagao.