



Ua e toe malosi mai le COVID-19

Fesili e Masani ona Fesiligia mo Tagata Pasefika

Faafetai lava mo lou nofo ai faanofo'esea ina ia saogalēmū ai lou aiga ma lou alalafaga.

O lou nofo ai i le nofoaga mo malupuipuiga o le a faai'u. Ua o'o i le taimi e te sauni ai e toe fo'i atu i lou fale masani poo lou nofoaga o loo e faamautū ai.

O lenei faamatalaga e tatau ona e silafia pe a e tu'ua le nofoaga o malupuipuiga. Atonu e te mana'o e faasoa atu lenei faamatalaga i lou aiga, 'auaiga ma lou aiga atoa [whānau], poo le nofoaga e te faigaluega ai.

Tu'ua le nofoaga faanofo-esea

O afea e mafai ai ona ou tu'ua le nofoaga o malupuipuiga?

O le a mana'omia lou nofo i le nofoaga o malupuipuiga mo le **lē itiiti mai i le sefulu aso** mai le taimi na amata ai ona e maua i āuga. Afai o loo i ai pea ni ou āuga pe a mae'a aso e sefulu, e tatau ona e nofo **se'ia 72 itula (3 aso) talu ona mae'a ma lē toe iai ni ou āuga.**

E tatau ona faia sa'u siaki mo le COVID-19 ae ou te le'i alu i le fale?

E le mana'omia le faia o sau siaki ae e te le'i alu i le fale.

O tagata na maua i le COVID-19 e mafai ona fa'aauau pea ona faamaonia a latou su'ega mo ni vaiaso se tele talu ona a'afia i le siama. E mafua lenei tulaga ona o siama ninii e fa'aauau pea ona nonofo i lou tino mo ni aso se tele talu ona e malosi mai le COVID-19.

Afai ua leai ni ou āuga mo le 3 aso (ma ua 10 aso talu ona e a'afia muamua i le gasegase) ma o lea ua e toe malosi.

E mafai ona e toe amatalia lou olaga masani- e aunoa ma se su'ega lē faamaonia - pe afai ua e taulimaina se tusi kilia ua faamamā ai oe mai le Soifua Malolona Lautele.

Faamata o le a ou a'afia pea i le siama pe a ou tu'ua le nofoaga o malupuipuiga?

A e mauaina se tusi kilia mai le Soifua Maloloina Lautele, ua e saogalēmū pe a e tu'ua le nofoaga o malupuipuiga.

Ua e toe malosi mai le COVID-19. E te lē o a'afia i le siama - o lona uiga e lē mafai ona e faasalalauina le siama i tagata o lou aiga poo le mea e te faigaluega ai.

O le a se mea ou te mana'omia mai le Soifua Maloloina Lautele ina ia mafai ai ona ou tu'ua le nofoaga o malupuipuiga?

Afai e leai ni ou āuga e faapopoleina ai oe, o le a tuuina mai e le Soifua Maloloina Lautele se tusi kilia e te tu'ua ai le nofoaga o malupuipuiga.

O le a le mea e tupu i le tagata o loo tausia a'u poo la'u fanau pe a o atu latou i totonu o le nofoaga o malupuipuiga?

Atonu e mana'omia le nofo o lau tagata fesoasoani i le nofoaga o malupuipuiga se'ia atoa le 14 aso o lona faanofo-esea talu ona e alu i le fale. O le a talanoaina e le Soifua Maloloina Lautele le faavasegana mo soo se tamaititi o loo tou faatasi ae e te le'i tu'ua le nofoaga o malupuipuiga.

O le a le ituaiga tulitatao o le a faataatia mo a'u pe a ou alu i le fale?

O lea ua kilia oe e te alu i le fale ma e leai se mana'oga vave e toe tulitatao atu ai oe mo seisi mea. Peita'i, e ono mana'omia lou va'aia o lau foma'i GP mo le siakiina o oe pe a mae'a le vaiaso talu ona e tu'ua le nofoaga o malupuipuiga.

Afai e iai ni ou atugaluga, pe ua e toe faama'ima'i, faamolemole talanoa i lau foma'i GP poo le auaunaga faafoma'i, ma e mafai ona e villiina le Healthline i le 0800 358 5453.



O ai ou te vala'au iai pe a ou mana'omia se fesoasoani pe a ou alu i le fale?

- Afai e te mana'omia se fesoasoani tautupe, talanoa i le Work and Income, pe asiasi i le [Upega Tafa'ilagi a le Work and Income](#)
- Afai o oe o se Pasefika ma ua e mana'omia nisi fesoasoani mo le soifua lelei poo mana'oga lautele, faafesoota'i lau Navigator poo le text/vala'au le Pasifika Futures i le 021 809196.

E faafefea ona fuafua lo'u toe fo'i atu i lo'u fale poo lo'u nofoaga aumau masani?

O le a talanoa atu le afaigaluega o nofoaga o malupuipuiga ia te oe e uiga i se taimi o le a mafai ai ona e tu'ua ai ma e pe faafefea ona e malaga i lou fale. E mafai ona pikiina oe e tagata o lou aiga e lē o mana'omia le faanofo-esea to'atasi ona o lea ua lē toe ta'ua oe o se tagata e faapipisia le siama . Atonu e umi ni nai itula e faamae'a ai pepa mo le tu'ua o le nofoaga ae faamolemole ia lava le onosa'i.

Faamolemole a e alu ma ave'ese uma au oe lava meatotino, pei o lavalava, mea fa'aaogā i le faleta'ele, fuala'au talavai, telefoni ma fagamaa ma soo se mea na e fa'aaogāina mo faafiafiaga (eg, tusi, meata'alo a tamaiti pe a fai sa outou faatasi ma sau fanau).

E tatau ona ou faamamaina lo'u potu ae ou te le'i alu ese?

Faamolemole ia e tu'ua le potu i le tulaga e pei ona e taunuu iai. Lafoa'i otaota i le lapiasi i totonu o lou potu. O le a faamamāina mae'a lelei e le afaigaluega le potu pe a e tu'ua le nofoaga.

A e alu i le fale

A ou fo'i mai i le fale, e mana'omia lo'u faia o se faamamāaga faapitoa?

E leai se faamamāaga faapitoa e mana'omia e sili atu i le mea e masani ona e faia poo tagata o lou aiga.

E saogalēmū lo'u alu ou te faigaluega?

E mafai ona e ta'uina i lau kamupanī ma au uo faigaluega ua e malosi ato'atoa ma e lē mafai ona e faasalalauina le siama - e saogalēmū mo oe le toe fo'i i le galuega. Atonu e te mana'o e fa'aali i lou falefaigaluega le tusi kilia na avatu ia te oe e le Soifua Maloloina Lautele.

E mafai ona ou toe fo'i i lo'u olaga masani ma gaiioiga?

Ua e malosi ato'atoa ma e te lē toe faasalalauina le siama ma ua saogalēmū mo oe le toe fo'i i lou olaga masani ma gaiioiga. Manatua ia faamāsani i le tumamā lelei, fa'aogā le NZ COVID tracer app ma faafesoota'i le Healthline i le 0800 358 5453 pe a iai ni ou atugaluga i le lumana'i.

E saogalēmū lo'u aiga pe a ou toe fo'i i a'i latou i le fale?

Ioe. Afai ua iai sau tusi kilia mai le Soifua Maloloina Lautele, ua saogalēmū mo oe le toe fo'i i lou aiga poo le whānau. Ua e lē toe faapipisiina le siama ma o le a e lē tu'uina i latou i se tulaga lamatia pe a e toe fo'i i le fale.

Faamata e sa'oloto lo'u aiga e fai tulaga masani ma gaiioiga?

Sa talosagaina tagata o lo'u aiga e nonofo i le fale aua sa fesoota'i vavalalata i latou, e mana'omia le faamae'aina o le 14 aso o lo latou faanofo-esea ta'ito'atasi, lea na amataina mai ina ua e tu'ua i latou mo le nofoaga. E mana'omia fo'i ona iai ni a latou su'ega se lua e lē faamaonia o le COVID-19, ma e leai ni o latou āuga a'o le'i kiliaina e toe fo'i i le olaga masani.

E saogalēmū mo a'u le toe fo'i i le fale pe afai o nisi o lo'u aiga po'o tagata o le aiga whānau e mana'omia pea le faanofo-esea ta'ito'atasi?

Ioe, e saogalēmū mo oe le toe fo'i i le fale mai le nofoaga o malupuipuiga e tusa lava pe o iai ni tagata o le aiga o loo faanofo-esea ta'ito'atasi i le fale. Talu ai ona ua kilia mai oe e le Soifua Maloloina Lautele e tu'ua ai le nofoaga o malupuipuiga, e mafai ona e toe fo'i i lou olaga masani. Peita'i, soo se tagata o le aiga poo aiga whānau o loo faanofo-esea ta'ito'atasi, e tatau ona fa'aaau pea se'ia oo ina mae'a le 14 aso o lo latou faanofo-esea ta'ito'atasi, ma ua faia ni siaki ta'i lua ma ua lē toe iai ni āuga, ona faato'a kiliaina lea e toe fa'aaauu o latou olaga masani.

E mafai ona ou toe a'afia i le COVID-19?

O loo matou a'oa'oina pea tulaga e uiga i le siama na mafua ai le COVID-19, ae o le mea ua matou iloaina, e mafai e nisi tagata ona toe a'afia i le siama, e pei ona masani ai i isi siama.



Ae o le ato'atoa o tuipuipuia e mafai ai ona fesoasoani mo le puipuiga.

Ua fa'aalia mai i su'esu'ega le tusa ma le 95% o tagata ua meae'a ona fai uma tuipuipua o le vaila'au puipui o le Pfizer ua puipua mai le a'afia i āuga o le COVID-19. A mae'a ona faia uma ou tuipuipua, o le a mamao lava se tulaga e te ono ma'i tigaina ai pe faapipisiina atu le siama i isi tagata.

O le a le mea oute faia pe a ou toe faama'ima'i pe a ou alu i le fale?

O tagata ua malolosi mai le COVID-19 e faafaigata i nisi taimi ona taumafai e toe fo'i i le tulaga o lo latou soifua maloloina sa iai muamua ae le'i a'afia i le COVID-19. O le to'atele o tagata e maua i ni āuga e faa'umi'umi. O isi taimi e faalogoina ai le lēlavā (lagona le vaivai), faigatā ona mānava, tigā le tino, poo isi a'afiaga faaletino mo ni vaiaso poo ni masina fo'i talu ona toe malosi.

Afai o e popole, **pe lagona le toe faama'ima'i**, faamolemole saili se togafitiga faafoma'i. Atonu e te lagona le faanoanoa, faigatā, popole, lē mautinoa, lē mautonu pe ita. O faalogona masani nei. Ua tele ni mea na e a'afia ai - o lou maua i le COVID-19 faapea ma lou nofo ai i totonu o le nofoaga o malupuipuga. Faamolemole saili se fesoasoani.

Vala'au lau foma'i GP masani poo le auaunaga faasoifua maloloina. E mafai fo'i ona e vala'au i le Healthline i le 0800 358 5453, ma afai o se faalavelave faafuase'i, ia vala'au le 111.

Afai ou te ma'i, e tatau ona ou toe fo'i i le nofoaga o malupuipuga?

E foliga mai e maualuga le tulaga e te lē toe a'afia ai i le siama, ae ui i lea e iai nai tagata ua toe a'afia i le COVID-19 ina ua mavae ni nai masina.

Afai e i ai ni ou āuga o le COVID-19 i le lumana'i, e tāua le faia o sau siaki. Afai e mauaina mai se i'uga faamaonia o lau siaki e lē fesoota'i ma se tala'aga o isi ma'i, o le a mana'omia loa lou alu i se nofoaga o malupuipuga.

O le puipuga sili atu e te'ena ai le toe maua i le COVID-19 o le faia o tuipuipua atoatoa.

Tuipuipua

E ui lava ina ua fafo'isia lou malosi mai le COVID-19, ae tatau lava ona fai lou tuipuipui. O le tuipuipua o le COVID-19 o lou puipuga sili lea mai le siama.

Aisea e tāua ai le faia o le tuipuipui pe a fai ua ou maua i le COVID-19?

O nisi tagata e mafai ona toe maua i le COVID-19, ae o le tuipuipua atoatoa e mafai ona fesoasoani e puipua mai lea tulaga.

Ua fa'aalia mai i su'esu'ega e tusa ma le 95% o tagata sa faia uma tui o le vaila'au puipua, ua puipua mai i le a'afia i āuga o le COVID-19. A mae'a ona faia uma ou tuipuipua, o le a mamao lava se tulaga e te ono ma'i tigaina ai pe faapipisiina atu le siama i isi tagata.

E le'i faia lava so'u tuipuipua o le COVID-19? O afea e tatau ai ona faia?

E tatau ona fai lou tuipuipui muamua i le fa (4) vaiaso mai le aso na e tu'ua ai le nofoaga o malupuipuga, ma le tuipuipui lona lua i le ono (6) vaiaso talu mai le aso o lou tuipuipui muamua.



E faafelea pe afai ua mae'a ona fai lo'u tui e tasi (1) o le vaila'au puipuia ae ou te le'i maua i le COVID-19?

E tatau ona fai lou tuipuipei lona lua i le fa (4) vaiaso mai le aso na e tu'ua ai le nofoaga o malupuipuga.

E faafelea pe afai ua mae'a o'u tui e lua (2) o le vaila'au puipuia ae ou te le'i maua i le COVID-19?

Afai ua mae'a ou tui e lua (2) o vaila'au puipuia o le COVID-19, e lē mana'omia le faia o se isi tui i lenei taimi.

E faafelea ona faatonu le faiga o so'u tuipuipeia?

- Asiasi i le <https://bookmyvaccine.covid19.health.nz/> pe vala'au le Numera a le COVID Vaccination Healthline:
0800 28 29 26. O le numera lea e amata faaolaina i le 8am-8pm i aso uma.
- Talanoa i lau foma'i GP poo le auaunaga faafoma'i o le lotoifale e uiga i lou tuipuipeia
- O nisi faamatalaga e uiga i le faatonuina o tuipuipeia: <https://covid19.govt.nz/covid-19-vaccines/how-to-get-a-covid-19-vaccination/book-your-covid-19-vaccination/>

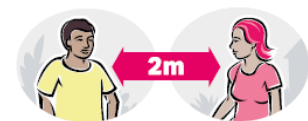
O fea ou te alu i ai pe a ou mana'omia nisi faamatalaga?

O faamatalaga o loo avanoa foi iinei: <https://covid.immune.org.nz/faq/if-you-had-virus-and-recovered-will-you-still-be-able-or-need-get-vaccine.>

E i ai se mea faapitoa e mana'omia ou te faia talu ai ona o lea ua ou maua i le COVID-19?

Faamolemole ia fai sou tuipuipei pe afai e le'i faia, ma ia mulimuli i tulafono o Vaega mo Lapata'iga:

- Nofo i le fale pe a e ma'i
- Faamaumau le mea na e iai - fa'aaoga le NZ COVID tracer app
- Fai se puni fofoga
- Fufulu ou lima
- Tale pe mafatua i lou tulilima
- Faamamā luga o mea mafolafola
- Tausisi i le vavamamao.



O loo iai le tele o faamatalaga i luga o le upega tafa'ilagi a le [Unite against COVID-19](#)



You have recovered from COVID-19

Frequently Asked Questions for Pacific People

Thank you for staying in isolation to keep your family and community safe.

Your stay in the quarantine facility is coming to an end. It is time to get ready to return to your usual home or accommodation.

This is information you need to know for when you leave the quarantine facility. You may like to share this with your household, family and whānau, or the place where you work.

Leaving isolation

When can I leave the quarantine facility?

You will need to stay at the quarantine facility for **at least ten days** from when your symptoms started. If you still have symptoms after ten days, you must stay **until 72 hours (3 days) after your symptoms have stopped**.

Do I need to be tested for COVID-19 before I go home?

You do not need a test before you go home.

People who have had COVID-19 can continue to test positive for several weeks after they were infected. This is because pieces of virus stay in your body long after you have recovered from COVID-19.

If you have had no symptoms for 3 days (and it's been 10 days since you were first sick) you are now recovered.

You can resume your normal life- without a negative test result - as long as you have a clearance letter from Public Health.

Am I still infectious when I leave the quarantine facility?

When you receive a clearance letter from Public Health you are safe to leave the quarantine facility.

You have recovered from COVID-19. You are not infectious - this means you cannot spread the virus to people in your household or where you work.

What do I need from Public Health so I can leave the quarantine facility?

If you do not have any concerning symptoms, Public Health will provide a letter clearing you to leave the quarantine facility.

What happens to my support person or my children if they are in the quarantine facility with me?

Your support person may need to stay at quarantine facility until their 14 days' isolation period is complete after you go home. Public Health will discuss the arrangements for any children who are with you before you leave the quarantine facility.

What sort of follow-up will there be with me after I go home?

You have been cleared to go home and there is no immediate need for follow-up. However, you might like to see your GP for a check-up a week after leaving the quarantine facility.

If you have any concerns, or become unwell again, please talk to your GP or medical centre, or you can ring Healthline on 0800 358 5453.



Who do I call if I need support when I go home?

- If you need financial support, talk to Work and Income, or go to the [Work and Income website](#)
- If you are Pasifika and require further help for welfare or social needs, contact your Navigator or text/call Pasifika Futures on 021 809196.

How do I arrange travel back to my home or usual accommodation?

Staff at the quarantine facility will talk to you about a time when you will be able to leave and how you can travel home. You can be picked up by family members who aren't required to self-isolate as you are no longer considered infectious. It may take a few hours for the departure paperwork to be completed so please be patient.

Please take all your personal belongings with you, such as clothes, toiletries, medication, phone and charger and any things you used for entertainment (eg, books, toys if you have had children with you).

Do I need to clean my room before I leave?

Please leave the room like you found it. Put rubbish in the bin in your room. The staff at the facility will do a deep clean of the room after you leave.

When you go home

When I return home, do I need to do any special cleaning?

No special cleaning is required, above what you or your household members would normally do.

Am I safe to go to work?

You can tell your employer and work colleagues you are fully recovered and that you cannot spread the virus – it is safe for you to return to work. You may want to show your employer the clearance letter you were given by Public Health.

Can I go back to my normal routine and activities?

You are fully recovered and no longer infectious so it is safe for you to return to your normal routine and activities. Remember to practise good hygiene, use the NZ COVID tracer app and contact Healthline on 0800 358 5453 if you have any concerns in future.

Is my family safe if I return to them at home?

Yes. If you have a clearance letter from Public Health it is safe for you to return to your family or whānau. You are no longer infectious and you will not be putting them at risk by returning home.

Is my family free to go about normal routine and activities?

If your household members were asked to stay home because they were close contacts, they need to complete the 14 days of self-isolation that started when you left to go into the facility. They will also need to have at least two negative COVID-19 tests, and have no symptoms before they can be cleared to return to normal routines.

Is it safe for me to return home if some of my family or whānau members are still required to self-isolate?

Yes, it is safe for you to return home from the quarantine facility to your household even if some family members are self-isolating there. Because you have been cleared by Public Health to leave the quarantine facility, you can resume your normal life. However, any family or whānau members still self-isolating must continue to do so until they have completed their 14 days of self-isolation, have had at least two tests and have no symptoms before they can be cleared to resume their normal life.

Can I catch COVID-19 again?

We are still learning about the virus that causes COVID-19, but what we know is that some people can get the virus again, as is common with other viruses.



But being fully vaccinated can help prevent this.

Studies show that about 95% of people who have received both doses of the Pfizer vaccine are protected against getting COVID-19 symptoms. When you're fully vaccinated, you are far less likely to fall seriously ill or spread the virus to others.

What do I do if become unwell after I go home?

People who have recovered from COVID-19 sometimes struggle to return to their pre-COVID-19 health. Many experience some lingering symptoms. Sometimes people have fatigue (feel tired), difficulty breathing, body aches, or other physical effects for weeks or even months after recovery.

If you are concerned, **or become unwell again**, please seek medical care. You may feel sad, distressed, worried, confused, anxious or angry. These feelings are normal. You have been through a lot - getting COVID-19 and staying in a quarantine facility. Please seek support.

Call your usual GP or healthcare provider. You can also call Healthline on 0800 358 5453, and if it is an emergency, call 111.

If I get sick, will I need to go back to the quarantine facility?

It is highly unlikely you will get the virus again, but a few people have had COVID-19 again after some months.

If you have any COVID-19 symptoms in the future, it is important to get tested. If you return a positive result that is not deemed to be historical, you would be required to go to a quarantine facility.

The best protection against getting COVID-19 again is to be fully vaccinated.

Vaccination

Even though you've just recovered from COVID-19, you should still get vaccinated. The COVID-19 vaccination is your best protection against the virus.

Why is it important to get vaccinated if I've already had COVID-19?

Some people can get COVID-19 again, but being fully vaccinated can help prevent this.

Studies show that about 95% of people who have received both doses of the vaccine are protected against getting COVID-19 symptoms. When you're fully vaccinated, you are far less likely to fall seriously ill or spread the virus to others.

I haven't had a COVID-19 vaccine yet? When should I get it?

You should get your first vaccination four (4) weeks from the date you left quarantine, and the second vaccination six (6) weeks after the date of your first vaccination.



What if I had already had one (1) dose of the vaccine before I got COVID-19?

You should get your second vaccination four (4) weeks from the date you left quarantine.

What if I had two (2) doses of the vaccine before I got COVID-19?

If you've already had two (2) doses of COVID-19 vaccine you don't need another at this time.

How can I book a vaccination?

- Visit <https://bookmyvaccine.covid19.health.nz/> or call the COVID Vaccination Healthline number: 0800 28 29 26. This number operates from 8am-8pm every day.
- Talk to your GP or local health provider about getting vaccinated
- More information on booking a vaccination: <https://covid19.govt.nz/covid-19-vaccines/how-to-get-a-covid-19-vaccination/book-your-covid-19-vaccination/>

Where can I go if I want more information?

Information is also available here: <https://covid.immune.org.nz/faq/if-you-had-virus-and-recovered-will-you-still-be-able-or-need-get-vaccine.>

Is there anything special I need to do because I have had COVID-19?

If you haven't already done so, please get vaccinated, and always follow the Alert Level rules:

- Stay at home if you are sick
- Keep a track of where you have been – use the NZ COVID tracer app
- Wear a face covering
- Wash your hands
- Cough or sneeze into your elbow
- Clean surfaces
- Maintain physical distancing.



There is more information on the [Unite against COVID-19](#) website