



Kuo ke ake mai mei ho'o puke 'i he COVID-19 Ngaahi fehu'i 'oku fa'a fehu'ia 'e he Kakai Pasifiki

Fakamālō atu 'i ho'o nofo fakamavahe'i (isolation) 'o malu ai ho fāmili pea moe komuniti.

Kuo a'u mai 'eni ki he tātāiku ho'o nofo 'i he feitu'u tauhi fakamavahe'i (quarantine facility) koe ai. Kuo taimi ke teuteu keke foki ki homou 'api moe feitu'u 'oku ke māheni nofo ai.

Ko e ngaahi fakamatala 'eni 'oku fiema'u keke 'ilo ki ai 'i ho'o mavahe mei he feitu'u na'e tauhi fakamavahe'i koe ai. 'E lava keke vahevahe atu e ngaahi fakamatala ni ki ho famili, kainga pea mo 'api ngāue'anga.

Mavahe mei he nofo fakamavahe'i(isolation)

Teu mavahe mei he feitu'u nofo fakamavahe'i 'afē?

'Oku fiema'u keke nofo 'i he feitu'u nofo fakamavahe'i 'i he meimei 'aho 'e hongofulu mei he 'aho na'e 'asi ai e ngaahi faka'ilonga 'oku ke mō'ua he mahaki. Kapau 'e kei 'asi pe e ngaahi faka'ilonga hili e 'aho 'e hongofulu, kuopau keke toe nofo koe he hōua 'e 72 ('aho 'e 3) hili e 'osi kotoa e ngaahi faka'ilonga.

'Oku fiema'u keu sivi COVID-19 kimu'a peau foki ki 'api?

'Oku 'ikai ke fiema'u ke sivi koe ia kimu'a pea ke foki ki 'api.

'E kei positivi pē e sivi COVID-19 'a kinautolu na'a nau puke he lau 'uike hili 'enau puke he mahaki. 'Oku 'uhinga 'eni, 'oku kei toe pē e kongokonga 'o e vailasi 'i ho sino hili ko ia kuo fuoloa ho'o sai mei he COVID-19.

Kapau kuo 'osi e 'aho e 3 moe 'ikai ke 'asi hā ngaahi faka'ilonga (pea kuo 'osi e 'aho ia 'e 10 mei ho'o fuofua puke) kuo ke sai koe ia he taimi ni.

Teke foki koe ki he me'a 'oku ke māheni ki ai – 'i he 'ikai ke nekativi ho sivi – 'i ha tohi fakangōfua mo faka'atā mei he Potungāue Mō'ui.

'Oku kei pīpīhi 'a e mahaki meia au 'i he'eku mavahe mei he feitu'u nofo fakamavahe'i?

'I he ma'u ho'o tohi fakangōfua mo faka'atā mei he Potungāue Mō'ui, kuo ke malu koe keke mavahe mei he feitu'u nofo fakamavahe'i.

‘I ho’o foki ki ‘api

Teu toe fai hā fakama’a mākehe ‘i he’eku a’u ki ‘api?

‘Oku ‘ikai ke toe fiemau hā fakama’a mākehe ia mei he fakama’a ‘api ‘oku ke anga mo ngāue’aki ‘i homou ‘api.

‘Oku ou malu pē keu foki ki he ngāue?

Tala ki he Kautaha Ngāue ‘oku ke ngāue ai pea mo ho kaungā ngāue kuo ke ‘osi sai pea ‘oku ‘ikai ke māfola e vailasi meia koe - kuo malu keke foki ki he ngāue. ‘E lava pe keke ‘oange ki ho’o Ngaue’anga ho’o tohi fakangōfua mo faka’atā mei he Potungāue Mō’ui.

‘E lava keu foki ki he ngaahi me’a na’a ku anga māheni ki ai?

Kuo ke sai pea ‘oku ‘ikai ke pīpīhi e mahaki meia koe pea ‘oku malu keke foki koe ki he ngaahi oku ke anga māheni ki ai. Manatu’i keke tauhi ki he haisini lelei mo ma’a, ngāue’aki ‘e NZ COVID tracer app pea ke telefoni ki he Healthline ‘i he 0800 358 5453 kapau ‘e ‘ai ha me’a teke hōha’a ki ai he kaha’u.

‘Oku malu hoku famili meia au ‘i he’eku foki ki ‘api?

‘Io. Kapau kuo ke ma’u ho’o toki fakangōfua mo faka’atā mei Potungāue Mō’ui, kuo ke malu koe keke foki ki ho famili. ‘Oku ‘ikai ke toe pīpīhi e mahaki mei koe pea ‘e ‘ikai teke fakatu’utāmaki koe kia kinautolu ‘i ho’o foki ki ‘api.

‘E ‘atā pe ki hoku famili kenau fai e ngaahi me’a ‘oku nau anga māheni ki ai?

Kapau na’e kole ki ho famili kenau nofo ma’u ‘i ‘api koeuhi na’a nau fetu’utaki ofi (close contact), ‘e fiema’u ia ke lava lelei honau ‘aho 14 nofo mavahevahe mo fakamavahe’i na’e kamata ‘i hono ‘ave koe ki he feitu’u nofo fakamavahe’i. ‘E toe fiema’u ke a’u ‘o tu’o ua ‘a e ola ‘enau sivi COVID-19, mo ‘ikai foki ke ‘asi ha ngaahi faka’ilonga ‘o e mahaki kae lava kenau ‘atā ‘o foki ki he ngaahi me’a ‘oku nau anga māheni ki ai.

‘Oku malu kiate au keu foki ki ‘api kapau ‘oku kei nofo mavahevahe mo fakamavahe’i hā nī’ihi hoku famili ‘i ‘api?

‘Io, ‘oku ke malu pē koe ia keke foki ki ‘api mei he feitu’u nofo fakamavahe’i neongo ‘oku kei oku kei nofo fakamavahevahe’i hā nī’ihi ho famili. ‘Ūhinga, kuo ‘osi fakangōfua mo faka’atā koe ‘e he Potungāue Mō’ui keke mavahe mei feitu’u nofo fakamavahe’i, foki koe ki he founga ‘o e nofo ‘oku ke anga ki ai. Kā neongo ia, ‘e kei hokohoko atu e nofo mavahevahe mo fakamavahe’i ‘e nī’ihi ho famili na’e fiema’u, ke lava lelei honau ‘aho ‘e 14 pea ua e nekativi e ola honau sivi ‘e ua mo ‘ikai foki ke ‘asi ha ngaahi faka’ilonga ‘o e mahaki kae lava mo ‘atā kenau foki ki he founga moe anga ‘o e nofo ‘oku nau māheni ki ai.

‘E mātu’utāmaki keu toe puke he COVID-19?

‘Oku mau kei lolotonga ako e vailasi ‘oku ne fakatupu e COVID-19, kā ‘i he’emau ‘ilo ‘oku ‘i ai e nī’ihi ‘oku toe ma’u kinautolu ‘e he vailasi, ‘o hangē ko ‘ene fa’a hoko ‘i he ngaahi vailasi kehe.



Kā ‘e tokoni e kakato e huhu malu’i (fully vaccinated), ke ‘oua ‘e toe hoko.

‘I he ngaahi fakatōtolo moe ngaahi ako kuo fai, ‘oku meimei pēseti e 95 e malu mo ‘ikai ke toe ‘asi e ngaahi faka’ilonga ‘o e COVID-19 ‘ia kinautolu kuo ‘osi lava lelei honau ongo huhu malu’i ‘Pfizer vaccine’. ‘E toe si’isi’i ange ha’o puke lahi pē ko ha’o fakamāfola e mahaki ki ha kakai kehe ‘i he lava mo kakato ho huhu malu’i.

Koe hā e mea teu fai ‘i ha’aku toe puke he’eku foki ki ‘api?

‘Oku fa’a faingāta’a ‘ia ‘a kinautolu na’a nau puke he COVID-19 ke nau foki ki he tū’unga mo’ui lelei na’a nau ‘i ai pea nau puke he COVID-19. Tokolahi ‘oku nau kei ongo’i e ngaahi faka’ilonga ‘o e mahaki. Taimi ‘e nī’ihi lahi, nau ongo’i hela’ia, faingāta’a e mānava, fēlangaaki e sino ‘o lau uike pē laui māhina hili e ake mei he mahaki.

Kapau teke fu’u tōkanga ki ai pē ko ha’o toe puke, kātaki ‘o kumi ki ha tokoni fakamo’ui lelei. ‘Oku nōmolo pē kapau teke ongo’i mamahi, hoha’a’ia, puputu’u mo ita. Kuo lahi e ngaahi me’a na’a ke fou mai ai, puke he COVID-19 pea ave koe ‘o nofo ‘i he feitu’u nofo fakamavahe’i. Katakaki ‘o kole tokoni.

Telefoni ki ho’o toketā fakafāmili (GP) pē kia kinautolu ‘oku nau tokanga’i fakamō’ui lelei koe(healthcare provider). ‘E toe lava pē keke telefoni ki he Healthline ‘i he 0800 358 5453, pea ‘i he fakatu’utāmaki mo fakavavevave, telefoni ki he 111.

Kapau teu toe puke, ‘e toe fiema’u keu foki ki he feitu’u nofo fakamavahe’i?

‘Oku si’isi’i ‘aupito keke toe puke koe hē vailasi, kā na’e ‘ia e toko si’i na’a nau toe puke he COVID-19 hili ha ngaahi māhina.

Kapau teke toe ma’u e ngaahi faka’ilonga ‘o e COVID-19 ‘i he kaha’u, ‘oku mahu’inga keke sivi. Kā positivi e ola ho sivi, ‘oku ‘ikai ‘uhinga ia ko ho’o ma’u e mahaki kimu’a, ‘e fiema’u ia keke ‘alu koe ki he feitu’u nofo fakamavahe’i.

Toe fakaongo atu, koe kakato e huhu malu’i koe malu’i lelei taha ia ke ‘oua ‘e toe puke he COVID-19.

Huhu Malu’i

Neongo na’a ke ‘osi sai koe mei he COVID-19, ‘oku kei fiema’u keke huhu malu’i. Koe huhu malu’i COVID-19 vaccination ko ho malu’i lelei taha mei he vailasi.

Koe hā ‘oku kei mahu’inga ai pe keu huhu malu’i neongo neu ‘osi puke au he COVID-19?

‘Oku ‘i ai e kakai ‘e nī’ihi ‘oku nau toe puke kinautolu ‘i he COVID-19, kā ‘e tokoni e kakato e huhu malui ke ‘oua ‘e toe hoko.

‘I he ngaahi fakatōtolo moe ngaahi ako kuo fai, ‘oku meimei pēseti e 95 e malu mo ‘ikai ke toe ‘asi e ngaahi faka’ilonga ‘o e COVID-19 ‘ia kinautolu kuo ‘osi lava lelei honau ongo huhu malu’i ‘Pfizer vaccine’. ‘E toe si’isi’i ange ha’o puke lahi pē ko ha’o fakamāfola e mahaki ki ha kakai kehe ‘i he lava mo kakato ho huhu malu’i.

‘Oku te’eki ai ke fai hoku huhu COVID-19? Teu huhu nai ‘afē?



Fai ho huhu ‘uluaki he ‘uike ‘e fā(4), mei he ‘aho na’a ke mavahe ai mei he feitu’u nofo fakamavahe’i, pea huhu hono ua ‘i he ‘uike ‘e ono(6) mei he ‘aho ho fuofua huhu.

Fēfē kapau nē lava e huhu ia ‘e taha(1) kimu’a peau puke he COVID-19?

Fai ho huhu hono ua ‘i he uike ‘e fā (4) mei he ‘aho na’a ke mavahe ai mei he feitu’u nofo fakamavahe’i.

Fēfē leva kapau nē fakatou lava hoku ongo huhu kimu’a peau puke he COVID-19?

Kapau kuo lava ho ongo huhu COVID-19 vaccine ‘oku ‘ikai ke toe fai hao huhu he taimi ni.

Teu puka fakafēfē ‘eku huhu malu’i?

- Vakai ki he <https://bookmyvaccine.covid19.health.nz/> pē telefoni ki he ‘COVID Vaccination Healthline’ ‘i he 0800 28 29 26. ‘Oku ‘atā e fika ko ‘eni mei 8am-8pm ‘aho kotoa pē.
- Fētū’utaki ki ho’o toketā fakafamili(GP), pe kia kinautolu ‘oku nau tokanga’i fakamo’ui lelei(local health provider) ke fai ho huhu.
- Toe ngaahi fakamatala kehe fekau’aki moe puka ho huhu: <https://covid19.govt.nz/covid-19-vaccines/how-to-get-a-covid-19-vaccination/book-your-covid-19-vaccination/>

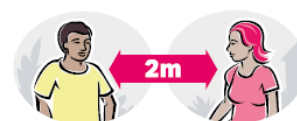
Teu ma’u mei fē hā toe ngaahi fakamatala kehe, kapau teu fiema’u?

Ma’u e ngaahi fakamatala ‘i heni: <https://covid.immune.org.nz/faq/if-you-had-virus-and-recovered-will-you-still-be-able-or-need-get-vaccine>.

‘Oku ‘i ai ha ngaahi me’a mahu’inga ‘oku fiema’u keu fai hē na’a ku puke he COVID-19?

Huhu malu’i kapau ‘oku te’eki keke huhu, pea muimui ma’u pe ki he tu’utu’uni ‘o e ngaahi lēvolo fakatokanga (Alert Level rules):

- Nofo ‘i ‘api kapau ‘oku ke puke
- Ngāue’aki e use the NZ COVID tracer app, ke ‘ilo’i e feitu’u ‘oku ke ‘i ai
- Tui face masks
- Fanufanu ho nima
- Mafatua mo tale ki ho uma
- Fakama’a e funga me’a
- Tauhi e vā māma’o.



‘Oku toe ‘i ai moe ngaahi fakamatala ‘i he [Unite against COVID-19](https://uniteagainstcovid19.org.nz/) website.