

TAU TAGATA KUA TATA-ATU KI AI

Ko koe ko e tagata kua lauia ai mo ia e tagata kua iloa kua moua mooli he gagao COVID-19 POKE kua nofo a koe he matakavi tonu ia (matakavi kua fai ononooga ki ai) mo e tagata ia kua mailoga a koe kua tu hagahagakelea lahi. Hanai e tau mena kua lata ia koe ke taute.

Nofo tokotaha?

E

Ko e nofo tokotaha he kaina po ke taha kaina kua taute pauaki ke he 14 e aho.

Ko e 14 e aho haau, kamata he aho fakamua he mole-atu e faka-tata-atu haau ki a ia ne moua he COVID-19.

Ko e kakano he mena nai kua nakai maeke a koe ke fano ke he gahua poke fano ke faofao tino i fafo. Fakatau e tau koloa i luga he laini hila poke ole ke he tau magaafaoa /kapitiga ke moua e tau mena kai mo e tau segavai.

Kaeke kua nofo a koe mo e tagata kua moua he COVID-19 ko e nofo tokotaha haau to kamata he aho ka mole-atu e fano-kehe mai he kaina (fakatai, fano ke he kaina taute pauaki) ke lata mo lautolu ne malolo mai he COVID-19.

Falu a magaaho ko lautolu kua tata-atu ki a koe kua talaage ki ai ke o atu ke he kaina taute pau-aki mo e nonofo ki ai. Ko e mena nai ke puipui-aki a lautolu kua nonofo auloa.

Haha iai e tau lagomataiaga tupe ma e tau tagata ne kua lata ke nonofo kehe hakoe COVID-19.

Fano ke tivi

Moua noa e tivi

E

Kua lata ia koe ke moua e tivi ke he magaaho ia. Kua lata ke moua foki taha tivi he 5 e aho mo e taha foki he 12 e aho he mole-atu e faka-tata-atu haau ki a ia ne moua he COVID-19.

Kua lata ia koe ke moua 3 e tivi:

- ke he magaaho ia ni mo e
- lima (5) e aho he mole-atu e faka-tata-atu haau ke he tagata kua moua he COVID-19, mo e
- hogo-fulu-ma-ua (12) e aho he mole-atu e faka-tata-atu haau kia ia ne moua he COVID-19.

Falu a magaaho kua lata ke moua e falu tivi lafi ki luga. Fakatai, kaeke kua kitia e fakamailoga COVID-19. To fakailoa atu he faahi Public Health e tau magaaho ke tivi ai a koe.

Posetivi, ka mooli e tivi haau: **kua moua a koe** he COVID-19 (to hea-atu e faahi Public Health ki a koe).

Pete ni kua nakai mooli e tivi haau, kua lata ni a koe ke nofo tokotaha a to, tala-atu he faahi Public Health kua lata tuai a koe ke fano ki kaina. ke lata mo e tau fakailoaga ke he tau Tiviaga vilo atu ke he Healthline **0800 358 5453** po ke finatu ke he healthpoint.co.nz/covid-19/

Mataala ke he tau fakamailoga

E

Po ke 14 e aho he mole-atu e fakatata-atu ke he tagata kua moua COVID-19.

Ko e tau fakamailoga COVID-19 to lauia ai e tau mena nai- koho foou, velavela, ku e fafagu, mamahi e pu-kakia, tafe e ihu, galo faka-ku e hohogo mo e logonaaga

Falu, tagata to moua *he gagao hihi, mamahi e ulu, mamahi e tau fua-pule lialia-pou e ulu, uka e manamanatuaga mo e hogohogo-manava mena noa.*

To, matutaki tumau atu e faahi Public Health ke fuafua haau a malolo tino mo e haau a moui olaola. Tala-age ki ai kaeke kua fai fakamailoga a koe.

Ka, fai fakamailoga- pete ni kua nakai mooli e tivi haau-kua lata ni ia koe ke:

- liu tivi fakamafiti foki mo e
- liu ke fakaoti e 14 e aho nofo tokotaha - pete ni kua nakai mooli (nekativi) e tau fakaotiaga he tau tivi haau.

Kua lata nakai he tau tagata ne nonofo mo koe ke fai mena ke taute?

E

Kua lata a lautolu ia ke nonofo he tau kaina ke 5 e aho.

Ko lautolu oti he loto kaina* kua lata ke nonofo i kaina to hoko e magaaho ka moua he tagata ne fano ke he matakavi nai e tiviaga nekativi ka mole e 5 e aho he oti e tiviaga

Ko e kakano kua **nakai maeke e tau tagata oti he loto kaina nai ke o fano i fafa ke he ha kakano taha.** To hoko e magaaho nai, ole ke he tau kapitiga poke magaafaoa ke toka e tau mena kai poke tau segavai he haau a gutuhala poke fakatau e tau koloa ki luga he laini hila.

Ko lautolu e tau tagata ne nonofo mau ke he loto kaina nakai mati a lautolu ke moua e taha tiviaga ato fai lekua ke he **ha lautolu** a malōlō tino po kua ole pauaki he tau pulotu gahua he faahi malōlō.

*Neke nakai putoia a ko e ke he mena nai kaeke ko e tagata gahua a koe he faahi malōlō tino. Fakamolemole ti kumikumi atu kehe laini he Faahi malōlō tino.

Nofo puipui ke he haau a kaina to moua e fakaataaga mai he Faahi Malōlō Tino.

Hea e Healthline ka fai fakamailoga po ke manako hatakiaga, vilo atu ke he **0800 358 5453**. Ka, uka ia koe ke fafagu, vilo atu e Emepelene (Ambulance) Dial **111**.