



Fesili e Masani ona Fesiligia

Tuipuihua o le COVID-19

Ua ou maua i le COVID-19. O afea e mafai ai ona fai lo'u tuipuihua?

Afai e le'i faia sou tuipuihua o le COVID-19, e tatau ona fai lou tuipuihua muamua i le 4 vaiaso mai le aso na e tu'ua ai le MIQ poo le faletalimālō mo malupuipuga, ma le tuipuihua lona lua i le 6 vaiaso talu mai le aso o lou tuipuihua muamua.

Afai sa faia lou tuipuihua 1 ae e te le'i maua i le COVID-19, e tatau ona fai lou tuipuihua lona lua i le 4 vaiaso mai le aso na e tu'ua ai le MIQ poo le faletalimālō mo malupuipuga.

Afai ua mae'a ona faia ou tuipuihua e lua ae e te le'i maua i le COVID-19, e lē mana'omia seisi ou tui i le taimi nei.

O a'u e iai se fesoota'iga vavalalata. O afea e mafai ai ona fai lo'u tuipuihua?

A faapea o oe e iai se fesoota'iga vavalalata ma se tasi ua maua i le COVID-19 e mafai ona fai sou tuipuihua pe a mae'a le 14 aso talu ona e faanofo-esea. E mana'omia le i ai o sau su'ega le faamaonia o le COVID-19, ma ia saoloto mai i le tulaga o āuga.

O afea e mafai ai ona fai tuipuihua o lo'u aiga?

O tagata o le aiga e ova atu ma le 12 tausaga le matutua e mafai ona fai tuipuihua, pe a fai latou te lē o faanofo-esea. E mafai ona e alu i le nofoaga o tutotonu mo tuipuihua poo le drive through pe vili le laina a le Ofisa o Tuipuihua a le Pasefika 0800 21 12 21. Poo le vili o le COVID-19 Vaccination Healthline i le 0800 282926. E mafai foi ona faatonu i luga o le initaneti <https://bookmyvaccine.covid19.health.nz/>



E faafefea pe a fai o a'u o se tagata ua feso'ota'i vavalalata ae ua uma ona fai lo'u tuipuihua?

Tusa lava pe ua mae'a lou tuipuihua, e tatau lava ona e nofo faanofo-esea to'atasi mo le 14 aso. O le tuipuihua e maua ai se puipuga lelei ma o le a puipua ai faama'i tugā, ae leai se tui e 100 pasene le aoga. Atonu e te maua pea le lagona ma'i, pe pasi atu foi le siama i isi tagata, tusa lava pe na o lou amata lagonaina oni auga feololo o le COVID-19.

Mo nisi faamatalaga:

Vala'au le Healthline: 0800 358 5453 (e maua fua, le auunaga faatasi ma faamatala'upu e avanoa mo le 24/7). E mafai foi ona e asia le upega tafa'ilagi a le Unite COVID e iai faaliliuga ma [fautuaga mo le faanofo-esea to'atasi](#), poo le www.arphs.health.nz pe www.covid19.govt.nz.



Faamatalaga lautele e uiga i le Covid-19

O a'u e iai se fesoota'iga vavalalata, o le a la'u mea e fai?

E 4 mea e tatau ona e faia pe afai e iai sou fesoota'iga vavalalata.

1. Nofo i le fale, faamamao ese mai isi o lou auai, ma mulimuli i fautuaga a le Soifua Maloloina Lautele. E mana'omia lou nofo i le fale se'iloga ua maua mai ni i'uga se lua o au sue'iga ua lē faamaonia, ma ua logoina mai e le Soifua Maloloina ua e mamā.
2. Ia fai sau siaki - i le taimi lava lea, ma le Aso 5 ma le Aso 12. O nofoaga mo su'ega i lou lotoifale o loo lisiina [ii](#) poo luga o le upega tafa'ilagi a le [Prepare Pacific](#) poo le Facebook
3. Ia mautinoa le nofo faamamao ese o lou aiga mai isi tagata se'i vagana ua maua atu le i'uga o lau su'ega ua lē faamaonia.
4. Logo i le Soifua Maloloina Lautele e uiga i soo se mea e mana'omia e oe ma lou aiga ina ia mafai ai ona outou nonofo i le fale ma puipuia ai isi tagata.

Taga'i i lenei upega tafa'ilagi mo nisi faamatalaga <https://www.arphs.health.nz/public-health-topics/covid-19/for-cases-and-contacts/>

O le a le uiga o le faanofo-esea toatasi?

E tatau ona e taumamao mai isi tagata o loo outou nonofo i le tou aiga. E fesoasoani lea e puipuia mai ai latou mai le gasegase. Aua ne'i tu'ua lou fale mo soo se mafua'aga, se'i vagana lou alu e fai lau su'ega. Afai ua e lē manuia lelei vala'au le Healthline free i le 0800 358 5453 mo se fautuaga. Aua ne'i e alu e fai se tuiyipui, pe alu e faigaluega pe alu i le faleoloa. Taumafai e 'alo'ese mai potu o loo i ai isi tagata. Mo nisi faamatalaga e uiga i le faanofo-esea to'atasi asiasi i le upega tafa'ilagi lea <https://covid19.govt.nz/health-and-wellbeing/protect-yourself-and-others-from-covid-19/stay-home-if-youre-sick/#when-to-stay-home>

O le a le mea e tatau ona fai e tagata o lo'u aiga?

O tagata o lou aiga e tatau ona nonofo i le fale ae mafai lava ona faatasi. E le mafai ona latou tu'ua le fale se'i vagana ua e mauaina le i'uga o lau su'ega o le Aso 5 ua lē faamaonia. O le a telefoni atu oe e le Soifua Maloloina Lautele ma vaai pe i ai se mea e te mana'omia ma e mafai ona latou taliina ni au fesili.

O le a le mea e tatau ona ou faia pe afai sa ou iai i se nofoaga ua āfaina?

O Nofoaga ua āfaina e aofia ai nofoaga ia sa asia e se tasi ua maua i le COVID-19.

Afai e te faalogo ua āfaina i le COVID-19 se nofoaga sa e asia (e.g. i se lotu) siaki le upega tafa'ilagi a le Matagaluega o le Soifua Maloloina e vaai pe ua lisiina o se nofoaga ua āfaina. E ta'u atu e le upega tafa'ilagi ia te oe poo le a le mea e mana'omia ona fai ma e poo le a le umi e te nofo ai i le fale. E mafai ona e vili le Healthline i le 0800 358 5453 mo se fautuaga pe'a e lē mautinoa le mea e fai.



Afai e faamaonia le i'uga o la'u su'ega o le COVID, o le a le mea e tupu?

O le a talosagaina oe e te alu i totonu o se nofoaga o pulega faanofo-esea pei o le Jet Park poo le Novotel, ina ia mafai ona matou lagolagoina oe atoa ai ma soo se mana'oga faafoma'i. O le a vili atu oe e le nofoaga e

faatatalanoa auala o felaua'iga e aofia ai pe faafefea ona e taunu'u atu i le nofoaga ma le taimi e mana'omia ai lou alu ese.

O le a faamautinoa fo'i e le Soifua Maloloina Lautele ua mafai ona e mauaina soo se vaila'au talavai poo isi mea taua. O le a latou talanoa atu ia te oe e uiga i soo se tagata o le aiga e ono mana'omia le nofo i le nofoaga o pulega faanofo-esea faatasi ma oe. E ono aofia ai tamaiti o loo faalagolago ia te oe. O le a siakiina oe e le Soifua Maloloina Lautele ma faatulaga uma au su'ega o le COVID i le taualumaga o lenei taimi.

O le a talanoa atu le Soifua Maloloina Lautele i tagata o lou aiga i le fale ma faamautinoa o loo iai ni a latou mea'ai, vaila'au talavai ma isi mea taua.

Afai e lē faamaonia la'u su'ega, o le a le mea e tupu?

Afai na e mauaina se i'uga lē faamaonia o lau su'ega o le Aso 5, e mana'omia lou nofo faanofo-esea to'atasi se'i vagana ua maua mai le i'uga o se isi su'ega ua lē faamaonia foi - e masani lava mai le aso 12. Afai o lenei su'ega e le faamaonia fo'i, o le a mafai loa ona faamuta lou faanofo-esea to'atasi i le aso 14 pe afai o loo e manuia, ma ua kilia mai oe i le Soifua Maloloina Lautele e te alu ese.

E faafefea pe a ou ma'i?

A faapea o oe poo se isi o lou aiga ua faalogoina le ma'i, faamolemole fai sau siaki. Valaau le Healthline i le 0800 358 5453 poo lau foma'i e talanoaina.

O faailoga o le COVID -19 mafai ona aofia ai se tasi pe sili atu o mea nei - ma ono lagonaina e pei o isi gasegase

* mafatua ma tafe le isu, o se tale fou pe leaga tele atu foi, tigā le faa'i, o le fiva e tusa ma le 38 C, taupuni le mātāna, lē lagona le manogi poo le suia o le tofo, manava tatā, tigā o le ulu, tigā o maso poo le gagase o le tino, faaufaufau poo le faasuati.



E faafefea pe a ou maua i le COVID-19?

O le a vala'au atu oe e le afaigaluega a le Soifua Maloloina Lautele e faailoa atu ua e maua i le COVID-19. Ua mana'omia nei oe ina ia e faanofo-esea mai isi tagata ina ia taofi ai lou faasalalau atu o le siama i seisi. O le nofo faanofo-esea e mafai ona fesoasoani e faasao ai lou aiga ma le alalafaga.

O le a e mauaina se potumoe, faleta'ele ma le TV i le nofoaga o le MIQ. O le a e mauaina taumafataga ma mea'ai māmā, maua ma le Wi-Fi e leai se totonu faapea ma le auaunaga faatapula'a mo tagamea.

O le a faatulaga e le Soifua Maloloina Lautele lou aga'i atu i le MIQ. O lenei faamatalaga [ii](#) o le a fesoasoani ia te oe mo lou silafiaina o mea e te alu ma oe, faapea ma mea e moomia pe a e taunu'u atu i le nofoaga.

Frequently Asked Questions

COVID-19 Vaccination

I have COVID-19. When can I get vaccinated?

If you haven't had any COVID-19 vaccine, you should get your first vaccination 4 weeks from the date you left the MIQ or quarantine hotel, and then the second vaccination 6 weeks after the date of your first vaccination.

If you had 1 dose of the vaccine before you got COVID-19, you should get your second vaccination 4 weeks from the date you left the MIQ or quarantine hotel.

If you already had 2 doses of the vaccine before you got COVID-19, you don't need another one yet.

I am a close contact. When can I get vaccinated?

If you are a close contact of someone with COVID-19 you can get your vaccine after your 14 day isolation period has finished. You will need to have had a negative COVID-19 test and be symptom free.

When can my family be vaccinated?

Family members over the age of 12 years can be vaccinated, provided they are not in isolation. You can go to a vaccination centre or drive through or ring the Pacific vaccination line 0800 21 12 21. Or ring the COVID-19 Vaccination Healthline on 0800 282926. You can also book online <https://bookmyvaccine.covid19.health.nz/>



What if I am a close contact and have already been vaccinated?

Even if you are vaccinated, you must stay in self-isolation for 14 days. The vaccine provides good protection and will prevent serious illness, but no vaccine is 100 per cent effective. You may still get ill, or pass the virus to others, even if you only develop mild symptoms of COVID-19.

For more information:

Call Healthline: 0800 358 5453 (a free, 24/7 service with interpreters available). You can also visit the Unite COVID website with translations and [advice on self-isolation](#), or www.arphs.health.nz or www.covid19.govt.nz.



General Information about Covid-19

I'm a close contact, what do I have to do?

There are 4 things you need to do if you are a close contact.

1. Stay at home, away from others in your household, and follow Public Health advice. You need to stay at home until you have had at least two negative test results, and Public Health says you are cleared.
2. Get tested – straight away, and on Day 5 and Day 12. Your local testing centres are listed [here](#) or on the [Prepare Pacific](#) site or Facebook
3. Make sure your family stays away from others until you get a negative test result
4. Tell Public Health about anything you need so you and your family can remain at home and protect others.

Go to this link for more information <https://www.arphs.health.nz/public-health-topics/covid-19/for-cases-and-contacts/>

What does self-isolation mean?

You must stay away from the other people you live with at home. This will help protect them from getting sick. Do not leave your house for any reason, except to get tested. If you are unwell call Healthline free on 0800 358 5453 for advice. Do not get vaccinated, or go to work or to the shops. Try and keep out of rooms where other people are. For more information about self-isolation visit this link <https://covid19.govt.nz/health-and-wellbeing/protect-yourself-and-others-from-covid-19/stay-home-if-youre-sick/#when-to-stay-home>

What do my family members have to do?

Your family members have to stay at home but can be together. They cannot leave the house until you receive your Day 5 Test result back and it is negative. Public Health will ring you and see if there is anything you need and can answer any questions you may have.

What do I have to do if I've been to a location of interest?

Locations of interest are places where someone with COVID-19 has been.

If you hear there is COVID-19 somewhere you have been (eg at church) check the Ministry of Health website to see if it has been listed as a location of interest. The website tells you what you need to do and how long you need to stay at home. You can call Healthline on 0800 358 5453 for advice if you're not sure what to do.



If my COVID test is positive, what will happen?

You will be asked to go into a managed isolation facility like Jet Park or Novotel, so that we can support you and any medical needs. The facility will ring you within 24 hours to discuss transport arrangements including how you will get to the facility and when you will need to go.

Public Health will also ensure you can access any medications or other important items. They will talk to you about any family members who may need to stay in managed isolation with you. This might include dependent children. Public Health will check on your health and arrange all your COVID tests during this time.

Public Health will talk to your family members at home and make sure they have food, medications and other important items.

If my test is negative, what will happen?

If you have had a negative test from day 5 you will need to remain in self-isolation until you get another negative test result back – usually from day 12. If this test is also negative you will be able to leave self-isolation on day 14 provided you are well, and Public Health says you are clear to leave.

What if I get sick?

If you or your family feels sick, please have a test. Call Healthline on 0800 358 5453 or your doctor to discuss.

Signs of COVID -19 can include one or more of the following – and may feel like other illnesses

* sneezing and runny nose, a new or worsening cough, sore throat, a fever of at least 38°C, shortness of breath, temporary loss of smell or altered sense of taste, diarrhoea, headache, muscle pain or body aches, nausea and vomiting.



What if I have COVID-19?

Public Health staff will have called you to let you know you have COVID-19. You are now required to isolate away from others so you don't spread the virus to anyone. Staying in isolation can help keep your family and community safe.

At the MIQ, you will get a bedroom, bathroom and TV. You will be provided with meals and snacks, have access to free Wi-Fi and a limited laundry service.

Public Health will arrange for you to move to the MIQ. The information [here](#) is to help you understand what to take with you and what to expect when you get there.