

# Tau fakatokatokaaga ke mautali

Fakamau hifo he taha laupepa e tau fakatokatokaga ke mautali e haau a kaina ko e heigoa kua lata ke taute mo e tau lagomatai fefē ke moua.

- Tau higoa he tau tagata mo e tau numela foni he tau magaaho kaeke kua fai lekua tupu fakafofo
- Tau tagata ne maeke ke lagomatai e nofo mamao mai mo e falu tagata (isolation) tuga e (fakatau e tau kai ti taatu ke he haau a gutuhala he fale)
- Tau fakatokatokaaga ke lata ma e tau (levekiaga he tau fanau he loto kaina)
- Tau puhala fefē ke fakailoa ke he tau tagata ko mautolu ne nonofo mamao mai he tau tagata ha ko e tau puipuiaga (isolation)
- Tau fakamaamaaga ke lata mae loto kaina (tuga e tau puhala ke leveki aki e tau manu fao, tau levekiaga ke he tau akau, mo e tau fakaholoaga ke he totogiaga he tau pila)

**Taha Puha ke mautali ke lata mae tau lekua tupu fakafofo (Wellness kit)** Kehekehe e tau puhala levekiaga he tau malolō tino, hanai i lalo e falu a tau puhala ke lagomatai.

**Tau fakapapahiaga he tau koloa fakameā ne kua mahuiga ke mautali**

- Tau pa ihu mo e tau pa gutu
- Tau vai holoholo lima pauaki
- Tau kalavi
- Tau taga veve
- Tau puha tisiu
- Tau koloa fakameā fale

**Fakamau hifo foki e tau koloa mahuiga mo e falu mena foki kua lata mae kaina:**

## Mautali fefē kaeke kua fai fakamailoga COVID-19

- Koho/ Mamahi e Kakia / Ponotia e tau pu ihu  
Fakaaoga e tau vai lakau ke lagomatai ke tukutuku hifo e gagao tuga e kawakawa, poke tau balms, kai e ice block, fakaaoga e tau vai vapour rubs poke tau eucalyptus ke fafagu a koe ki ai, mo e tau vai tului e mamahi e kakia mo e ihu tuga e tau tegavai mamahi kakia lozenges.
- Fiva  
Falu a tau mena ne maeke ke lagomatai ke tutuku hifo e mafana poke momoko he tino, tuga e tau peke aisa, tau lupu vela fakamafana, tau mena tui mafana mo e tau vai ke lagomatai ke tukutuku hifo e mamahi he tino tuga e paracetamol.
- Tau mamahi mo e uhu he tino  
Tau koloa ke faka hagahagamitaki tuga e uluga mo e tau kafu.

**Fakamau hifo foki e tau tegavai mo e tau vai tului he magafaoa haau kaeke kua nofo isolation a koe:**

**Leveki fakamitaki haau a loto manamanatu** Mooli lahi, maeke ke moua e matakutaku, hupoate, tupetupe he tau magaaho matematekelea. Ua maimainā poke fakauaua ke kumi lagomatai. Maeke a koe ke kumi lagomatai ke lata mae tau lekua tuga ka tupetupe e manamanatuaga, matakutaku mo e hupoate. Vilo poke text atu e numela **1737** ke fakatutala mae tau pulotu counsellor nakai fai totogi, 24 e tulā, 7 e aho he faahi tapu.

Falu a tau puhala ke leveki aki haau a moui olaola mo e loto manamanatu tuga e:

- Fakatula mo e haau a tau kapitiga mo e tau magafaoa
- Mailoga mo e leveki e haau a loto manamanatu - nakai ko e mena kelea ka matakutaku moe tupetupe e haau a loto
- Fakatumau ke taute e tau mena haau ne fae mahani ke taute he tau aho takitaha
- Ke lali ke tukutuku hifo e tau magaaho ne fakaaoga e tau lakau hila

**Fakamau hifo foki e falu a tau koloa mo e tau mena mahuiga ke lagomtai aki a koe (tuga e tau mena ne fiafia a koe ke taute he nofo i kaina):**

**Tau mena kua lata ke moua e tau fakalaulahiaga** Ko e heigoa haau ne nakai la moua e maamaga mitaki haggao ke he COVID-19? Ko e heigoa haau ne manako ke moua e fakalaulahiaga ke mau tauteute? Mitaki ke kumi atu e tau fakamaamaaga he kupega hila [Covid19.govt.nz](https://www.covid19.govt.nz)

## Hanai e tau kautaha mo e tau matakau lagomatai COVID-19 Support Services:

COVID-19 Healthline: **0800 358 5453**

Healthline: **0800 611 116**

Health advice about babies or children

PlunketLine: **0800 933 922**

Family Services: **0800 211 211**

Work and Income: **0800 559 009**

Mental health support: call or text **1737**

Alcohol Drug Helpline: **0800 787 797**

Rural Support Trust: **0800 787 254**

Business support:

North Island **0800 500 362**

South Island **0800 505 096**