

# Palani mo Meafaigaluega

Fakaoga se pepa aka mo fai palani ote fale kote mea ko tino kena iloa muamua mea e tau o fai ne latou.

- Fesokotakiga faafuasei mo tatou
- Tino e fiafia o fesoasoani o fakafaigofie te fakatauatea (pela mote avega o meakai)
- Tausiga a tatou mo fuafuaga lagolago (pela mo tamaliki mo tino fakalagolago)
- E mafai pefea ke iloa ne tino ia matou e fakatauatea
- Fakatonuga ate kaiga (pela mote tausiga o manu mo lakau, tausiga ote kaiga pela mote togiga o pili)

**Pusa mote Ola Lei** A mea e manakomia ne tino takitokotasi mote ola lei o latou e mafai o kese, ako mea mai lalo ko nisi manatu masani.

Te lisi ote tumaa kaatoa

- Mea ufi gutu
- Mea ufi lima
- Pepa s'olo
- Mea fulu lima
- Paaki lapisi
- Mea fulu fakama

Fakamau ki lalo mea e manakomia:

## Fakafesagai mo failoga ote COVID-19

- Kote tale / Kakii / Sinus  
Mea fakamafanafana pela mo te Kawakawa io meko sinu mili. kati poloka, mea mulumulu fatafata io me se sinu mo manava kite ausaga, mea fakatogafiti mo tou isu mo tou kakii pela mo te spray io me se fuaga.

- Te Fiiva  
Mea e mafai o fakamalu ifo iei te vela, pela mo paketi polokal, vai vela, fagu vela, gatu mafanafana mo fuaga mae pela mo paracetamol

- Tigaina  
Mea fesoasoani ke lei koe pela mo aluga mo sulukafu.

Fakamau ki lalo niisi fuaga mo niisi tino ote kaiga e manakomia manafai ko fakatauatea:

**Tumau te lei ote mafaufau** E masani loa tatou o pole saale io me manavase i taimi o faigataga. Moaa tatou e matakou o salasala ki ne fesoasoani. A fesoasoani mo te polevale, puapuaga io meko lei ote mafaufau, e mafai koe o vili io me text **1737** o faipati mote tino fautua ese togj 24 itula ite aso, 7 aso ote vaiaso.

Niisi manatu e tausi iei te lei aofia iei:

- Tumau o fesokotaki mo taugasoa mo fanau
- Fakaasi tou lagona - e masani loa tatou o pole saale io me manavasee
- Tumau i faiga masani manafai e mafai
- Fakamama tou taimi online

Fakamau ki lalo niisi mea e mafaufau koe e aoga o fesoasoani (pela, mo mea e fiafia koe kiei kola e mafai o fai ite fale):

**Mea e fia iloa** Sea te mea se iloa ne koe uiga mote COVID-19? Nea mea e tau o manakomia ke sala o fesoasoani ko koe ke fakatoka fakalei? [Covid19.govt.nz](https://www.covid19.govt.nz) tena te koga lei o kamata iei.

## COVID-19 Koga Maua Fesoasoani lei

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

Healthline: **0800 611 116**

Fautuaga ote Ola Lei mo pepe io meko tamaliki

PlunketLine: **0800 933 922**

Auala Fesoasoani mo Kaiga: **0800 211 211**

Work and Income: **0800 559 009**

Auala Fesoasoani mo Kaiga **1737**

Alcohol Drug Helpline: **0800 787 797**

Rural Support Trust: **0800 787 254**

Pisinisi Lalolago:

Fenua ki Matu **0800 500 362**

Fenua ki Saute **0800 505 096**