



Fakapapahiaga Fakaofu 3

Tau Hatakiaga Mahuiga ke lata mo e tau tagata oti

1. **Nofo i kaina.**

Ka nakai finatu a koe ke he gahua, aoga, faofao poke fakatau koloa ke lata mo e tau momoui malolō tino, ti kua lata ni a koe ke nofo i kaina, tuga he fakapapahiaga 4.

2. **Gahua mo e matutaki e tau fakaakoaga i kaina ka maeke.**

Manako agaia a mautolu ke gahua e tokoloaga he tau tagata mai he tau loto kaina, mo e tau fanau ikiiki mo e tau fuata ke matutaki e tau fakaakoaga he tau loto kaina. Ko e tau fanau aoga mo e tau faiaoga ne kua fai kafokia tuai ke he tau tino, ke nonofo foki i kaina, mo e to fai lagomataiaaga ke lata mo lautolu.

Ko e tau aoga fakamahani mo e tau aoga vahega 1-10 to hafagi ke lata mo lautolu e tau magafao kua tonuhia e tau fanau ke oatu he aoga.

3. **Mailoga e pisinisi haau ke muitua ke he tau puipuiaga momoui tagata ma e COVID-19.**

Maeke e COVID-19 ke fakapikitia ke he fale gahua, ti kaeke kua hafagi haau a pisinisi, mailoga ke leveki e tau momoui tagata ke aua neke mukamuka ke fakapikitia e gagao.

4. **Nofo he haau a maaga lahi.**

Maeke ia koe ke finatu ke faofao tino ke he tau paaka mo e tau mata-tahi koukou he maaga lahi haau, kae mua atu kaeke kua tata ni ki kaina. Mailoga ke haohao mitaki e tau mena taute – fakamamao ke 2 e mita mai he ha tagata ne nakai nofo he puipuiaga fufua haau. Ua fano mamao poke fano tumau.

5. **Mailoga ke ua fakatokologa lahi e haau a puipuiaga fufua.**

Ka manako a koe, maeke ke fakaatā e falu foki ke lafi ke he puipuiaga fufua haau, kae ua fakatokologa lahi, tuga mai he magafaoa ne fa pipiki mau kia koe, poko lautolu ne leveki tagata/fanau poke tau tagata nonofo takitokotaha.

6. **Fakamalolō ke holoholo tumau aki e maga moli e tau lima haau.**

Fakatumau ke holoholo aki e maga moli e tau lima haau ke katoa e 20 e sekone. Koho poke tihe kehe ao tuli lima haau.

7. **Kaeke kua gagao, nofo he kaina mo e hea mafiti atu ke he ekekafo magafaoa haau poke Healthline ke kumi fuafuaaga ke lata mo e gagao.**

Ua fakavihia a lautolu ne moua he gagao COVID-19. To kautū ni a tautolu ka gahua aulua oti ke kumi ai ke he ha mena fe ni kua ha ha i ai.

Find out more at
Covid19.govt.nz

New Zealand Government

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against
COVID-19**
INFORMATION FOR
PACIFIC PEOPLES