

Ko e heigoa ke taute ka moua e koe e tau fakamailoga he COVID-19



Fai fakamailoga nakai a koe?

Koho **Galo fakaku e manogi he tau mena kai**

tihē mo e hi e ihu **Mamahi e pu kakia**

Velavela **Ku e fafagu**



Fakamau ke tivi mo e nofo-puipui mai ia lautolu he haau a loto kaina.

Nakai fai fakamailoga?

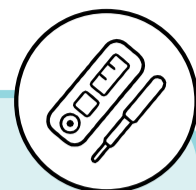
Kaeke ni ko koe ko e taha mai he loto kaina ne kua fakatata, kua ai lata ia koe ke fano ke tivi.

Fano ki fe ke tivi?

Fano ke tivi he taha fale tivi he maaga. Maeke ia koe ke fakafua e taha tivi mafiti (RAT) ke he poko kupega hila requestrats.covid19.health.nz mo e fano ke lagaki he taha fale lagaki pauaki, ne maeke ke moua he healthpoint.co.nz/covid-19

Taute e tivi mafiti (RAT)

- Muitua ke he tau poaki ne tohia he tua he puha.
- To kitia maali e talahauaga 15 ke he 20 e minute ka oti e tivi haau.



Talahauaga kua nakai moua he gagao

Fakamau hifo haau a talahauaga he My COVID Record.

Nofo mo e mataala. Kaeke kua fai fakamailoga gagao a koe nofo i kaina mo e tivi he aho hake.

Talahauaga kua moua he gagao

Ke he laulahi he tau tagata, to fai fakamailoga latalata ke he malolo ha ko e COVID-19 kae maeke ke leveki ke he loto kaina.

Hokotaki haau a talahauaga ka oti e tivi



1. Fakamau hifo haau a talahauaga ha koe tivi mafiti ne fakakite kua moua a koe he gagao he **My COVID Record** po ke tauhea kehe **0800 222 478**.
2. To fakafano atu e taha tohi kupega hila (text) to hoko ke he 24 e tula mo e haha i ai e falu fakailoaaga mo e tau lagomatai.

Fakailoa ke he tau tagata



Fakailoa ke he falu ko e nonofo-puipui e haau a magafaoa ha kua moua he COVID-19, tuga a lautolu e tau kau ne fa mahani ke ahiahi atu, haau a gahuaaga, lautolu ko e tau fale fakaako po ke tau fale aoga.

Nofo-pupui fefe?

- Kua lata a koe mo lautolu ne nonofo aulao mo koe ke nonofo-puipui ke 7 e aho.
- Taute e koe e tau mena kua loto matala ke aua neke fakatata atu kia lautolu ne nonofo aulao mo koe.
- Kua lata e tau mena kai mo e tau koloa fakaaoga ke taatu kae nakai fakatata.
- Maeke ia koe ke faofao tino ki fafo he haau a kaina he haau a kavikavi kaina, kae nakai ke he taha fale ne fakaaoga aulao e tau poko faofao tino, tuga e pa kakau po ke tau koloa faofao tino.

Fakatata he loto kaina



- Ko lautolu ne fakatata he tau loto kaina kua lata ke tivi he aho 3 mo e aho 7.
- Kaeke kua moua he taha he loto kaina e gagao, kua lata ke liu ke kamata e 7 e aho ke nofo-puipui.
- Ai lata ia koe ke liu kamata e nofo-puipui haau kaeke kua fai foki ia lautolu he haau a loto kaina ne kua moua he gagao, kae fakamua kua lata e tivi fakahiku haau ke fakakite kua nakai fai gagao a koe.

Tau fakakia haau a tau fakamailoga gagao

Kumi lagomatai kaeke kua au atu e kelea e tau fakamailoga gagao mo e tauhea ke he Healthline he **0800 358 5453**.

Kaeke ko e fekau mafiti lahi tauhea atu fakamafiti ke he 111.



Lalafi atu foki e tau lagomatai

To fahia e laulahi ia lautolu ke nonofo-puipui ka moua e tau lagomatai mai foki he tau magafaoa mo e tau kapitiga, kae fai lagomatai kaeke kua lata ia koe ke moua. Fano ke he workandincome.govt.nz po ke tauhea ke he **COVID Welfare Line** he **0800 512 337**.

Lagomatai tupe

Kaeke ke nakai maeke ia koe ke gahua ke he loto kaina he magaaho ka nofo-puipui, to liga maeke he haau a gahuaaga ke ole atu ke he Leave Support Scheme ke lagomatai ke totogi a koe, pihia foki kaeke ko e tau tula fakakuku haau po ke ko koe ko e tagata gahua ni ke he magaaho ka fai gahua.

Ke moua foki falu a fakailoaaga hagao ke he tiviaga ne fakamooli kua gagao, finaatu ke he:



Covid19.govt.nz/positive