

Tuaga-Malolo

- Fakapapahiaga Fakafo 2

Tau fanau mo e tau fuata kua liliu atu he tau levekiaga vaha-ikiiki mo e tau aoga

Kua hafagi tuai e tau aoga mo e tau aoga fakamahani ma e tau fanau ikiiki mo e tau fuata. Ki lalo hifo he Fakapapahiaga Fakafo 2 ko e tau aoga mo e tau aoga fakamahani kua hagahaga mitaki tuai ke liliu atu ki ai ti kua lalafi atu foki e tau puhala leveki malolo tino. Ka fai huhū a koe poke tupetupe ke he ha mena, ti kumi atu ke he tau faiaoga he fanau haau. Ka akomena agaia e tama haau ke he kaina ti huhū ke he hana faiaoga ke he tau lagomatai mo akomena. Maeke ke kumi foki a koe ke he: <https://learningfromhome.govt.nz/distance-learning>

Ko e malolo tino, mafola mo e tuaga-malolo mitaki he haau a tau fanau, tau fuata mo e haau a magafaoa katoa kua uho lahi ni kia tautolu oti.

Nofo haohao mitaki

Ko e nonofo haohao mitaki he magafaoa ko e mena uho lahi ni. Kaeke kua logona e koe mo e falu mamatua e milino mo e mafola he momoui haau to pihia foki ka logona he tau fanau mo e tau fuata.

Kua tokologa tuai e tau fanau mo e tau fuata kua liliu atu he tau aoga. Kae neke tupetupe e haau a fanau mo e tau fuata ke fakagahua ke he tau puhala foou, tuga e fakaveha mai he tau kapitiga mo e ua fefafaguaki mo e falu. Haia e tau fakailoaaga loga, mo e kua ha i ai foki he tau vagahau Pasifika mo e vagahau saina mata-lima ke he: <https://parents.education.govt.nz/essential-information/news-stories/covid-19-preparing-for-alert-level-2/>

To ha ha i ai foki e falu fakalavelave:

Ka manako tupe a koe mo fakatau kai mo e totogi kaitalofa, ti kumi atu ke he: <https://covid19.govt.nz/individuals-and-households/financial-support/#help-with-money> poke vilo ke he 0800 559 009

Ka manako lagomatai ma e fale a koe, ti vilo atu ke he Minisituli Faahi Pisinisi, Fakafoou mo e Fakagahua (Ministry of Business, Innovation and Employment) ke he: 0508 754 163

Ka fai fakamailoga a koe poke taha he kaina ke he COVID-19 ti vilo mua e ekekafo (GP) haau, poke HEALTHLINE he 0800 358 5453

Kaeke kua nakai iloa tonu e koe ko hai ke kumi fekau ki ai, ti vilo e laini lagomatai ai fai totogi he fakatufono ke he 0800 779 997. Hafagi he tau tula 8 he pogipogi ke he 1 he tupoula, 7 e aho he faahi tapu

Ka tupetupe a koe ha ko e tama poke fuata tutukelea, ti vilo e Oranga Tamariki he 0508 326 459 he 24 tula he aho, 7 e aho he faahi tapu

Kumi lagomatai ke maeke ke fakafita

Ko e magaaho tupetupe a nai ma e tau tagata oti. Ko e loto tupetupe mo e fakaagitau ko e tau aga fa mahani. Ke he Fakapapahiaga 2 kua tokologa e tau tagata ne kua fai manatu fakauaua ke he taha lakaaga nai ki mua.

Ma e tau matakavi maaga, kua fai gahua uho e tau mamatua mo e tau magafaoa ke taute

- Ko e matutakiaga he levekiaga mo e fakafiafia ke he tau fanau mo e magafaoa ko e mena mahuiga lahi ni.
- Ka mahani totonu a koe mo e tau tagata lalahi he kaina, to logona he fanau e mafanatia mo e nakai tupetupe.
- Tufatufa ke he magafaoa mo e maaga – e tau manatu mitaki haau, tau iloaaga ke he tau levekiaga ke moua i fe, tau mena maeke ia koe ke lagomatai (ke he telefoni, kupega ka fai). Fakatumau ke tutala mo e magafaoa poke maaga haau ko e fefe e holoaga he tau fekau.
- Matutakai mau – mo lautolu ne lata ke nonofo agaia he tau kaina.
- Kaeke ko koe taha tutaki he *Talanoa Ako Hub*, ti matutaki atu mo e fakaaoga e kave na i lalo ke moua e tau tala mai he talanoa ako mo e fakaholoaga ke he leo taogo.

<https://learningfromhome.govt.nz/pacific-communities/talanoa-ako-radio/learning-tips>

Tau fanau ne fai kafokia

Ko e lau Awhi@home ke he Facebook ma e tau matua mo e lagomatai he IHC mo e tau hoa tuga e Minisituli Faahi Fakaako mo e tau levekiaga Expore. Ko e tau lagomatai ma e tau matua ne fai fanau fai kafokia mo e tau fakailoaaga ne ha i ai e tau puhala, koloa mo e tau ata vitio kifaga ne kua fakatautonu e tau mena vihihi ka lauia ai a koe.

Ko e lau ke lagomatai aki a koe, e matua he tama fai kafokia, ke fakakite e tau puhala taute mena, mo e kave ke he tau koloa aoga, tau tala ke he COVID-19 mo e tau levekiaga ka manako ki ai:

- Finatu ke he Awhi@home haia ke he Facebook

Kaeke kua tupetupe poke ai fiafia a koe poke taha he magafaoa, ti kitia e koe kua lata ke fai levekiaga, kumi atu ke he: <https://www.mentalhealth.org.nz/get-help/covid-19/> ke iloa ko fe ke moua lagomatai mai ai. Maeke a koe ke vilo/hea: **Tau Laini-lagomatai**

- [1737](https://www.1737.org.nz/) – Hea ai fai totogi poke tekisi (text) e 1737 he ha magaaho ni ke tutala mo e taha pulotu kanosela
- [Lifeline](https://www.lifeline.org.nz/) – 0800 543 354 poke tekisi ai totogi e 4357 (HELP)
- [Youthline](https://www.youthline.org.nz/) – 0800 376 633 poke tekisi ai fai totogi e 234
- [Samaritans](https://www.samaritans.org.nz/) – 0800 726 666

Kua tuku-fenoga auhoa a tautolu he magaaho tupetupe nai. Ko e falu magaaho ka tupetupe e tau tagata ti fa logona ai e ita. Neke mahani vale a lautolu ke fakamatakutaku mo e fakamamahi e falu he kaina poke magafaoa. Haia e tau lagomataiaga, kumi ke he fesipuka **@LeVaPasifika** ke iloa tala mo e tau lakau fakagahua, poke kumi lagomatai mo e tau tagata ke tutala ki ai he <https://www.mentalhealth.org.nz/get-help/in-crisis/helplines/>

Maeke foki a koe ke vilo atu ke he tau numela telefoni na i luga ke kumi fakatonuaga mo e lagomatai.

Tau puhala lagomatai ma e tau matua, tau faiaoga mo e tau levekitama he tau mukemuke mo e tau fanau ikiiki

Kaeke kua fai mena kua hiki ti to lalo ai e loto mafanatia ia tautolu. Maeke a koe ke lagomatai e fanau haau ke logona e mafanatia ka tutala ki ai kua amanaki a koe ke taute e falu mena ha kua mitaki he fefeua ki fafo, feleveia mo e tau lafu mo e tau kapitiga mo e liu kitia foki e tau faiaoga.

Maeke a koe ke liu kamata e tau fekau fakakaina he magaaho nai ne kua liliu atu tuai e tau fanau he tau aoga fakamahanai mo e tau aoga. Kaeke kua liu a koe ke gahua, ko e taha hikiaga a ia ma e fanau haau. Fakamafana ke he fanau haau kaeke kua galo e lautolu a koe ha kua oatu he aoga fakamahani poke fano a koe ke gahua.

Fakatumau a koe ke fakauka. Ko koe ni ke tutala mo e fakakite ke he fanau haau kua mitaki agaia ni. To tupetupe mo e matakutaku e fanau ka hiki fano e tau mena mo e nakai maama e lautolu ko e ha kua hiki fano ai. Ka matakutaku e tau fanau, ti manako a lautolu ke fakatata ke he tau tagata ke lagomatai a lautolu ke loto mafanatia. Neke manako ke nonofo mau mo koe he tau magaaho oti. Neke fakaatukehe ka nakai fakalataha mau mo e magafaoa. Fanogonogo ki ai. huhū kia lautolu ko e heigoa e tau manamanatuaga. Talaage ki ai kua mitaki ke manamanatu pihia he magaaho nai. Talaage ki ai to taute aulua he magafaoa e tau mena kua fialia ki ai.

Fefe e tau manatu he fanau, mo e heigoa haaku ke taute?

Mena kehekehe oti e tau fanau. To kitia kia lautolu e tau fakatino kehekehe ha ko e tupetupe. Falu fanau to liliu ke taute e tau mena fa taute he tau vaha ikiiki, tuga e mono he matalima, fakapala noa, poke pipiki mau kia koe.

Ko e tau mahani he tau fanau kua lauia he tau hikiaga ke he tau momoui he tau aho oti, tau mena logona mai he falu, ko e tau mahani mo e loto manamanatu haau, mo e haau a tau levekiaga mo e fakamafanatia kia lautolu.

Ko e laulau puha na i lalo kua fakakite ai e falu mahani he tau mukemuke mo e tau fanau ikiiki, mo e tau mena ke lagomatai aki he tau matua mo e tau levekitama.

Lagomatai he fanau ikiiki ke he magaaho mo e he mole atu e COVID-19

Manatu/mahani

Ai mitaki e mohe. Nakai fia loto ke takoto ke mohe, fa tauala mau he po, manako ni ke mohe mo koe.

Maamaaga

Ka tupetupe e fanau ti loto ni ke pipiki atu ke he tau tagata ne lagomatai a lautolu ke fialia. tupetupe a lautolu ka nakai kau aulua ai. Ka fai mena kua ai maama kia lautolu to fa manatu e lautolu he tau mogo momohe, he nakai lavelave e loto he fai mena foki ke taute. Na fa miti e

Tau Puhala

Ka MITAKI ma e magafaoa haau, ti toka e tama ke mohe mo koe ke he magaaho ku ni. Talaage ki ai ko e mogo nai ni ke eke pihia ai. Fakatoka e tau feua ma e magaaho mohe ke he tau po oti, tuga e totou tala, liogi mo e tau kukukuku. Fakakite ki ai e puhala ia he tau aho oti, ke iloa e lautolu ko e heigoa ka taute. Lukuluku hake mo e

Manatu/mahani

Tupetupe he neke fai mena ke tupu ai kia koe poke neke gagao a koe. (Neke tupetupe pihia foki ni a koe).

Nakai kai mitaki. Loto ke kai lahi poke ai fia kai.

Kua nakai maeke ke taute e tau mena tuga fakamua (fakaaoga e po poke falevao) poke nakai tutala tuga fa mahani.

Maamaaga

tau tagata ke he tau mena ne fae tupetupe ki ai. Ti kapaletu ai na mo e uka ke momohe.

Ko e tau fanau kua nakai la iloa ke tutala poke ai maeke ke fakaleo e tau matakutaku kae pipiki mau kia koe poke tagi ai.

Ko e mavehe neke fakamanatu ke he tama e magaaho ne nakai nofo ai a koe ti tupetupe a ia ke he taha mena.

Kitia ke he tino he tama ka fano a koe (popoko ai e manava, ti tupotupo e atevili). Logona e ia e matakutaku "Nakai. Ai loto ke galo a koe". Nakai lali e fanau ke taofi ia koe. Kua tupetupe mo e hopoate a lautolu. To tupetupe foki ka toka he falu tagata.

To lauia e ni tama haau he tupetupe ke he tau puhala loga. Neke ai logona e hoge. Mitaki ke kai e tau kai ke fakamalolo aki e tino. Nakai mitaki ke tau fetoko ke he tau mena kai.

Ka tupetupe mo e hopoate e fanau ikiiki, to ai taute e lautolu e tau mena fa mahani. Ko e tau aga ia ke fakakite e lautolu kia koe e nakai mitaki mo e manako kia koe ke lagomatai.

Tau Puhala

talaage ki ai ko koe haia mo e MITAKI a koe ti MITAKI foki a lautolu. Nakai kua mahani kelea pauaki e tama haau.

Fakatumau ke eke pihia. Ka logona e lautolu e fiafia ti to momohe mitaki foki. Magaaho ka nakai maeke ia koe ke nofo mo e tama:

- ma e falu magaaho ku ke galo kehe ai mo lautolu (tuga e, finatu ke he falekoloa), lagomatai e tama ke vagahau e manatu mo e heigoa ne tupetupe ki ai. ("Kua matakutaku ka koe neke ai liu mai au. Ua tupetupe, to liu mai vave au.") Tala age ke he fanau e fakaalofa haau kia lautolu.
- ma e tau magaaho ka fano leva mai ia lautolu ti talaage ko e fano a koe ki fe, mo e ke eke ha mo e to liu mai he mogo fe. Ka liu mai a koe, ti talaage kua galo e koe a lautolu, ti kua liu mai tai a koe. Vagahau mau e koe e tau mena ia ke lagomatai kia lautolu ke kitia kua mooli ni.

Mahuiga ni ke lali a koe ke moui fiafia mo e nofo milino. Ka logona he tama e fiafia, to maeke a ia ke kai mitaki tuga he fa mahani.

Ua lali ke omoi lahi e tama ke kai. Ka maeke, ti kai aulua mo e fakafiafia e tau mogo kai. Fa kai kae o e fanau ikiiki, ti ka maeke ia koe, toka e tau kai seneke malolo tino ma lautolu ke fifili. Ka tupetupe a koe poke kitia kua tino tote e tama ti hea e ekekafo. Lali ke ua vale ke he tama. To tupetupe foki a lautolu he neke ai maeke ke akomena.

Fakatutala mo lautolu ke he tau mena ne maeke ia lautolu ke taute mo e

Manatu/mahani

Neke taute e tau mena
hagahaga kelea.

Matakutaku he tau
mena ne nakai fa pihia
ki ai fakamua.

Kua to lahi e alaga
moui, nakai maeke ke
nofo taha mo e nakai
fanogonogo kia taha.

Maamaaga

Ko e liu taute he tau mena tuga
e fakapala ke he mohega ka
kelea ai e loto he tama. Nakai
taute pauaki e ia. Lagomatai e
fanau ke talaage ki ai to maeke
ke liliu taute e tau mena ne fa
mahani ki ai anoiha, mo e to
lagomatai mau e koe a lautolu.

Ko e falu a magaaho to logona
he fanau e haofia, ti taute e tau
mena kua hagahaga kelea. Ko e
lali ke tutala atu kia koe
“Manako au kia koe. Fakakite
mai kua mahuiga au kia koe ke
he tau levekiaga haau.”

Kua talia ni he tau fanau ikiiki
ko e puipui he tau matua a
lautolu mai he tau mena oti. Kua
lagomatai ai a lautolu ke logona
e nakai haofia. Kaeke kua
matakutaku poke ita e tau tagata
lalahi ne kua ha i ai mo lautolu,
to matakutaku mo e tupetupe
foki ni a lautolu. Lali ke mahani
fakatotonu ka fakalataha mo e
tau fanau.

Ko e hopoate ke moua ai he
fanau e alaga moui ne nofo mau
ke he tino. Na tafepoi, hopo mo
e mioi e tau fanau ikiiki. Ka toka
e loto he tau mena matakutaku,
to uka ni ke fanogonogo.

Tau Puhala

fakamanatu age ko e fakaalofa haau ki
ai kua tumau ni. Ka mafanatia e tau
loto he fanau haau, to liliu ni a lautolu
ke taute e tau mena tuga kua fa
mahani mau ki ai fakamua.

Puipui a lautolu ke ua haofia. Finatu
fakatotonu mo e tamai a lautolu ke toto
kaeke kua manako ke toto. Talaage
nakai mitaki e tau mahani kua taute.
Talaage mahuiga a lautolu kia koe mo
e manako a koe ke ai haofia taha.
Fakatautonu atu kaeke kua taute e
lautolu e tau mena ne haohao mitaki.
Ka matakutaku e tama, tutala ki ai ko e
leveki fefe e koe a lautolu ke ua haofia.
Tali e ha lautolu a tau huhū, ke he tau
mena fae tutupu mo e tau mena ha
tautolu ne taute ke puipui aki e tau
momoui. Ka tala ke he tau moko poke
aitu ti matutaki ke tutuli ki fafo. “Fano ki
fafo ma moko, toka e muke haaku. To
ui au PUU ke he moko ti hopoate ai ke
hola atu ki fafo, Puu, puu.” Ko e taha
mena a nai ke lagomatai e tama ke ua
matakutaku.

Lagomatai e tama haau ke fakakite
haana a tau manatu (matakutaku,
tupetupe). Tutala hagaa ke he
fakatokaaga he magafaoa ne kua
puipui aki e tau momoui oti mo e
matutaki he oti e taofihifo. Lagomatai e
tama haau ke uta kehe e hopoate –
faofao, tafepoi, koli, pele sipote, fafagu
fakalahi mo e fakaeneene, mo e uhu
lologo.

Nonofu tokoua mo e taute taha mena
fakafiafia – liti e polo, totou tala, fefeua,
mo e ta fakatino. To lagomatai ai, pete
he nakai nofo taha kae poi fano.

Kikite poke kua fai mena nakai kua lata
ke taute tokoua e mua.

Manatu/mahani

Fefeua kelea (lulululu e tau toi, tolo fano e tau mena, fakamatakutaku poke fakapakia e falu fanau). Tala tumau kua gagao ai mo e koho.

Kua fa pule lahi ai nei. Loto ni ke taute he haana a tau puhala.

Fa ita mo e agavale. Fakatutu mo e fa tagi tumau.

Fia tau atu kia koe.

Maamaaga

Fakakite tumau he fanau ikiiki kia koe e logonaaga ha lautolu ke he tau pele fefeua. Ko e fefeua kela poke vale e taha puhala ke fakakite atu kia koe e nakai fiafia mo e kehe he tau mena he logona e lautolu. Malolo mo e matakutakuina foki e tau logonaaga ia.

Vahaloto he 18 mahina ke he tolu e tau-moui, ko e tau fanau kua kitia ai e fa pipiki mau poke fia pule. Ko e taha vala ni a ia ke he moui tupu hake. Kua lagomatai ke iloa kua mahuiga ni a lautolu mo e maeke e tau mena ke taute – kae nakai katoatoa. Ka logona he fanau e ai haohao mitaki, to neke manako ni ke pipiki mau mo e fia pule. Ko e taha puhala a ia ke fakakite ai e matakutaku ha lautolu.

To fakahoko e taofihifo, liga fai agavale foki ni e tama haau. Pihia tuai ni e mahani he tama tote. Nakai mitaki tuai ni ka nakai maeke a koe ke taute ha mena poke nakai iloa ke fakaleo oti e tau mena ne manako ki ai. Ha ko e tau hikihihiaga loga kua lata tuai ni e tama haau ke nakai fiafia (tuga ni a koe) mo e tagi mo e fakatutu.

Ma e fanau, ko e fia tau ko e puhala ke fakakite he ita. Ko e fahi/ta he tama e tagata lahi ha kua logona e ia e matakutaku.

Tau Puhala

Fanogonogo ke he tama haau ka tutala ke he haana a tau manamanatuaga. Kaeke kua fefeua e tama haau, tutala ki ai ke he haana a tau manatu, ti mautali ke kukukuku atu ka manako a ia ki ai.

Manatu ko e tau mahani fanau ni a ia ma e tau atu tau ia. Neke kelea atu ai nei ha kua tupetupe a lautolu ke he tau hikiaga loga. Kumi e tau mena ikiiki ke pule he tama poke ke fifili a ia ki ai. Ka maeke ia koe, age ke fififli e tau mena ke tui poke kai, tau fefeua ke pele ai mo e tau tala ka tototu aulao. Ka fai fifiliaga a lautolu ke he tau mena ikiiki, to logona ai foki e lautolu e fiafia. Tau aga mahani mo e tau fakatonuaga kua tumau ke lagomatai ai foki. Logona e lautolu e haohao mitaki kaeke ko koe ne pule ai. Fakaohoohe atu kaeke kua taute mena foou. Logona foki e mitaki ka maeke ke tui he sevae, fakatoka e tau valavala pasolo, liligi he tipolo.

Talaage ki ai maama e koe e haga uka he mena nai kia lautolu. “Kua hiki fano e falu mena. Kua kehe tuai. Nakai maeke a tautolu ke taute falu mena fa mahani poke kitia e falu tagata ne fiafia ki ai mo e ita foki ni a koe.” Lali ke fakatautonu lahi atu e tau mahani ita. Lali ke fakaalofa mo e omoi kia lautolu. Neke ai fa mahani a koe ke eke pihia ka ko e vaha kehe ai nei. Ka tagi mo e fakatutu, ti nofo ke kitia ai ko koe ni haia ma ha lautolu. Fakatokatoka e tau fakakaupaaga mo e fakaaoga e fakanofa he mata poko toko taha tuga mai fakamua.

Ko e ha magaaho ka fia tau e tama haau ti talaage ki ia nakai mitaki e aga ia. Taofi e tau lima, ke ua maeke ke tau atu. Fekau ke nonofo ki lalo.

Manatu/mahani

Vagahau pehe “Fano kehe, ai loto au kia koe!” Vagahau pehe “Ko e hepe haau.”

Nakai fia fefeua poke taute ha mena. Tuga ni kua nakai fai fifiliaga (fiafia poke momoko).

Maamaaga

Kua matakutaku ni ha kua maeke a ia ke fahi e tagata ne fae leveki kia ia. Ko e fahi ha kua kitia foki e falu ne fae fahi atu foki.

Ko e hepe he gagao kelea ko e COVID-19, mo e tau hikiaga loga kua tupu mai ai. Tote agaia e tama haau ke maama e tau mena ia. Ka fai mena kua hepe ai, to fa ita e fanau ikiiki ke he tau mamatua. Manatu ni a lautolu kua lata ia koe e matua ke taofi e tau hikiaga oti. Nakai ko e hepe haau. Loto e tama ke lagomatai e koe a ia. Manako e tama haau kia koe. Neke ha i ai e loto momoko mo e fakaatukehe lahi. Ka tupetupe e fanau, to ita e falu kae nakai vagahau e falu. Kua manako lahi ni a lautolu kia koe.

Tau Puhala

Talahau taha mena pehe, “Ai mitaki ke tau, nakai haohao mitaki. Ka fia tau a koe, kua lata ni ke nofo ki lalo.” Kaeke ko e tama tote ti vagahau age e tau kupu kua lata ke fakaaoga e ia. Talaage ko e heigoa kua lata ke taute. Pehe atu, “Fakaaoga e tau kupu haau. Talahau Manako au ke he tau toi na.” Lagomatai ke fakakite e ita ke he falu puhala foki, tuga e fefeua, tutala mo e ta fakatino. Lali ke moua e puhala ke uta kehe e tau fetoko faka-tagata motua mai he fanau haau.

Manatu e tau mena kua lauia ai e tama haau. Nakai mooli oti e tau vagahau ha lautolu – kua ita mo e ha i ai e tau manatu uka mo e loga. Lagomatai e manatu ita he tama haau. Talaage ko e tau hikiaga kua taute ni ke puipui aki e tau momoui he tau tagata oti. “Kua ita lahi a koe. Loga e tau mena kua hikihi fano ai. Ita lahi foki au. Manako au ke ua fai hikiaga pihia. Kua uka lahi ni kia tautolu oti.”

Nofo fakatata ke he tama haau mo e fakatata atu tumau a lautolu kia koe. Fakakite e mokoina he loto haau kia lautolu. Ka maeke ia koe, ti fakakupu e tau fifiliaga ha lautolu. Talaage ki ai mena MITAKI ke momoko, ita poke hopoate. “Tuga ni ko e ai fia loto a koe ke taute ha mena. Kua momoko kia a koe. MITAKI ke momoko. To nofo au mo koe.” Lali ke taute fekau mo e tama haau, ko e ha mena ni kua fiafia ki ai. Totou taha pepa, uhu lologo mo e fefeua aulao.

Lagomatai he tau fanau he mole atu e COVID-19

Ko e potaaga laulau na ia lalo kua tohi ai e tau mena ne fa logona mo e taute he fanau, mo e falu puhala ke fakatautonu aki he tau matua mo e tau levekitama:

Manatu/mahani

Nakai maama e tau mena kua tutupu ai mo e tutupu he ha.

Fakatautonu

Fakamaama fakamitaki ke he tama e tau hikiaga kaeke kua huhū atu. Ai kelea ke toka e falu mena neke hopoate e tama haau. Ka nakai maama poke iloa he tama ti talaage e tala mooli ki ai. Neke liu fatiaki e koe e tau mena kua fita he tali e koe fakamua. Talaage ke he fanau haau ko e tau ha ne fae gahua ai ke leveki e tau aoga, tau matua, mo e tau magafaoa mo e maeke e kaina ha mutolu ke moua e tau lagomatai ka manako ki ai. Fakakite ke he fanau e tau mena kua amanaki ke taute he lakaaga ki mua.

Tau Puhala

Pehe atu, “Kua lata ia tautolu ke tumau e holoholo he tau lima, ai tufatufa e tau kai poke tau lupu inu mo e ua oatu ke he vaha fafagu he tau kapitiga. Lata agaia ni ke fakamamao mai he tau mata mo e tau lima he tau tagata kehe ka maeke ai. Fakataitai la e “lima ki luga” aki e tuli lima.

Tali e tau huhū he fanau haau kaeke kua fai ai. Ko e lagomataiaga kia lautolu ke logona kua haohao mitaki e magafaoa ha mutolu.

Talaage kia lautolu e tau mena ne fae tutupu, mua atu ke he aoga, mo e tau fefeua sipote he maaga.

Matakutaku neke lalahi mamahaki e tau manamanatuaga ha lautolu mo e ai maeke ke fakatautonu.

Fakatoka taha mata poko kua haohao mitaki ma lautolu ke tala atu kia koe e tau hopoate, loto ita, momoko mo e falu manatu foki. Toka e fanau ke tagi poke momoko. Nakai kelea a lautolu kaeke kua nakai loto malolo tumau.

Pehe atu, “Ka fai mena matakutaku ka tupu ai, to logona lahi he tau tagata e ita ke he falu tagata poke momoko lahi. Fia nofo nakai a koe mo au he mena nai, mo kafu e mamoe nai?”

Kelea e mohe, ti lauia ai e tau miti kelea, matakutaku ke mohe tokotaha, manako ni ke mohe mo koe.

Tomatoma ke he tama ke talahau e hana miti kia koe. Fakamaama ko e tau miti kelea to omai mo e o ai foki. Ua huhū makutu ke he miti kelea. Mitaki foki ke momohe auloa; kae fakatoka mo e tama e magaaho ke liu atu a ia ke he mohega haana ka mitaki e loto.

Pehe atu, “Matakutaku ha ia he miti ia. Ko e heigoa la e tau mena mitaki ke miti a koe ki ai, kae mulu e au e tua haau to mohe a koe. Mohe a koe mo maua he tau po ua e i mua. Ka mole e tau po ua ia to tatakoto a taua he mohega haau to mohe a koe. Ka matakutaku a koe he mogoia, to liu a taua ke tutala foki.”

Tau hikiaga ke he mahani. Mahani vale mo e alaga moui.

Tomatoma ke he tama haau ke faofao fakamitaki, ko e taha puhala mitaki ke fakatoka mai ki fafo e tau manatu mo e tau hogohogo manava he tau loto.

Pehe atu, “Iloa e au ai manatu a koe ke pahu e gutuhala. Liga uka ha ia ke ita lahi. Kae kua he hau ke o ke lakahui? Falu magaaho mitaki e tino ka lutulutu fano ke uta kehe e tau manamanatu malolo mo e loto ita.”

Gagao, tuga e mamahi e ulu, manava kae nakai fai mena ne kelea.

Kumikumi ko e mamahi he ha. Fakamafana e tama mo e talaage ko e mena fa pihia tuai ni. Fakatotonu e manatu haau mo e ua tupetupe.

Kikite ko e mohe mitaki nakai e tama haau, mitaki e kai, lahi e inu vai mo e faofao tumau.

Manatu/mahani

Onoono fakamakutu ke he matua mo e haana a tau fakatautonu he tau mena tutupu. Nakai loto ke fakalavelave e matua aki e haana a tau manatu tupetupe.

Fakatautonu

Tukuage e magaaho ma e fanau ke fakatutala ke he ha lautolu a tau manamanatuaga ti pihia mo e haau foki. Tumau ke mahani totonu ke ua fakalahi atu e tupetupe he tama/fanau haau.

Tau Puhala

Pehe atu, “Kae kua he nofo he mena na mo e mamoe? Ka mitaki ti talahau ke pele laupepa/suipi a taua.”

Pehe atu, “E, mahui e mui hui haaku ka kua mitaki ha kua pipi tuai he ekekafo. Liga hopoate a koe he kitia au ne kua mamahi, mooli nakai?”

“E kua pela e ihu haaku kae ko e mena fa moua oti a tautolu he velavela kae to malolo ni. Kia mahani totonu, heigoa la ha taua ke taute mogo nai?”

Tau puhala ma e tau matua, tau faiaoga mo e tau levekitama – lagomatai ke he tau fuata

Ko e mena matakutakuina he logona tala ke he COVID-19 mo e tau mena tutupu ke he lalolagi. To haga atu e tau fuata kia koe/mutolu ke moua e tau takitakiaga mo e lagomataiaga ke he tau hikiaga anoiha. Ko e tau matua, tau levekitama, tau magafaoa mo e tau faiaoga ke fai tauteaga mahuiga ke tomatoma atu ke he tau fuata ai nei.

Fakakite e tau talahauaga kua mooli

To kumi tala foki e tau fuata ke he tau atuhau mo e kupega. Ko e falu tala tufa mo e moua nakai mitaki oti. Tutala kia lautolu ke kumi e tau talahauaga fakafoou tumau. Ko e tau potaaga kupega he Fakatufono Niu Silani mo e Minisituli Faahi Fakaako kua mitaki lahi ke kamata aki. Lata ni ke iloa e lautolu ke matutaki e tau puipuiaga ke ua moua poke fakapikitia atu e gagao.

[NZ Government website – covid19.govt.nz \(external link\)](https://www.covid19.govt.nz)

[Ministry of Health \(external link\)](#)

Fakatutala ke he tau matakutaku/hopoate

Tutala ke he tau fuata hagaao ke he tau tuaha matakutaku ha lautolu. Kua lata ke logona e lautolu ko e tau matakutaku maeke ke tutala mo e fakatautonu ai. Fakatoka aulao mo lautolu e puhala ke he tau mena ke taute kaeke kua fai tagata gagao e magafaoa poke tau kapitiga.

Fakamafana ki ai

Kaeke kua nakai fai tagata he magafaoa ne kua moua he COVID-19 poke fakatata lahi ke he taha ne kua moua he COVID-19, tomatoma fakalahi ke he tau fuata ko e tau kapitiga, atuhau, tau faiaoga mo e magafaoa kua haohao mitaki ni. Fakamanatu age ko e tau tagata ha ne fae gahua fakalahi ke puipui a Niu Silani, ti pihia ai foki e tau faiaoga ke he tau aoga.

To fefe e tau mahani he tau fuata mo e heigoa haaku ke taute?

Kehekehe oti e tau fuata mo e to fakatino mai e tau tupetupe ke he tau aga mo e tau mahani. Ko e laulau puha na i lalo kua fakakite ai e tau tupetupe fa kitia ke he tau fuata mo e falu puhala ke fakatautonu aki he tau matua, levekitama mo e tau faiaoga:

Lagomatai he tau fuata ke he magaaho mo e he mole ai e COVID-19

Manatu/mahani

Nakai muihua ke he tau hatakiaga ke fakafetui mo e tau kapitiga mo e falu, fakakite mahani tuga e, inu kava.

Tau Fakatautonuaga

Kua uka ni e nonofo puipui ke he tau fuata. Ko e mena ia kua uka lahi ai e COVID-19 kia lautolu. Tutala mo e tau fuata mui haau ke tuga ni ko e tau tagata lalahi mo e lloilo mo e fakaata ke leveki ni e lautolu a lautolu mo e felagomataiaki ka maeke. Fakamahino e tau kitiaaga ke he tau mena kua mahuiga kia lautolu mo e ke onono atu ki mua.

Tau Puhala

Pehe atu:

“Iloa e maua manako a koe ke liu kitia foki e tau kapitiga. Pihia foki kua fiu mo e ahumate a koe, kae loto a maua ke fakailoa mai ko fe a koe, ko koe mo hai mo e ko e haohao mitaki nakai a koe.”

“Fai mena nakai ke taute e au ke maeke a koe ke faofao e tino?”

“Heigoa e puhala haau?” Tuga e:
“Heigoa e puhala haau ke fakaoti aki e tau gahua aoga?”

“Heigoa haau ke taute mo e tau kapitiga?”

“Fai feua nakai a koe ke fakafiafia aki e tau lafu ikiiki haau?”

“Heigoa haau a feua lagomatai ke he kaina he aho nai?”

Fakamahino ke he lalu tau mena uho, pehe atu:

“Manatu a maua to kitia e koe e tonu he tau gahua haau ma e falu poke puipui e tau moui he falu”.

“Heigoa ne uho lahi kia koe ha ko e fakalavelave nei?”

“Ko hai haau ke lagomatai, mo e ko hai ne tupetupe ki ai he neke pakia?”

“Fakaaoga fefe e tau makaka haau ke lagomatai aki e lalolagi/maage he mogonai?”

“Ka fai moko a koe anoiha to huhū atu ko e heigoa haau ne taute he oti e

Manatu/mahani

Lahi mahaki e tau tulā ke he kupega onolaini mo e nakai fakafetui mo e magafaoa ke he tau mena taute.

Ko e tau manatu-fakatagata ke he tau mena matakutaku, tuaga he hagahaga kelea, hopoate he tau mena kehekehe tuga e aamo he ha mena, poke finatu ki fafo, poke tupetupe neke fakahigoa goagoa.

Manako ke nofo tokotaha, agahala e loto poke ma ai ha ko e tau mahani ha lautolu.

Tau Fakatautonuaga

Lagomatai e tau fuata mui ke maama kua lata ni ke tamate e tau telefoni mo e tau komopiuta he falu a magaaho, kua mitaki ma e tau tino malolo ke fakaokioki e tau mata, ko e tino ke moua e laa mo e faofao tino ke malolo, mo e toka taha magaaho ke lagomatai ai ke he kaina.

Ke lagomatai aki e tuaga-malolo, fakatoka e taimi onolaini pihia ke tamate e telefoni mo e komopiuta.

Lagomatai e tau fuata mui ke maama ko e tau manatu fa mahani a nei.

Fakaohoohe ke fakafetui mo e magafaoa mo e tau atuhau mo e lagomatai, fakaohoohe e tau puhala faka-onolaini mo e tau maaga (ka e tumau e fakafetui fakaveha), mo e fakaohoohe ke faofao tino mo e fano ki fafo he tau aho oti.

Fakatoka e magaaho ke tutala mo e fuata mui ke he tau mena tutupu, tau mena kua kehe mo e tau manamanatuaga. Peehi fakalahi ko e tau manatu fa mahani a nei, mo e fakatonu e tau tala mo e tau mena taute aki e tau fakamaamaaga ke he tau mena ke taute, tau mena taute maituai mo e anoiha.

Tau Puhala

taofihifo nai. Heigoa haau ke talaage ki ai?"

Fakamooli ke he tau fanau to liliu e tau mena loga ke tuga ai fakamua.

Pehe atu, "Tupetupe oti a tautolu. Ka fakalavelave e tau moui tagata pehe nei, logona e tautolu e liutua. Ka kua lata ni a tautolu he tumau e tino malolo ti moua e malolo ka gahua aulua he kaina mo e tumau e tau fakaakoaga he aoga. Liga lata ke onono ke he tau fakatokaaga ma e tau aho taki taha, poke fai hikiaga nakai. Maeke ke fakatoka e tau tulā onolaini ke lata mo e tau fakaakoaga pihia mo e ke tutala ke he tau kapitiga. Onono foki ke he tau magaaho ke okioki ai, tau magaaho ke faofao tino ai mo e tau magaaho ke felagomataiaki."

Pehe atu, "Pihia ni haaku a manatu – matakutaku mo e ai iloa e mena ke taute. Loga e tau tagata kua manatu pehe nai ka fai matemate kelea, pete ni kua mitaki he onono atu ki ai."

"Ata tuai e kupega, fakakia la a Pita poke fefe a ia mo e heigoa haana a tau mena taute; ko e heigoa he magafaoa ne taute ai nei ha kua oti e taofihifo. Fakaaue kua fakatutala mo e nofo fai magaaho mo e mahakitaga haau – mitaki lahi tuai a ia ai nei."

Pehe atu, "Tokologa he tau fanau mo e tau tagata lalahi kua logona tuga ni a koe, e ita mo e tuku ni e kelea mo e mamafa kia tikita/lautolu ni."

Pehe atu, "Ko koe ko e tagata iloilo/totonu/ fia lagomatai/fiafia. Manatu, lagomatai e tau tagata oti. Manatu tumau ke fakaaoga e tau puhala ke puipui aki e tino malolo (holoholo e tau lima, fakafetui fakaveha)." "Kumi la falu puhala he tau tagata ne fae taute he tau mena foou nei mo e tufatufa mai kia tautolu."

Manatu/mahani

Tau matakutaku ke he COVID-19 neke liu mai mo e tau mautali ke he tau fakamanatuaga ke he COVID-19.

Tau hikiaga fakaofa he tau matutakiaga fakatagata. Ko e fuata mui neke tu kehe mo e tau matua, magafaoa mo e tau atuhau. Ko lautolu liga to malolo e tau manatu totoko ke he tau matua mo e ha lautolu a tau puhala fakatautonu ke he matematekelea mo e tau fakakaupaaga ke he maaga.

Tau hikiaga kua kehe mo e mamafa ke he manatumanatuaga.

Manako ke fia fuata kae tote agaia (tuga e, fia toka e kaina, fia toka e aoga, loto ke nofo mo e kapitiga).

Tupetupe ke he tau kapitiga mo e tau magafaoa.

Tau Fakatautonuaga

Lagomatai ke fakatonu e kehekeheaga he tau mena tutupu he magaaho nei mo e tau tala kua fakakite ai ke he onolaini. Fakamaama ke he tau fuata mui ko e tau fakatino he tau mena tutupu kua maeke ke tupu mai ai e matakutaku.

Fakamaama age ko e mamafa he tau matutakiaga fakatagata to kitia ai foki.

Fakakite fakalahi kua lata ni he tau magafaoa mo e tau kapitiga ke felagomatai aki he tau magahala nei. Fakaohoohe ke fakauka ke he tau tagata he magafaoa mo e ha lautolu a tau onoonoaga mo e tau puhala ke leveki aki e tau malolo tino. Ko koe ni ke leveki ke he haau a tau manamanatuaga.

Fakamaama kua fa hikihihi e tau manamanatuaga tagata he tau magaaho matematekelea, ka e to milino ti liliu ni ke he tau mahani foou ka hoko mai e magaaho, ti lata ni ke fakauka mo e felagomataiki ke he tau magahala pehe nei.

Fakaohoohe ke fakatutala ke he tau fifiliaga ke he tau mena lalahi he moui. Kumi falu a puhala ke lagomatai aki haau a fuata mui ke iloa e ia ko ia ni kua pule ke he tau mena tutupu ke he hana moui.

Fakaohoohe ke he tau feua mitaki ma e falu, ka e ua fakamamafa e tau gahuaaga kua tukuage ki ai.

Tau Puhala

Pehe atu, "Fakatumau ha tautolu a fakaholoaga, fakatumau ke muiua e tau peehiaga he Fakatufono ke leveki e tau malolo tino mo e felagomataiaki."

Fakatoka e tau magaaho ke tutala mo e magafaoa ke feiloaaki e tau manatu.

Pehe atu, "Iloa e koe, ko e tau manatu fa mahani e nakai fiafia e taha ke he taha, kua pihia e magahala nei. Manatu au mitaki lahi ha tautolu a tau puhala fekau. Mitaki ha kua aulua a tautolu." Liga pehe a koe, "Fakaaue au ha kua totonu a koe he mogo ne vale ai e tugaane haau ke he tau tagata i ne po. Iloa e au taofi e ia a koe he haau a tau mena ne fia taute. Fakamolemole atu au ha kua ita au kia koe i ne afi. To lali lahi au ke totonu e haku tau puhala."

Pehe atu, "Ko tautolu oti ne kua tupetupe lahi. Kaeke kua hehele pihia e tau momoui tagata, ti logona ai e hopoate mo e ita. Ka nakai pihia, to mitaki a tautolu kaeke ke gahua aulua. Liga lata ni ke onono ke he tau puhala gahua he tau aho takitaha poke heigoa e tau hikihihiaga kua lata ke taute."

Pehe atu, "Iloa e au kua loto a koe ke fakaoti e tau fakaakoaga kae kumi gahua ke lagomatai, kae kua he gahua magaaho ke he okioki he vaha tapu. Mitaki ke ua ohoohe e tau manatu he magaaho nei. Ko e tau moga hagahaga kelea mo e oti he taofihifo ti ai mitaki ke hiki ha mena lahi he tau momoui."

Fakaata e tau fuata mui ke fakafita ke he tau feua aga fakamotu mo e tau fekau Faka-Ekalesia. Lagomatai e tau fuata mui ke kitia e tau matagahua kua lata mo e aoga ma e atuhau (tuga e,

Manatu/mahani

Tau Fakatautonuaga

Tau Puhala

lagomatai ke he kaina, tau tuuta kaina
poke uta e tau koloa kia lautolu ne tino
lolelole ke he tau kaina).