

Fakamea – Mahani fakamea

- ✓ Ko e holoholo mo e fakamomo tumau e tau lima, ko e taha puhala kua mahuiga lahi a ia ke puipui-aki e tino haau mai he tau moko gagao. Holoholo-aki e vala moli e tau lima ke lata mo e 20 e sekone ti fakamomo ke momo mitaki.
- ✓ Tau magaaho ke holoholo mo e fakamomo e tau lima:
 - fakamua ke he tauteaga he tau mena kai, to kai
 - he, mole atu e koho, tihe, holoholo e ihu he tau fanau, hau he fale-tote mo e leveki atu ke he tau tagata gagao.
- ✓ Ufiufi ke he tau magaaho oti ka koho mo e tihe. Fakamafiti ke tuku ki loto he puha veve e tau holoholo laupepa kaeke kua oti he fakaaoga.
- ✓ Lali ke nofo fakamamao mai ia lautolu kua gagao ke ua uta-fano e tau moko gagao.



Ka, gahua a koe ke he kaina po ke haau a pisini ni

- ✓ Kua lata ia koe ke manamanatu po ke tupu fefe e pisinisi haau. Ha ha iai e tau lagomataiaga ki loto ke he Tohi Palana Pisinisi www.med.govt.nz fifili mai he lisi, 'Influenza Pandemic Planning Information for Business Continuity' (Influenza Pandemic Planning Information ke lata mo e Business Continuity) ka mole ia ti fifili, 'Business Continuity PlanningGuide.'
- ✓ Kua lata ke tutala ke he faahi Inisua haau ke lata mo e falu a puipuiaga.

Falu he tau fakailoaaga ke lata mo e falu a palana kaeke kua hoko mai e gagao fulu lahi, moua mai ke he meli hila ko e

www.moh.govt.nz/pandemicinfluenza

po ke vilo atu, ke he telefoni

Healthline 0800 611 116

Amaamanakiaga ke lata mo e fulu lahi mahaki



Talaga e palana



Fakatokatoka e tau koloa kua lata ke fakaaoga mafti



Mahani Fakamea-Fakatumau ke mahani fakamea



Mo e falu foki he tau mena kua lata ia koe ke taute...

Amaamanakiaga ke lata mo e fulu lahi mahaki

Kaeke kua lauia e tokologa he tau tagata he lalolagi ke he moko gagao fulu, kua talahau ai ko e, fulu lahi mahaki.

Ko e tau pūlotu malolō tino mo e tau fakatufono he lalolagi kua tupetupe lahi a lautolu ke he tau moko fulū ne fā lauia ai e tau manu totolo kua hiki ke he tau moko ke lauia vave ai e tau tagata. Kaeke ke tupu laulahi e tau moko fou nai i Niu Silani to gagao lahi e tokologa ha tautolu.

Haha iai e tau mena ikiiki kua lata ia koe ke taute he magaaho nai mo e amaamanaki atu ki ai

Tauteute mo e Fakatokatoka e tau palana haau

- ✓ Ka hoko mai e fulu lahi mahaki ia, to lauia ai e magafaoa katoa haau ke he fiha e tau faahi tapu. Fakatokatoka e palana haau ke lauia ai e tau mena nai:
- ✓ ko hai ka lagomatai ke he mouaga he tau mena kai mo e falu a koloa foki kaeke kua gagao oti e loto kaina
- ✓ ko hai, ka fakafoou e tau tega-vai kaeke kua oti
- ✓ tau numela telefoni ha lautolu kua nonofo tata atu ki a koe mo e Ekekafo haau. (Toka ke he taha mena kua mukamuka ke kitia tuga e gutuhala filisa).
- ✓ tau, koloa fakaaoga mafiti – onono ke he lisi he tau koloa fakaaoga mafiti ha iai ki loto he Pepa Telefoni Ago (Yellow Pages). Po ke kumi ke he kupega Get ready Get thru:
www.getthru.govt.nz ti peehi e 'How to get ready'.



Fakapuke hake e tau koloa fakaaoga mafiti haau

- ✓ Lata, ke moua e tau kai mo e tau inu ke he taha e faahi tapu. Fifi e tau koloa kai ke leva e fakaaoga tuga e tau, punu fua lakau, tau punu povi, tau pekete falaoa mo e tau kai momo.
- ✓ Tau tega vai palasitamolo kua lata tonu mo e tukutuku-hifoaga he tau mamahi-ulu mo e velavela ke he tino. Aua, fakaaoga ha mena kehe, ke he tau fanau ikiiki ato fakatonu fakamua atu he Ekekafo haau.
- ✓ Tau pa-mata kua fakaaoga he tau tagata gagao, kua eke foki mo lagomatai ke taofi aki e uta-fanoaga he tau moko gagao. Moua mai e tau koloa nai he tau Fale Talavai. Kaeke kua haha iai e gagao lahi nai to tala-atu ia ke he tau tagata e tau fakaaogaaga. Ko e fakaaoga ni e pa-mata/ihu nai ke he magaaho ku, ti kua lata foki ke hiki kaeke kua pala ha koe tau koho mo e tau tihe.
- ✓ Kua lata ke fai taga palasitiki ke tukuaki e tau holoholo laupepa kua oti he fakaaoga.
- ✓ Manamanatu ke he tau mena kua lata ke taute, kaeke kua gagao e magafaoa mo e nonofo ke he kaina ke he taha e faahi-tapu, fakatai.



Huki, gagao fulu

Huhu, ke he Ekekafo haau ke huki tumau a koe ke he tau tau oti. Ko e huki fakagata nai lagataha he tau to nakai maeke ke puipui a koe ka hoko mai e fulu lahi mahaki, ka e maeke ke puipui a koe mai he falu a gagao foki. Hakoe mena fa hikihi fano e tau moko gagao nai, kua lata ni ia koe ke moua e huki fakagata lagataha he tau tau oti.

Nakai fai togoti e huki fakagata nai ma lautolu kua 65 mo e molea e tau tau moui mo, lautolu e tau tagata lalahi mo e tau fanau kua moua ke he tau gagao tupu tumau.