



Health Navigator New Zealand

Video animation transcript:

COVID-19: Auala ke mafai fehoahoni kafai e COVID mataloa (COVID-19: Ways to cope with long COVID)

0:00

Ko te tokalahiga o nā tino e maua i te COVID
pe fano ni nai vaiaho fatoā lelei.

00:02

Kae mō iētahi,
āuga veia ko te he lava te manava,

00:05

tale, vaivai ma te fiva

00:07

e mafai ke i ei pea mo he taimi matalao.

00:09

E takua te mea tenei ko te COVID mataloa.

00:10

E i ei na vāega e mafai e koe ke fai
ke fehoahoni atu mo te taimi tenā

00:12

ma nā koga ke fano koe ki ei mo he fehoahoaniga.

00:14

Hō he tino e mafai ke maua i te COVID mataloa

00:15

kae e kehekehe ia āuga o tagata.

00:17

Ko nā tino faigaluega o
te Ola Mālōlō e mafai ke fehoahoani

00:19

- vĕia ko latou e kikiĀgia nā vāega o te tino,

00:20

nā tino popoto fakapitoa i
te tapenaga o nā meakai paleni,

00:21

ma nā tino e galulue ki
te nofo lelei o tatou komiuniti.

00:22

Kae talanoa muamua ki tō Fomai Kaiga.

00:24

Nā tākua mai e tāua
te nahe fakavavevavea o nā mea.

00:27

Ko te poulitia o te māfaufau ma te vaivai o
te tino ni lagona e mooni iēna!

00:29

Ko te mea ia ko au ke lava taku mālōlō.

00:31

Peleni pe mata e fia te mafai e kō mafaia ke fai,

00:32

ma taumafai ke nahe fāia uma i he taimi e fokotahi.

00:34

Lahi aku galuega e heki faia,

00:36

ka na fai taku peleni ke tipu ki lalo o ku itūla ma
fai ni aku galuega mai te fale.

00:39

Fakamaumau oku āuga ki he tuhi
e fehoahoani tenā ke kikila pe gaholo au e mālohi.

00:42

Ma puipui lava au kiā te au
ke nahe toe māua i te COVID

00:44

pē kote fulū.

00:45

Ko au kua tōtoka te faiga oku tui puipuia
ma nā tui puipui fakaopopo.

00:49

Ke kē manatua e hē nā ko koe tautahi.

00:50

Ē i ei nā tino i hō he koga o te lalolagi
e feagai ma te COVID mataloa,

00:53

ma nā kulupu e mafai koe ke fano
ki ei mo ni fehoahoani.

00:55

Ko te tokalahiga o nā tino kua mālōlōhi katoatoa

00:57

kae ko i ei lava nā fehoahoaniga e avanoa.