

# #Protect TE MOANANUI A KIWA



## Make a plan

**Decide what happens if someone in your 'api gets puke/sick**

**Option 1:** Set up a room in your fale where whānau members can isolate themselves away from others

**Option 2:** If it's not possible to set up a room, create separate zones so they're away from shared spaces such as the living room & kitchen

**Option 3:** Coordinate with your kāinga another fale where Fānau can go & isolate

## Set e ngaahi tu'utu'uni

**Decide what the tu'utu'uni is for your fale so everyone is clear**

Hold a fakataha fakafāмили so everyone knows how to tokanga'i each other if someone gets sick

Communicate your expectations with your kau 'ahi e.g. text or message before they arrive, beep from the gate, wait in the ka

Put up signs on your fence & front door, set up a table outside the front door with sanitiser & a QR code / register

## Prepare your kāinga

**Make sure all the kāinga are on board & understand the plan**

Put a list up on your fridge of fāмили details (names, ages, NHI numbers, medical conditions, addictions) & emergency contacts (GP clinic, after hours, support agencies) - just in case

Talk with your Fānau about what the plan is if you get sick or go to hospital & how to reach out for help if needed

Nominate someone outside of your fale who can help if your fāмили is isolating, like delivering me'akai or supplies

## Plan ki ho Kainga

### Preparing your Kāinga & your Fale

## Prepare your fale

**Think about how to set up your fale to minimise the spread**

Draw up a map of your whare to help define your zones, e.g. shared spaces, isolation areas, sanitising stations

Make a list of household instructions that are easy to follow if you get sick e.g. feeding pets, paying bills

If you don't have enough room inside your fale, consider using a tent to make a comfortable space with all the necessary supplies

## Prepare your me'atokoni

**Make sure your peito has plenty of me'akai in case you need to isolate**

- Me'akai high in vitamins i.e. fruit & veges
- Fluids i.e. water, broth, tea, coffee, milo
- Baby supplies
- Hygiene products
- Medical supplies
- Cleaning supplies

Organise me'akai ahead of time that's easy to heat when needed e.g. soups, stew

Make up individual laundry & toilet bags for each person & store separately with your personal belongings

## Protect your kāinga moe fāмили kotoa

**Keep to the taumu'a & encourage each other to stick to the plan**

Stay connected - arrange regular catch-ups with your kāinga, friends & community

Don't be mā to reach out if you need help. You are not alone.

Like our tupu'anga of Te Moananui a Kiwa - stay strong, stay resolute

**#Protect'AeKauToulekeleka**

**#ProtectOurMātu'a**

**#ProtectOurTamaiki**

**#ProtectOurFānau**

**#ProtectOurKāinga**



# #Protect TE MOANANUI A KIWA

Lea faka-Tonga



## Fokotu'utu'u ha palani

**Fakakaukau'i pe koe ha ha me'a'e hoko kapau 'e puke ha taha 'i homou 'api**

1. Teuteu'i mavahe ha loki'i homou fale, ke fakamavahe'i ki ai 'akinautolu mei he toenga
2. Kapau'oku faingata'a ke teuteu'i ha loki mavahe, pea fakamavahe'i pe kinautolu mei he ngaahi feitu'u 'oku mou ngaue'aki kotoa, hange koe lotofale & peito
3. Femahino'aki mo homou kainga ki ha fale makehe ke fakamavahe'i kinautolu ki ai

## Fokotu'utu'u ha ngaahi tu'utu'uni

**Fokotu'u pe koe ha e ngaahi tu'utu'uni ki homou fale ke mahino'i he taha kotoa**

Ui ha fakataha fakafamili, ke mahino'i he taha kotoa 'a e me'a kenau fakahoko ki ha taha kapau'e puke

Fakaha mahino ki ho'omou kau 'ahi'a ho'o ngaahi fiema'u ke fai'o hange'i ha popoaki text, kimu'a pea nau a'u atu, pe koe hooni mei he matapa'o e 'aa pe talitali pe'i ho'o me'alele.

Fokotu'u ha ngaahi faka'ilonga'i homou 'aa pe matapa'i mu'a, fokotu'u ha tepile'i tu'a he matapa'i mu'a o tuku ai ha me'a fanofano nima & QR code lesisita

## Mateuteu'iho kainga

**Fakapapau'i'oku tu'u fakataha ho kainga pea nau mahino'i'a e palani**

Fokotu'u ha lisi homou famili moe ngaahi fakaikiiki'o honau hingoa, ta'u fiha, fika NHI, ngaahi tu'unga fakafaito'o, addictions moe taha ke fetu'utaki fakavavevave ki ai (Toketa fakafamili, hili e taimi ngaue, ngaahi kautaha tokoni) na'a fiema'u

Talanoa ki ho'o Fanau fekau'aki pe koe ha e palani, kapau te ke puke pe teke 'alu ki falemahaki, pea 'e anga fefe ha'anau kumi tokoni kapau 'e fiema'u

Fokotu'u ha taha'oku 'ikai nofo'i homou 'api'e lava'o tokoni kapau'e fakamavahe'i kimoutolu, 'o hange ko hano fakaa'u atu ho'omou me'akai pe ko ho'omou ngaahi fiema'u

## Palani ki ho Kainga Mateuteu'i ho Kainga mo ho Fale

### Mateuteu'i homou fale

**Fakakaukau'i pe 'e anga fefe ha'o fokotu'utu'u homou fale ke fakasi'isi'i ha toe mafola atu**

Ta fakatata ha mape homou fale ke tokoni ki ho'omou 'ai e ngaahi 'elia, 'o hange koe feitu'u temou ngaue'aki kotoa, feitu'u'oku fakamavahe'i moe ngaahi feitu'u ke fanofano ai

Hiki ha lisi'o ha fanga ki'i ngaue faka'api'e faingofua kenau fakahoko, kapau te ke puke, hange koe fafanga e fanga manu, totongi mo'ua

Kapau'oku 'ikai lahi e ngaahi loki'i homou fale, fakakaukau'i hano ngaue'aki ha teniti ke fakafemalie ki he ngaahi naunau kotoa'oku fiema'u

### Mateuteu'i homou me'atokoni

**Fakapapau'i'oku lahi fe'unga pe'a e me'akai'i homou peito, telia na'a fiema'u ke fakamavahe'i kimoutolu**

- me'akai'oku lahi ai'a e vaitamini hange koe fua'i'akau moe vesitapolo
- me'a ki he inu, hange koe vai, ti, kofi, milo
- ngaahi naunau ki he fiema'u'a e pepepe
- ngaahi naunau ki he mo'ui ma'a pe haisini
- ngaahi naunau fakafaito'o
- ngaahi naunau ki he fakama'a

Teuteu'i ha me'akai kei taimi'e faingofua ke fakamafana pe'o ka fiema'u, hange koe supo

Teuteu'i ha ngaahi kato fo moe kato ki he fale kaukau taautaha'o tuku makehekehe pe mo'enu nga'oto'ota taautaha

### Malu'i ho kainga moe famili kotoa

**Tauhi ki he Taumu'a pea mou fepoupou'aki kemou nofo ma'u ki ho'omou palani**

Mou fetu'utaki ma'u pe - fokotu'utu'u hamou taimi mavahe kemou fetu'utaki ai mo homou kainga, kaungame'a moe kainga he kolo 'Oua temou ma kemou kumi tokoni kapau'oku fiema'u. 'Oku 'ikai ko kimoutolu pe.

Hange ko hotau tupu'anga, ko 'etau ha'u mei he 'Otu Motu Pasifiki - ofa kemou ma'u ha loto lahi mo uoungataha

**#Malu'i'aekauToulekeleka**

**#Malu'i'aeMatu'a**

**#Malu'i'aeLonga'ifanau**

**#Malu'i'aeFamili**

**#Malu'ihotauKainga**

