

#Protect TE MOANANUI A KIWA



Make a plan

Decide what happens if someone in your fale gets gasegase / sick

Option 1: Set up a room in your fale where 'āiga 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 'āiga another fale where you can go & isolate if you need

Set the aganu'u

Decide what the aganu'u is for your fale so everyone is clear

Hold a fono with your 'āiga so everyone knows how to lagolago each other if someone gets sick

Communicate your expectations with your tagata asiasi e.g. text or message before they arrive, text or message again from the gate, wait in the ta'avale

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

Prepare your 'āiga

Make sure all your 'āiga are on board & understand the plan

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

Talk with your tamaiti 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 'āiga is isolating, like delivering meataumafa or supplies

Plan

Preparing your 'āiga & your fale

Prepare your fale

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

Draw up a map of your fale 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 umukuka

Make sure your umukuka has plenty of taumafa in case you need to isolate

- Meataumafa high in vitamins i.e. fruit & veges
- Fluids i.e. water, broth, koko samoa
- Baby supplies
- Hygiene products
- Medical supplies
- Cleaning supplies

Organise meataumafa 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 'āiga

Keep to the Tu ma Aga & encourage each other to stick to the plan

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

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

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

#ProtectOurMatuamātutua

#ProtectOurMātua

#ProtectOurTamaiti

#ProtectOurAiga

#Protect TE MOANANUI A KIWA

Gagana Samoa



Galuega e fai:

O le ā le mea e fai pe a gasegase se tasi o le aiga?

1. Filifili se potu e fa'apitoa mo tagata ua gasegase e tu'u esea ai latou
2. A lē mafai ona filifili se potu fa'apitoa, ona tapena lea o se vaega o le fale o le a fa'apitoa mo i latou o lo'o gasegase e tu'u esea ai
3. Feso'ota'i ma isi outou 'āiga, e talanoa ai pe iai se potu fa'apitoa mo tagata ole 'āiga e tu'u esea ona o le gasegase

Tulafono e Tausia le Aganu'u o le tou fale

O a tulafono fa'ale'āiga e tatau ona tausia e tagata uma?

Fai fonotaga a le 'āiga, ina ia mālamalama uma tagata i galuega o le a fai pe a gasegase se tasi Fa'ailoa i tagata asiasi tulafono tausia o le 'āiga ona o le fa'ama'i, fa'ata'ita'iga, telefoni muamua ae le'i asiasi mai, toe telefoni pe a taunu'u i le fale o lo'o asiasia, a le tali mai le telefoni ona toe fo'i lea i lou 'āiga

Sauniuniga mo le 'āiga

Fa'amautinoa ma fa'amautū ia mālamalama uma le 'āiga atoa i nei tapenaga mo le koviti

Tusi se lisi o le 'āiga atoa, igoa, tausaga, a'afiaga o le soifua maloloina, ni talavai mai le foma'i o lo'o fa'a'aogaina, ona fa'apipi'i lea i se mea e iloa uma e tagata o lou 'āiga

Tāua le talanoa ma tamaiti ina ia iloa fo'i e latou le mea e fai, pe a ma'i se tasi o le 'āiga. Fa'amautū le mea e o i ai tamaiti

Filifili se tagata mai fafo atu o le tou fale, e feso'ota'i e fesoasoani i mea mana'omia

Fuafuaga

Tapenaga o lou aiga ma lou si'osi'omaga

Sauniuniga mo le fale

Va'ava'ai toto'a i le tapenaina o le fale, ina ia fa'aititia le pepesi o le fa'ama'i

Tusi se ata o le fale ina ia mavaevae vāega ta'itasi ole fale, Fa'ata'ita'iga, potu mālōlō, potu 'ai, potu moe, potu tāmea ma le falelētā'ua.

Fai se lisi o ni fa'atonuga mo tagata ta'itasi, tōfia tagata e faia galuega 'ese'ese i totonu o le fale.

Afai e leai se potu avanoa mo se tagata ua a'afia i le koviti po'o se tagata fa'atu'uese, fa'atu se fale'ie i fafo ma tapena lava pei o totonu o le fale, ia iai moega, nofoa, laulau ma mea uma mana'omia ma ia mafanafana

Sauniuniga mo umukuka

Tapena ma fa'amautū ia lava taumafa mo le 'āiga pe a afaina i le koviti

· Meataumafa 'ese'ese e pei o fuālā'au 'aina, fuālā'au mata,

· Vai taumafa e pei o vai auli, koko samoa

· Mea'ai ma isi sapa'ai mo le pepe,

· vailā'au fa'amamā fale

· Talavai mai le foma'i

Kuka ni mea'ai eseese, e tu'u i le pusa aisa, a fia taumafa loa na ona aumai e fa'avevela

Mo tagata ta'itasi o le 'āiga, e tatau ona iai le 'ato a le tagata lava ia, e tu'u i ai mea fulunifo, solo tā'ele, solo mata, selu ma la'e'i fa'aogā i aso ta'itasi

Puipui lou 'āiga

Fa'aaogā pea Tu ma Aga fa'asamoa e lagolagoina ai tulafono ua faia e le 'āiga auā le nonofo fealofani

Feso'ota'i ma talanoa i isi 'āiga ma uō ma isi tagatānu'u e maua ai le fiafia

Afai e fia maua se fesoasoani, aua le matamuli e feso'ota'i ma isi tagata.

E pei o tatou tupu'aga o le Moananui a Kiwa - Fa'amolosi ma Onosa'i.

#PuipuiTatouTagataMatutua

#PuipuiTatouMatua

#PuipuiTatouTamiti

#PuipuiTatouĀiga

