

# #Protect TE MOANANUI A KIWA



## Make a plan

**Decide what happens if someone in your kaina gets gagao**

**Option 1:** Set up a room in your kaina where family 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 magafaoa another fale where magafaoa can go & isolate

## Set the matafakatufono

**Decide what the matafakatufono is for your kaina so everyone is clear**

Hold a fono he magafaoa so everyone knows how to puihui/leveki each other if someone gets sick

Communicate your expectations with your fenoga aahi (Visitors) e.g. text or message before they arrive, beep from the gate, wait in the motoka

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

## Prepare your magafaoa

**Make sure your magafaoa are on board & understand the plan**

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

Talk with your tamaikiiki 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 kaina who can help if your magafaoa is isolating, like delivering kai or supplies

## Magafaoa Plan

### Preparing your magafaoa & your kaina

## Prepare your kaina

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

Draw up a map of your kaina 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 kaina, consider using a tent to make a comfortable space with all the necessary supplies

## Prepare your poko tuku kai

**Make sure your poko tuku kai has plenty of kai in case you need to isolate**

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

Organise kai 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 mataohiaga

**Keep to the mataulu & encourage each other to stick to the plan**

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

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

Like our tūpuna of Te Moananui a Kiwa - stay strong, stay resolute

**#ProtectOurMatuaTupuna**

**#ProtectOurMatua**

**#ProtectOurTamaikiiki**

**#ProtectOurMataohiaga**



# #Protect TE MOANANUI A KIWA

Vagahau Niue



## Taute e palana

Fifili ko e heigoa ka taute kaeke ka fai tagata he haau a kaina ne moua e gagao

**Puhala Taha:** Taute taha poko he kaina haau ke isolate e tau magafaoa gagao i ai.

**Puhala Ua:** Kaeke ka nakai maeke ke taute ha poko, taute mo e fakatokatoka e tau matakavi(zones) ke fakamamao a lautolu mo e tau matakavi fakalataha tuga e lotofale mo e peito.

**Puhala Tolu:** Fakamau taha e fale kehe ke o ai e magafaoa haau ke Isolate.

## Fakamau e tau matafakatufono

Fifili ko e heigoa e tau matafakatufono ke lata mo e haau a kaina, ke fakailoa ke he magafaoa.

Taute e fonu he magafaoa ke iloa oti, ko e heigoa e tau hatakiaga kua lata ke puipui mo e leveki a mautolu kaeke ke moua e taha e gagao.

Matutaki e haau a tau amaamanakiaga ke he haau a tau fenoga aahi; text po ke tohi atu fakamua ato hohoko mai a lautolu, piipi e pu he motoka mai he pa, fakatali he motoka.

Tuku hake e tau pepa fakamailoga ke he pa mo e gutuhala i mua, taute e laulau i fafo mo e tuku aki e vai fakamea lima mo e QR code/Register.

## Tauteute e magafaoa haau

Mautaute e haau a magafaoa mo e fakailoa ko e heigoa e palana ke he ha mutolu a kaina.

Tuku hake e taha tohi ke he haau a filisa ne toka hifo ai e tau fakamailoga he haau a magafaoa (Tau higoa, tau tau, tau numela NHI, tau tuaga fakaekekafo lalahi, tau hufiaaga) mo e tau matutakiaga Emergency (Fale Ekekafo, matutakiaga ke he po, tau fakaholoaga leveki) - kaeke ka fai mena ka hoko.

Tutala mo e ha mutolu a tau tamaikiiki hagamoo ke he palana. Kaeke ke moua e tau gagao poke fano ke he falegagao, ko e heigoa ha lautolu a lagatau ke kumi taha lagomatai.

Fifili e taha matakainaga i fafo he haau a kaina, ne maeke ke lagomatai e haau a magafaoa ka isolating. Tuga e tau fakatau mo e tamai e kai poke tau koloo ha mutolu.

## Palana he Magafaoa

### Tauteute e haau a magafaoa mo e haau a kaina

#### Tauteute e haau a kaina

Manamanatu fefe la ka taute e haau a kaina ke fakatose e tolomakiaga he gagao nai.

Taute e taha fakatino he haau a kaina ke fakamailoga e tau matakavi haau; tau matakavi fakalataha, faahi isolation mo e tau tuaga fakamea.

Fakamau hifo e tau puhala he kaina ne mukamuka ke taute kaeke ke gagao a koe; puhala fagai tau manu he kaina mo e tologi e tau kaitalofa.

Kaeke ko e aifai fakaataaga i loto he haau a kaina, liga taute e taha fale la i fafo ne fakatotoka, ke tuku aki e tau koloo ha mutolu.

#### Tauteute e haau a poko tuku kai

Taute e haau a poko tuku kai ke loga e tau kai i loto, kaeke kua lata a koe ke isolate.

· Tau kai ne loga lahi e tau vitamini tuga e tau fua laukau mo e tau lakau kai

· Tau vai e vaimate, supo mo e inu ti.

· Tau koloo ke lata mo e tau tamamukemuke.

· Tau koloo fakamea tagata.

· Tau koloo tului e tau kafokia.

· Tau koloo fakamea fale.

Fakamua tauteute e tau mena kai ke mukamuka ka hoko e magaaho ke kai tuga e supo mo e talo.

Taute takitaha e tau kato ke he tau mena tui ka unu mo e tau kato ke lata mo e fale koukou. Tuku fakalataha moe haau a tau mena.

#### Puipui e haau a mataohiaga

Kia fakamau ke he mataulu mo e fefakamafanaaki ke tumau ke he palana nai.

Kia tumau e tau matutakiaga - taute e fakatokaaga ke feleveia mo e haau a tau magafaoa, tau kapitiga mo e maaga.

Aua neke loto ma ke matutaki kaeke ke fia loto a koe ke he lagomatai. Nakai tokanoa tokotaha a koe.

Tuga ha tautolu a tau tupuna he Moananui a Kiwa - kia fakamalolo, kia fakamooli

#PuipuiHaTautoluMatuaTupuna

#PuipuiHaTautoluMatua

#PuipuiHaTautoluTamaikiiki

#PuipuiHaTautoluMataohiaga

