



Health Navigator New Zealand

Video animation transcript: COVID-19: Fehokotaki i te fakatekakehega (COVID-19: Staying connected in isolation)

0:00

Kāfai koe e nofo kehe fakatekeheha ona ko te COVID,

00:02

ko te nonofo fakatahi ma iētahi tino kā fehoahoani
ke mafai ai koe ke manuia.

00:05

Ko nā māfutaga e māhani ai e maua ai te fakalogo lelei o kitātou.

00:07

E lelei mō te tātou ola i te tino ma te māfaufau.

00:10

E vēhea lā ona nofo au ma fehokotaki?

00:12

Taumafai ke maua he taimi ke fehokotaki ai – kanofi ki te kanofi e
hili atu ia te lelei nai lō te fekave tekihi.

00:16

Kae ke fakamutinoa ko he mea e faifaipea.

00:18

Ko koe e hē manakomia ke fai he talanoaga gigila

00:20

– e tuha lava pe he talanoaga ma he uō e uiga ki te polokalame
pito fiafia koe ki ei i te TV.

00:24

Pe ko he ōmoe gali ma te manaia
kae e hē amanakiagia ke mafai ai koulua ke feiloaki kae kakai.

00:27

Kāfai koe e heai he tino ke fehokotaki ki ei,

00:29

ko St John e iei te lātou polokalame ko he tino e mafai ke fakafehokotaki kāfai e manakomia.

00:32

Na hē fakafanoa te aho kātoa ke nofo ai nā ko koe pe ko tau telefoni.

00:35

E kō mafaia oi fai koe ke lagona hē fiafia pe ko te hē totoka.

00:37

Taumafai oi fai he mea fakakata kāfai koulua e nofo kehe fakatahi.

00:40

Ko te tākaloga pe ko he meakai e tao.

00:42

Oka kai te gali Kiri, te fakafofola mai!

00:45

Kāfai ko nā uō ma nā tuākoi e mafai ke fehoahoani,

00:47

lea ki ei 'lo fakamolemole,' kae tautuanā tō lātou haogālēmū.

00:49

Tautuanā ma koe tō fakalogoaga

00:52

mā kāfai koe e fītā - fehili mō he fehoahoani.

00:54

E maua te fehoahoani ma te fautuaga.