



## Falu a puhala kumi lagomatai ka tupetupe, fakaatukehe poke matakutaku haau a manamanatuaga he magahala nei ha koe gagao coronavirus (COVID-19)

Ka fai manatu tupetupe a koe haggao ia kehe gagao coronavirus (COVID-19), fakamolemole ti hea atu e numela telefoni nei ke lata moe coronavirus hotline **1800 675 398** (hafagi 24 tula).

Ka manako ke fakaaoga e tagata fakaliliu kehe haau a vagahau motu, fakamolemole ti hea e numela nei **Telephone Interpreter Service (TIS National) on 131 450** ke kumi taha tagata ke fakamaama atu kehe vagahau fakaniue.

Mae tau fekau mafiti oti, hea atu e numela **000**.

### Koloa lagomatai ka felauaki moe matematekelea.

Fai puha koloa lagomatai ke lata ia mo lautolu ne haggahaga kelea lahi e tau momoui ka lauia ai kehe gagao nei. Lautolu ia kua nonofo moe puipui mau kehe tau lotokaina, nakai o fakahanoa neke pikitia he gagao coronavirus (COVID-19). Hāhā ki loto he tau puha koloa lagomatai nei e tau mena kai pihia foki moe tau koloa fakaaoga fakatagata ke lata mo lautolu ne nakai fai magafaoa nonofo tata poke kua uka lahi ia lautolu ke moua e tau mena kai moe falu koloa ikiiki mae levekiaga fakatagata. Hafagi kehe tau tagata oti ne nonofo I Osetalia nei ke kumikumi atu ka manako ke moua taha lagomatai. Ai koe tagata nofomau I Osetalia ni hokoia.

Hea atu kehe numela telefoni e ke lata ia moe coronavirus **1800 675 398**.

### Taute taha fakatokaaga ma haau ke lata moe magaaho haggahaga kelea ki loto he kaina kua nakai lata mo koe .

Nakai koe mena mitaki ka tupu e latau poke ha mahani kolokolovao he kaina ne nofo ai a koe. Hanei e tau numela ke hea ka fai mena pehe nei kua tupu ai kehe haau a lotokaina he tau magahala nei ha koe gagao pikitia viko koe coronavirus (COVID-19).

Ke puipui haau a moui, leo ke moua e magaaho kua haggahaga mitaki to hea ke kumi lagotamai atu kehe taha tagata .i fafo he loto kaina. Ka nakai maeke ia koe ke hea, ti kumikumi atu kehe taha he haau a tau kapitiga ke fakahoko atu haau a kumi lagomatai kehe [safe steps](#) he numela **1800 015 188** (hafagi 24 tula he aho, 7 e aho he faahi tapu) poke tohi atu kehe [safesteps@safesteps.org.au](mailto:safesteps@safesteps.org.au) via email. To kumikumi e lautolu taha puhala kua lata ke lagomatai atu a koe.

Taute taha kato ke mukamuka ia koe ke uta he magaaho ka fano kehe fakatepetepe mai he loto kaina. Tuku he kato nei haau a tau pepa mahuiga tuga e pepa fano fenoga(passport), moe tau mena tui. Tatai ni ka uta e kato nei haau ke toka he kaina he taha he haau a tau kapitiga.

Maeke a koe ke fano kehe mai he kaina ke kumi lagomatai. Nakai fakahala he leoleo a koe ka moua he puhala tu. Kaeke kua taofi he leoleo a koe he puhala tu, talaage koe hola kehe mai a koe he kaina ha kua nakai hagahaga mitaki e tau mena tutupu.

Fakatumau ke matutaki atu kia lautolu ne iloa e koe, tagata ne maeke ke lagomatai atu kia koe he tau magaaho matematekelea. Fanafana age kia lautolu ka fai mena he kaina ne kitia e koe kua nakai lata kehe haau a kitiaaga ti kua tupetupe haau a loto moe manamatuaga ki ai. Fakamau hifo taha e kupu ke iloa e mua ka fakaaoga e koe e kupu ia koe fakakite haia koe manako lagomatai mafiti a koe.

## Mae tau magaaho ka mahomo hake e tupetupe he haau a loto

Maama moe mailoga e tau manatu tupetupe moe matakutaku he nakai iloa to fefe he tau mogo i mua ha koe gagao nei. Koe mena ne mua moe mitaki lahi ke leveki haau a loto manamanatu, pihia foki ke tumau e muiua kehe tau puhala malolo tino, tuga ke fakatumau e faofao moe moua e mohe mitaki.

Koe matakau Beyond Blue maeke ia lautolu ke foaki atu falu a fakailoaaga ke lagomatai aki a koe, kumi atu kehe [beyondblue.org.au](http://beyondblue.org.au) ole ke moua taha fakatutalaga aga ke maeke ia koe ke folafola haau a tau manatu kua nakai hagahaga mitaki, hea e numela nei **1300 22 4636**.

Lifeline taha matakau foki nei ne maeke ke lagomatai atu kia koe he tau magaaho uka. Mua atu ke taofi mai e tau manatu kaeke kua onono atu a koe ke utakehe ni e koe haau a moui. Ka fai manamanatu pihia a koe hea atu kehe numela: **13 11 14**.

Ka manako a koe ke moua taha lolomi he fakailoaga nei he puhala ke mukamuka ia koe ke totou, tohi atu kehe [Emergency Management Communications](mailto:em.comms@dhhs.vic.gov.au) <em.comms@dhhs.vic.gov.au>.

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Haia ne tohia foki i loto he [Translated resources](https://www.dhhs.vic.gov.au/translated-resources-coronavirus-disease-covid-19) – <<https://www.dhhs.vic.gov.au/translated-resources-coronavirus-disease-covid-19>>

How to access support if you feel unsafe, stressed or anxious during coronavirus – Vagahau Niue