



Mea e fai pe afai na e fesoota'i vavalalata ma se tasi e maua i le coronavirus (COVID-19)

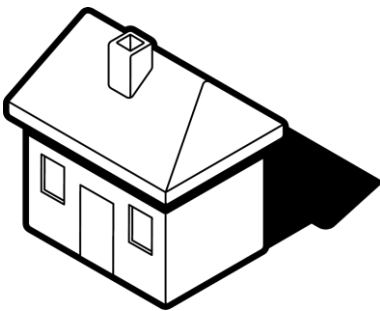
What to do if you have been in close contact with someone with coronavirus (COVID-19) – Samoan

Sa e fesoota'i vavalalata ma se tasi e maua i le coronavirus (COVID-19)

E ao ona faleesea pe faaesea (quarantine) oe lava i lou fale poo nisi nofoaga o nofo ai mo le 14 aso ina ua uma le lua fesoota'iga mulimuli ma lea tagata.

Faamolemole faitau ma le faaeteete le mea leni. Mo nisi faamatalaga atili, faafesoota'i le coronavirus hotline i le **1800 675 398** (24 itula, 7 aso o le vaiaso).

Afai e te viliina le coronavirus hotline, e mafai ona e maua se faamatalaupu i le filifilia lea o le selo (0). Mo soo se isi lava telefoni, afai e te manaomia se faamatalaupu, telefoni muamua le TIS National i le **131 450**.



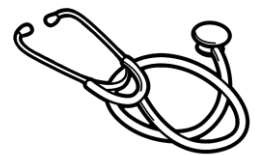
Nofo i le fale



Fufulu ou lima ma kava pe a tale ma mafatua



Faaesea oe mai lou aiga ma uo



Afai e te manaomia se fesoasoani faafoma'i, telefoni lau foma'i poo le hotline

O ai lē e fesoota'i vavalalata iai?

Afai na lua fevaaia'i mo le silia ma le 15 minute poo le faaalu i le silia ma le lua itula i se nofoaga vavalalata ma se tasi na su'eina ua maua i le coronavirus i le taimi na inifeti ai, o oe la o le tagata fesoota'i vavalalata.

O le fesoota'i vavalalata e mafai ona tupu i le tele o auala, e pei o le nonofo i le aiga e tasi pe faigaluega i le fale faigaluega e tasi. E ta'u atu e le Matagaluega o le Soifua Maloloina ma Tautua i Tagata (Department of Health and Human Services) (DHHS) se tasi pe afai o ia o se tagata fesoota'i vavalalata.

Aiseā e manaomia ai ona faleesea pe faaesea (quarantine) a'u?

O le faleesea pe faaesea o lona uiga e lē mafai ona e aluese mai lou fale poo le nofoaga o nofo ai i soo se mafuaaga lava, vaganā ai tausiga faafoma'i poo se faalavelave fafuase'i. O soo se tasi o sē e

fesoota'i vavalalata e ao ona faleesea pe faaeesea ona e maualuga le lamatiaga o le pepesi atu o le coronavirus i isi tagata. O le auala sili ona lelei e puipui ai lou aiga ma le vaipanoa o le nofo lea i le fale ma faaeesea mai tagata (faamamao ese faaletino).

E lē mafai ona e tuua lou fale ae alu e faamalositino. E ono faasala oe e oo atu i le \$4,957 pe afai e te aluese mai le fale a'o manaomia ona faleesea pe faaeesea oe. Nofo i le fale ma tausia le saogalemu.

O fea e faleesea pe faaeesea (quarantine) ai a'u?

E ao ona e alu atu vave i le nofoaga e faleesea pe faaeesea ai oe, e aunoa ma le faia o ni malologa (stops). E masani lava o lou lava fale, ae pe afai e lē mafai ona e faia faapea i lou fale, ona fuafua loa lea o se nofoaga e te nofo ai.

O ai e tatau ona ta'u iai?

A uma loa ona ta'u atu o oe o le fesoota'i vavalalata, e ao ona e ta'u atu i le pule o lau galuega. E ao ona e ta'uina atu i tagata o tou nonofo faatasi o oe o le tagata fesoota'i vavalalata.

E faapefea ona tausia lo'u saogalemu?

E lē tatau ona e aluese mai lou fale poo le nofoaga o nofo ai, vaganā ai le sailia o se tausiga faafoma'i poo se faalavelave faafuase'i.

- Faleesea pe faaeesea oe mai isi tagata i lou nofo lea na o oe i se potu.
- Fufulu e lē aunoa ou lima ma kava pe a tale ma mafatua.
- Fai se ufigutu (mask) mo ta'otoga pe afai o loo e iai i le potu e tasi ma isi tagata ma tausia le va e 1.5 mita.
- Faaaoga se faleuila mo na o oe, pe afai e mafai ai.
- Alofia le faaaoga faatasi o mea i le fale (aofia ai ipumafolafola, iputi ma sipuni ma mea faapena).
- Faamamā luga o meafale (luga o laulau, faitoto'a, keyboards, paipa ma 'au poo ki) ma tatā e lē aunoa tagamea.
- Afai o iai, faaaoga totinilima e fai ma tia'i a'o lote mea palapalā ma fufulu e lē aunoa ou lima.
- Tia'i mea ua faaleagaina e pei o totinilima ma ufigutu (masks) i se taga tia'i lapisi.
- Aua ne'i faatagaina ni tagata e asiasi atu iā oe i totonu o lou fale poo le nofoaga o e nofo ai.
- Afai o e nofo i se fale patino tuma'oti poo fale mautotogi, e mafai ona e alu i lau togalaau poo lou faapaologa. E ao ona fai sou ufigutu mo taotoga pe a e fealua'i solo i le nofoaga o nofo ai.

Talosaga atu i uo poo aiga, latou e lē o manaomia ona faaeesea mai isi, e aumai ni mea'ai poo isi mea e manaomia mo oe.

E ono faasala oe e oo atu i le \$4,957 pe afai e te aluese mai le fale a'o manaomia ona faleesea pe faaeesea oe. Nofo i le fale ma tausia le saogalemu.

Mata'itu ou āuga

A'o faleesea pe faaeesea mai oe, e ao ona e mata'ituina āuga o le coronavirus:

- fiva
- tigā le faa'ī
- lē toe manogi se mea pe ua leai se tofo.
- maalili pe āfu
- tau lē lava le manava
- tafe le isu

Afai e maua oe i se tasi o āuga o le coronavirus e ao ona su'eina oe ma foi vave atu loa i le fale.

Pe manaomia ona su'e a'u pe afai o a'u o le tagata fesoota'i vavalalata?

Afai e maua oe i se āuga o le coronavirus, e ao ona e saili mo se fautuaga ma su'e oe.

Telefoni lau foma'i pe faafesoota'i le coronavirus hotline i le **1800 675 398** (24 itula, 7 aso o le vaiaso).

Afai o loo manuia pea oe ma e leai ni āuga, o le a talosagaina le su'eina o oe pe tusa o le 11 aso talu ona faaeesea mai oe.

E ao ona fai sou ufigutu pe afai e te aluese mai le fale mo le su'eina o oe. Alofia le faaaogina o auala o femalagaaiga mo le lautele. Pe a uma ona su'e oe, e ao ona e toe foi vave loa i le nofoaga o faleesea ai oe.

E fai fua le su'ega o le coronavirus mo tagata uma. E aofia ai tagata e leai ni kati Medicare, pei o tagata asiasi mai atunuu ese mamao, tagata faigaluega mai isi atunuu ma tagata sulufa'i.

O le ā le umi e manaomia ona faleesea pe faaeesea ai a'u?

E ta'u atu e le Matagaluega o le Soifua Maloloina ma Tautua i Tagata pe o le ā le umi e faleesea ai oe. O le faleesea poo le faaeesea e masani lava ona 14 aso, vaganā ai ua amata ona alia'e āuga ma/pe ua maua mai le su'ega ua maua oe i le coronavirus.

Afai o loo manuia pea oe ma e leai ni āuga, o le a talosagaina le su'eina o oe pe tusa o le 11 aso talu ona faleesea mai oe. E tusa lava pe o e lagona pea le malosi lelei, a'o e tatalia i'uga o lou su'ega **e lē mafai ona faauma le faaeesea mai seia oo ina ta'u atu iā oe ua saogalemu ona faauma.**

Tausia lou maloloina lelei

O le faleesea poo le faaeesea mai (quarantine) e mafai ona faigata tele, ae maise lava mo tamaiti.

- Talanoa i isi sui o le auaiga. Malamalama i faamatalaga e faatatau i le coronavirus o le a faaititia ai popolega.
- Fai ni fuafuaga ma lou pule o le galuega e galue mai le fale, pe afai e mafai.
- Lagolago i lou alo i le a'oa'oina mai le fale. Saili atu i puna o faamatalaga i laina faakomupiuta o loo mauaina.
- Ia fesoota'i pea ma le aiga ma uo e ala i le telefoni, imeli poo ala o fesootaiga ma le lautele.
- Manatua o le faaeesea mai e umi tele le taimi e faia ai.

Saili atu i puna o faamatalaga o loo maua i laina faakomupiuta – aofia ai fautuaga i le moe, maloloina lelei ma le faamalositino i le fale. O loo maua vitiō i le [Wellbeing Victoria](https://www.together.vic.gov.au/wellbeing-victoria) <<https://www.together.vic.gov.au/wellbeing-victoria>>.

Afai ua lē mafai ona e onosa'i, talanoa i lou foma'i pe faafesoota'i le:

- [Lifeline Australia](https://www.lifeline.org.au/) <<https://www.lifeline.org.au/>>, telefoni le: **13 11 14**
O tautua i taimi sili ona faigata e faapea ona saunia mai le fesoasoani i soo se taimi.
- [Beyond Blue](https://www.beyondblue.org.au/) <<https://www.beyondblue.org.au/>>, telefoni le: **1300 22 4636**
Latou te saunia mai fesoasoani faapitoa mo tagata o faaeesea mai.
- [Kids Helpline](https://www.kidshelpline.com.au/) <<https://www.kidshelpline.com.au/>>, telefoni le: **1800 551800**
O se tautua e lē totogia ma e tausia le faalilolilo o fautuaga mo tagata talavou.

E mafai ona maua afifi (packages)

E mafai ona maua le totogi e faatasi ona fai e \$1,500 e fesoasoani ai i tagata faigaluega o Vitoria ua faamaonia ua maua i le coronavirus poo se tagata fesoota'i vavalalata i se tasi ua faamaonia ua maua i le coronavirus. Taga'i i le [Totogi mo le Livi Ona o le Mala o le Faama'i](https://www.servicesaustralia.gov.au/individuals/services/centrelink/pandemic-leave-disaster-payment) <<https://www.servicesaustralia.gov.au/individuals/services/centrelink/pandemic-leave-disaster-payment>>.

Afai e te manaomia le fesoasoani ona o ou tausaga, lē atoatoa le malosi pe afaina le soifua maloloina ona o se gasegase tumau, e mafai la ona fesoasoani se tagata o saunia le tausiga, tausima'i, sui o le aiga poo se uo. E ao ona e faailoa atu iā latou o loo faleesea pe o faaeesea mai (quarantine) a'o le'i asiasi atu.

O afffi (packages) o fesoasoani mo faalavelave faafuase'i o loo iai mea'ai ma mea mo le tagata lava ia e mafai ona maua pe afai e lē mafai ona maua le fesoasoani mai uo poo le aiga.

Mo nisi faamatalaga atili mo fesoasoani ma afffi mo taimi o faalavalave faafuase'i poo le faia o faatauga, asiasi i le [DHHS.vic. – Faleesea ma le nofoto'atasi](https://www.dhhs.vic.gov.au/self-quarantine-coronavirus-covid-19) <<https://www.dhhs.vic.gov.au/self-quarantine-coronavirus-covid-19>> pe telefoni le Coronavirus hotline i le **1800 675 398**.

Faamatalaga mo latou o saunia tausiga ma sui o le aiga

Afai o loo e tausia se isi o le aiga e iai ni mea tāua e tatau ona e faia ina ia tausia ai le saogalemu o tagata uma o le aiga:

- Faamautinoa o le tagata o faleesea o loo iai pea i le potu e tasi, faaeesea mai isi tagata.
- Tapuni pea o latou faitoto'a ma tatala faamalama, pe a mafai ai.
- la faato'alaiti latou o saunia tausiga.
- Fufulu i taimi uma ou lima i le fasimoli ma le vai pe faaaoga se vailaau fululima tapē siama a'o le'i ulufale pe ua aluese mai le potu.
- la faaeesea mai ipua'i ma mea o faaaoga e le tagata o faleesea mai mea o faaaoga e le aiga.
- Afai o iai, fai le ufigutu (mask) mo ta'otoga pe afai o loo e iai i le potu o le tagata o faleesea pe o vavaeesea. Afai e leai sou ufigutu mo ta'otoga, faaaoga se mea e ufi ai foliga, e pei o se ie ufiulu (scarf) poo se ie ufiua (bandana).
- Fai le ufigutu ma totinilima pe a lote tagamea ma tatā i le maualuga e oo iai le setiina o le vevela o le vai.
- Faamamā e lē aunoa luga o mea oi le fale (luga o laulau, faitoto'a, keyboards, paipa ma 'au/ki).
- Tia'i pepa fogiisu ma ufigutu i se tagapepa iila ma tapuni lelei.
- Aua le talia ni tagata e asiasi atu.

Afai ua amata ona lē malosi le tagata, telefoni le coronavirus hotline i le **1800 675 398** mo se fautuaga. Afai e manaomia ona alu atu e vaai lou foma'i, telefoni muamua iai ina ia mafai ona latou sauniuni mai.

Mata'itu āuga

Afai ua amata ona alia'e mai ni āuga matu'iā o le faama'i i le tagata o e tausia, e pei ua faigata ona manava, telefoni selo e tolu (000) ma talosaga mo se taavale mo faalavelave faafuase'i.

Pe afai e iai se tasi ua iai ni āuga e tatau ona su'eina latou ma toe foi vave loa i le fale.

To find out more information about coronavirus and how to stay safe visit

[DHHS.vic – coronavirus disease \(COVID-19\)](https://www.dhhs.vic.gov.au/coronavirus) <<https://www.dhhs.vic.gov.au/coronavirus>>

If you need an interpreter, call TIS National on 131 450

For information in other languages, scan the QR code or visit

[DHHS.vic – Translated resources - coronavirus \(COVID-19\)](https://www.dhhs.vic.gov.au/translated-resources-coronavirus-covid-19)

<<https://www.dhhs.vic.gov.au/translated-resources-coronavirus-covid-19>>



For any questions

Coronavirus hotline 1800 675 398 (24 hours)

Please keep Triple Zero (000) for emergencies only

To receive this document in another format phone 1300 651 160 using the National Relay Service 13 36 77 if required, or [email Emergency Management Communications <covid-19@dhhs.vic.gov.au>](mailto:covid-19@dhhs.vic.gov.au).

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Available at [DHHS.vic –Translated resources - coronavirus \(COVID-19\)](https://www.dhhs.vic.gov.au/translated-resources-coronavirus-disease-covid-19)

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