



# Mea e fai pe afai ua faamaonia i lau su'ega ua maua oe i le coronavirus (COVID-19)

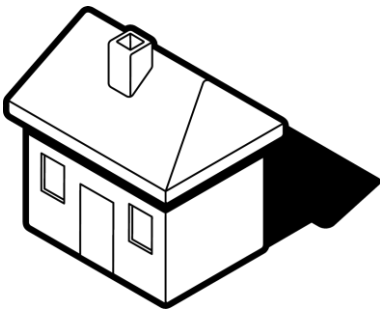
What to do if you've tested positive for coronavirus (COVID-19) – Samoan

## Afai ua faamaonia i lau su'ega ua maua oe i le coronavirus (COVID-19)

E ao ona faaesea oe seia oo ina ta'u atu e le Matagaluega o le Soifua Maloloina ma Tautua i Tagata (Department of Health and Human Services) ua saogalemu. E tāua lou mulimuli i lenei ta'iala – e pei ona faamalosia e le tulafono.

Mo nisi faamatalaga atili, faafesoota'i le 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**.



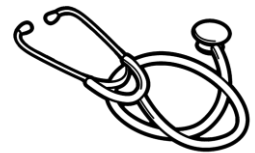
Nofo i le fale



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

### Aiseā e manaomia ai ona faaesea mai a'u?

Afai ua faamaonia i ou su'ega ua maua oe i le coronavirus e ao ona faaesea mai oe ona e maualuga lamatiaga o le a pepesi atu i isi tagata. O le auala sili e puipui ai lou aiga ma le vaipanoa o le nofo lea i le fale ma faaesea mai isi tagata (faamamao faaletino). O le faaesea e mafai ona mafatia ai ae e mafai ona taofia ai le faasalalau atu o le coronavirus.

O le faaesea o lona uiga e lē mafai ona e aluese mai lou fale poo le nofoaga o nofo ai, vaganā ai tausiga faafoma'i poo se faalavelave fafuaase'i. E ono faasala oe e oo atu i le \$4,957 pe afai e te aluese mai le fale a'o manaomia ona faaesea oe. Nofo i le fale ma tausia le saogalemu.

Afai e iai se isi tagata e te iloa ua maua i āuga e ao ona su'eina latou ma nonofo i le fale.

## **O fea e faaesea iai a'u?**

E ao ona e alu atu vave i le nofoaga e faaesea iai oe, e aunoa ma le faia o ni malologa (stops). E masani lava o lou lava fale, ae e ono faataga oe e le Matagaluega o le Soifua Maloloina ma Tautua i Tagata e faaesea mai oe i se isi nofoaga talafeagai ai.

E ao ona e alu atu vave loa i le nofoaga o le a faaesea ai oe.

## **O ai e tatau ona ta'u iai?**

A uma loa ona ta'u atu ua faamaonia i'uga o lau su'ega ua e maua ai, e ao ona e ta'u atu i le pule o lau galuega ma e mafai foi ona ta'u atu i tagata fesoota'i vavalalata. O tagata 'fesoota'i vavalalata' o se tasi atonu ua e pasia atu iai le vairasi, e ono aofia ai latou o tou nonofo faatasi pe na iai faatasi i se faatasitasiga lautele.

O tagata tou te nonofo faatasi o le a manaomia ona faaesea mai foi latou, ona e maualuga lamatiaga o le a maua latou i le coronavirus. E aofia ai i lenei mea tamaiti.

## **O le ā e tupu pe a faamaonia mai le su'ega ua maua i le faama'i?**

O le a talanoa atu le vaega o le soifua maloloina iā te oe i tagata sa e fesoota'i vavalalata iai. O le a faafesoota'i e le matagaluega o le soifua maloloina tagata e manatu iai o tagata fesoota'i vavalalata. O le a latou matauina poo fea o faaesea atu iai oe ma poo ai o nonofo faatasi ma oe.

O le a faaaauu ona fesootai mai pea le vaega o le soifua maloloina iā te oe. E mafai ona e faafesoota'ia latou pe afai e te manaomia se fesoasoani faaopoopo pe iai foi nisi fesili e tusa ai ma le tausia o le saogalemu ma le maloloina lelei. E ao ona faaaauu ona faaesea oe seia oo ina kilia oe e le vaega o le soifua maloloina.

## **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.

- Faaesea 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 faaesea 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 faaesea oe. Nofo i le fale ma tausia le saogalemu.

## Mata'itu ou āuga

Afai ua faasolo atu ina leaga ou āuga ae le'i matu'iā, telefoni lau foma'i. Afai o se faalavelave faafuase'i faafoma'i, (faata'ita'iga, faigata ona manava) telefoni le 000 ma talosaga mo se taavale mo faalavelave faafuase'i. Ta'u atu i tagata faigaluega o le taavale o faalavelave faafuase'i e maua oe i le coronavirus (COVID-19).

## Tausia lou maloloina lelei

O le faaesea mai 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 faaesea 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 faaesea mai.
- [Kids Helpline](https://www.kidshelpline.com.au/) <<https://www.kidshelpline.com.au/>>, telefoni le: **1800 551800**  
O se tautua e lē togotia ma e tausia le faailolilo o fautuaga mo tagata talavou.

## E mafai ona maua le fesoasoani

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. Asiasi 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>>.

O affi (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 affi mo taimi o faalavelave faafuase'i poo le faia o faatauga, asiasi i le [DHHS.vic. – Faleesea ma le nofoto'atafi](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 faaesea o loo iai pea i le potu e tasi, faaesea mai isi tagata.
- Tapuni pea o latou faitoto'a ma tatala faamalama, pe a mafai ai.
- Ia 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.
- Ia faaesea mai ipu’ai ma mea o faaaoga e le tagata o faaesea 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 faaesea. 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 faasolo ina leaga āuga ae le’i oo ina matu’iā 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.

Alu e su’e oe pe afai ua maua oe i se tasi o āuga nei: fiva, maalili pe tigā le faa’i, tau lē lava le manava, tafe le isu, lē toe manogi se mea pe ua leai se tofo.

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-disease-covid-19)  
<<https://www.dhhs.vic.gov.au/translated-resources-coronavirus-disease-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](mailto:covid-19@dhhs.vic.gov.au) <covid-19@dhhs.vic.gov.au>.

Authorised and published by the Victorian Government, 1 Treasury Place, Melbourne.

© State of Victoria, Australia, Department of Health and Human Services, updated 10 August 2020.

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

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