



# Tau fakakatoatoaaga he tau hikihiki mae tau hatakiaga puipui

Summary of changes to restrictions – coronavirus (COVID-19) – Niuean

## Ke manatu tumau e koe

- Fakaaoga tumau e kalaie poke pā ihu/gutu ke uufi aki haau a ihu moe gutu ka fano kehe mai he kaina
- Ka fai fakamailoga gagao kovita (COVID-19) a koe, pete ni e ai kelea lahi, fano ke moua taha tiviaga mae gagao kovita.
- Ka logona kua gagao poke fai fakamailoga gagao a koe, ti nofo i kaina.
- Tumau ke fakavehāmamao 1.5 e mita mai he falu a tagata.
- Holoholo tumau haau a tau lima, fakaaoga e holoholo laupepa (tissue) poke tuli lima ke koho poke tihe ki ai.
- Kua fitā e fakagahuahua e tau hatakiaga puipui ne fakavahega ki loto he fakapapahiaga 4 ke lata ia mo metropolitan Melbourne. Putoia ai foki e tau tulā ke taofi e tau fenoga o viko he po, kamata he matahola 8 afiafi ke oti hola 5 magaaho pogipogi.
- Kua fitā e fakagahuahua e tau hatakiaga puipui ne fakavahega he fakapapahiaga 3 ke lata ia mo Regional Victoria, putoia ai foki a Mitchell Shire.
- To hiki he (Chief Health Officer) e tau hatakiaga puipui nei kaeke kua fai hikiaga.

## Uufi ihu moe gutu

Tau tagata oti ne kua 12 e tau moui moe molea, fakaaoga tumau taha kalaie poke pā ihu/gutu ke uufi aki e ihu moe gutu haau ka fano kehe mai he kaina. Koe moua mai la taha fakaataaga he fakatufono ato maeke a koe ke fano noa ai uufi haau a ihu moe gutu. Falu a fakataitai:

- kaeke kua fai gagao tuga e magiho poke heigoa foki kehe fofoga mata katoa, poke uka ia koe ke fafagu ha ko e falu a gagao kua lauia ki ai
- kaeke kua fano tokotaha a koe i loto he motoka po ko koe moe taha tagata ne nonofo auloa he kaina
- kaeke kua taute a koe he tau faofao tino kua mafiti lahi tuga e poitufi, kae mailoga ke uta tumau haau uufi ihu moe gutu ka fano ke faofao tino.

## Tau hatakiaga puipui he magaaho nei: Fakapapahiaga 4 – metropolitan Melbourne

Kua fakagahuahua tuai e tau hatakiaga puipui, ke he fakapapahiaga 4 ke lata ia mo metropolitan Melbourne.

Ko e tau hikihikiaga nei kua fakagahua ha ko e lali ke tukutuku hifo e numela tagata fae o kehe mai he tau kaina moe o viko ai i Vikitolia.

Kua fakagahua foki e taofi he tau tagata ke nakai maeke ke o viko ka po kamata he hola 8 afiafi ke hoko atu ke he matahola 5 pogipogi i metropolitan Melbourne. Ko e kakano he hatakiaga nei, kua nakai maeke a koe ke fano kehe mai he haau a kaina he ha magaaho vahalo to he matahola 8 he po ke hoko atu kehe matahola 5 he magaaho pogipogi. Ko e tau tagata ni ne maeke ke o kehe mai he tau kaina he tau tulā nei, ko lautolu ne fai pemita ke o ke

gahua, leveki atu ke he taha tagata matematekelea poke fehola ha kua nakai hagahaga mitaki e loto kaina ne nofo ai ha kua tupetupe ke he mahani vale kua fakakite he taha tagata.

Nakai maeke ke fai tagata ke ahiahi atu haau a kaina poke fano a koe ke ahiahi atu ke he falu, ko e maeke ni ke fano kaeke ko koe ne leveki atu kehe taha tagata matematekelea poke fano ke foaki lagomatai ke he mahani he loto fakalofa.

Ke lata moe aho, kamata mai he matahola 5 pogipogi ke hoko atu kehe matahola 8 afiafi, koe 4 nī e kakano ke fano kehe mai a koe he kaina:

### **1. Fano ke fakatau kai moe heigoa ni falu a koloa mahuiga ke lata mo e levekiaga he kaina**

- Ko e maeke na koe ke finatu ki lalo hifo he 5 e kilomita e mamao moe haau a kaina. Kaeke ko e fale koloa ne tata kia koe kua molea e 5 kilomita, maeke a koe ke fano kehe fale koloa ia. Kaeke ko e falekoloa ne fakafua e tau mena kai motu tuga e fale talo, ka kua molea 5 kilomita, maeke a koe ke fano ke he falekoloa ne kua tata lahi ke he haau a kaina. Fakatai pehe, ka 2 e fale fakafua talo kua tata kia koe, fano ke he fale talo ne tata lahi ke he haau a kaina, ai koe fale ne mahuiga lahi a koe ki ai ka kua mamao fakatote mai he kaina haau.
- Ko e taha ni e tagata ka fano kehe mai he kaina lagataha he aho ke he fale koloa ke fakatau kai moe heigoa ni falu a koloa ke lata moe levekiaga he kaina. Maeke ke uta e tama tote poke tau fanau ikiiki kaeke kua nakai fai tagata he loto kaina ke leveki atu a lautolu.

### **2. Faofao tino**

- Ko e fano lagataha nī he aho ke faofao tino kaupā ke he taha nī e tulā. Nakai maeke a koe ke fano mamao ke molea e 5 kilomita mai he haau a kaina. Nakai maeke a koe ke fano he motoka ke faofao tino he taha matakavi mamao – fai kehe mai la kaeke koe tagata fai ukiuki a koe ke he tino poke fano ha ko e falu a kakano ke he puipuiaga he tino.
- Kua lata ke faofao tokotaha poke faofao tokoua mo e taha tagata – nofo poke nakai nofo mo koe he kaina. Kaeke ko koe matua fai tama tote poke tagata leveki atu ke he tama tote, poke tau fanau ikiiki poke taha tagata kua nakai maeke ke nofo tokotaha, maeke a lautolu ke o mo koe ka fano ke he mai he kaina ke faofao tino.

### **3. Faihoani mo e lagomatai, ha ko e mahani he fakaalofa poke kumi lagomatai ke he ekekafo.**

- Maeke a koe ke fano ke he mai he kaina ke moua taha lagomatai malolo tino, poke fakamooli e fakamauaga ke kitia e toketa.
- Maeke a koe ke leveki atu ke he taha tagata gagao poke matua fuakau ne faoa mo koe poke taha tagata kehe.
- Maeke a koe ke fano ke faihoani poke fakatau mo e taha tagata kua fano kumi lagomatai kehe tau ekekafo.
- Maeke a koe ke fano ke uta haau a manu fao ke he toketa poke fale gagao he tau manu.

### **4. Gahua tupe poke aoga fakaako**

- Ka maeke ia koe ke gahua i kaina, matutaki atu haau a gahua i kaina. Ki loto i metropolitan Melbourne, loga e faahi gahua kua pāpā mo e nakai hafagi ai. Ko e tau falekoloa ni kua moua e pemita mai he fakatufono ka matutaki ke hafagi.
- Ka taute haau a tau fakaakoaga he TAFE poke university taute i kaina poke i fafo mai he fonua aoga fa mahani ki ai.

### **Falu a kakano ke maeke a koe ke fano kehe mai he kaina:**

- Ka fai mena tupu fakaako
- Ka finatu ke fakakia atu ke he haau a leoko, ko e fenoga atu na koe ke he haana a kaina moe liu ke he haau a kaina he tau matahola kua fatifati, vahaloto he matahola 5 pogipogi kehe matahola 8 he magaaho afiafi. Manatu ai maeke ke o viko he po kamata mai matahola 8 afiafi hoko atu he matahola 5 magaaho pogipogi.

- Kaeke kua fai fakamauaga ke lata mae levekiaga he tau fanau mai he matua taane/fifine ne kua nakai nonofo tokoua.
- Kaeke kua fai fakatuputupu latau poke fakakiteaga mahani vale e taha tagata ne nofo mo koe ti nofo haghaga kelea ai haau a moui. Ka taofi he leoleo a koe he puhala tū ha kua hola kehe mai he kaina, fakamaama age e kakano ati hola kehe mai a koe he loto kaina, ke lagomatai atu he leoleo a koe. Hea atu e safe steps he numela 1800 015 188 poke tohi ke he email [safesteps@safesteps.org.au](mailto:safesteps@safesteps.org.au) ke kumi lagomatai, hafagi 24 tulā, 7 e aho he faahi tapu.

Kaeke kua fai kakano ke fano kehe mai a koe he kaina, tumau ke fakaaoga e kalaie poke pā ihu/gutu ke uufi aki haau a ihu moe gutu...fai kehe la kaeke kua moua mai e fakaataaga mai he fakatufono ke ai fakaaoga e uufi ihu mo e gutu. Tumau ke holoholo haau a tau lima aki e valamoli moe valavai to fano kehe moe ka liu mai ki kaina, moe mogo ka tui poke utakehe e kalaie ne uufi aki haau a ihu moe gutu. Tumau ke fakavehāmamao 1.5 mita he vahaloto haau moe falu a tagata.

Kaeke kua fai tuahā a koe kua ligaliga kua moua tai a koe he gagao coronavirus (COVID-19), fano ke moua taha tiviaga ma haau ti liu fakahako ki kaina ka oti e tivi, ti nofo-tokotaha (self-isolate) ato moua mai e tali kua nakai moua a koe he gagao.

Ka mumuitua auloa a tautolu ke he tau poakiaga malolo nei, ku a lagomatai atu ia ke puipui ha tautolu a tau magafaoa, tau kapitiga moe maaga katoa.

## Tau lagomataiaga mae tau tagata oti i Vikitolia

Lagomataiaga ke malu puipui ai a tautolu mo e tau tagata oti, kau fakalataha ke muitua kehe tau poakiaga. Tuga he tau mena nai;

- Ka logona kua gagao a koe, nofo i kaina. Ua fano ke ahiahi atu he tau magafaoa poke fano gahua tupe.
- Ka fai fakamailoga gagao kovita (coronavirus) a koe, pete ni e ai kelea lahi, [fano ke moua taha tiviaga ma haau](#)
- Ka maeke ke gahua mai he haau a loto kaina, ti nofo ke gahua i kaina.
- Ka feleveia a koe moe taha tagata nakai nonofo he taha e kaina, tumau ke fakavehāmamao – ai tautālofa lima mo e tau kukukuku ka feleveia. Ko e tomatoma atu pehe nai ke leveki atu kia lautolu kua ofania e koe ke he haau a loto.
- Holoholo tumau haau a tau lima aki e valamoli moe vai, fakaaoga tumau e holoholo laupepa (tissue) poke haau a tulilima ka koho poke tihe, moe tumau ke fakavehāmamao 1.5 mita mai he falu a tagata.
- Tumau ke fakaaoga e kalaie poke pā ihu mo e gutu ke uufi aki haau a ihu moe gutu ka fano kehe mai he kaina, kehe mai la ka fai fakaataaga mai he fakatufono kia koe ke ai fakaaoga e uufi ihu moe gutu.

To hiki he (Chief Health Officer) e tau hikihihiaga nei ke lata moe tau hatakiaga puipui kaeke kua fai hikiaga.

## Tau lagomatai kua fakatokatoka ke moua

Tupe totogi ke moua lagataha, \$1,500 ma lautolu e tau tagata gahua oti i Vikitolia kua fai tonuhia ke moua e tupe nei kaeke kua fakamooli kua moua e gagao kovita/coronavirus (COVID-19) poke tata lahi atu haau a fehagai moe taha tagata ne kua moua he gagao kovita. Kua fakatolomaki atu ki mua he Fakatufono ha Vikitolia e tau puhala lagomatai ke putoia ai foki a lautolu kua tonuhia mo e kua lata ke moua taha tiviaga mae gagao kovita, ke moua \$450 ko e tupe lagomatai ke nofo ai a koe i kaina ka oti e tivi ke moua e tau fakakatoatoaaga. Ka manako ke moua falu a fakailoaga laulahi hea atu e coronavirus helpline he numela 1800 675 398 (24 tula he aho). Ka manako ke moua taha tagata fakaliliu ke he haau a vagahau, hea atu kehe TIS National he numela 131 450.

Kaeke kua fai manatu kua fakatupetupe haau a manamanatuaga poke taha tagata kua iloa e koe fai puhala lagomatai – hea atu e Lifeline 13 11 14 poke Beyond Blue he numela 1800 512 348. Ka manako ke moua taha tagata ke fakaliliu atu kehe haau a vagahau motu, hea atu kehe TIS National he numela 131 450.

Kaeke kua logona hifo e koe e moui ogoogonoa lagākina ha ko e gagao kovita (COVID-19), maeke ia koe ke hea atu e coronavirus (COVID-19) hotline (1800 675 398) ka tali mai ti peehi e numela 3. To matutaki atu a koe ke he taha tagata gahua lagomatai mai he Australian Red Cross ke lagomatai atu a koe ke fakamatutaki atu ke he falu tagata lagomatai he matakavi ne nofo ai a koe.

## Tau fakaveaga kua tohia ai

Fakamolemole fakaaoga e tau hatakiaga puipui nei kua tohia ai ke he ha tautolu a vagahau motu ti tufatufa atu ke he ha tautolu a tau tagata Niue oti ke he tau meli hila (email), lakau kupega hila (social media), poke heigoa ni falu a puhala ke folafola atu e tau hatakiaga moe tau puipuiaga.

If you are concerned, call the coronavirus hotline 1800 675 398 (24 Hours).

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

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:email.Emergency.Management.Communications@dhhs.vic.gov.au) <email.Emergency.Management.Communications@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, 12 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>

Print managed by Finsbury Green.