

# #Protect TE MOANANUI A KIWA



## Make a plan

**Decide what happens if someone in your kaupale gets masaki**

**Option 1:** Set up a room in your fale where tino i tou kaiga can isolate themselves away from others

**Option 2:** If it's possible to set up a room, create separate zones so they're away from shared spaces such as the living room & kitchen

**Option 3:** Coordinate with your kaiga another fale where tino i tou kaiga can go & isolate

## Set ne fakanofonofoga

**Decide what fakanofonofoga is for your kaupale so everyone is clear**

Hold a fono mo te kaiga so everyone knows how to fesoasoani each other if someone gets sick

Communicate your expectations mo tino e omai o asiati e.g text or message before they arrive, beep from the gate, wait in the motoka

Put up signs on your fence & front door, set up a table outside the front door with sanitiser & a QR code/register

## Prepare your kaiga

**Make sure all the kaiga are on board & understand the plan**

Put a list up on your fridge of the kaiga details (names, ages, NHI numbers, medical conditions, addictions) & emergency contacts (GP clinic, after hours, support agencies) - just in case

Talk with your fanau/tamaliki about what the plan is if you get sick or go to hospital & how to reach out for help of needed

Nominate someone outside of your kaupale who can help if your kaiga is isolating, like delivering meakai or supplies

## Plan a te Kaiga

### Preparing your Kaiga & your kaupale

## Prepare your fale

**Think about how to set up your fale to minimise the spread**

Draw up a map of your fale to help define your zones, e.g. shared spaces, isolation areas, sanitising stations

Make a list of household instructions that are easy to follow if you get sick e.g. feeding pets, paying bills

If you don't have enough room inside your fale, consider using a tent to make a comfortable space with all the necessary supplies

## Prepare your sefe/ koga tuku meakai

**Make sure your sefe has plenty of meakai in case you need to isolate**

- Kai ki meakai high in vitamins i.e. fruit & veges
- Fluids i.e. water, broth, kawakawa tea
- Baby supplies
- Hygiene products
- Medical supplies
- Cleaning supplies

Organise meakai ahead of time that's easy to heat when needed e.g. soups, stew

Make up individual laundry & toilet bags for each person & store separately with your personal belongings

## Protect your sologa (gafa)

**Keep to the kaukaiga & encourage each other to stick to the plan**

Stay connected - arrange regular catch-ups with your kaiga, friends & community

Don't be maa to reach out if you need help. You are not alone.

Like our tupuna of Te Moananui a Kiwa - stay strong, stay resolute

**#ProtectOurKaumatua**

**#ProtectOurMatua**

**#ProtectOurTamaliki**

**#ProtectOurSologa**



# #Protect TE MOANANUI A KIWA

Te Gana Tuvalu



## Fai se palani

Mafaufau kae palani fakatasi ki ne aofaga ke fakatoka manafai ko pokotia se tino i te otou kaufale ne te masaki

**Aofaga 1:** Fakatoka se potu i loto i te fale tela e mafai o nofo iei a tino o tou kaiga kola ko masaki io me ko latou kola e 'tau o faka'mao mai te tokoukega (isolate).

**Aofaga 2:** Kafai e se mafai o fakapitoo se potu mo nofo iei a tino o tou kaiga kola e masaki io me ko 'tau o nofo faka'mao, fakatoka se aofaga tela e puipui iei a koga masani e nofo iei te kaiga katoa, pela mo te talaluma mo te umukuka mai ia latou kola ko pokotia.

**Aofaga 3:** E mafai o fai se fakatokaga ne tou kaiga mo nisi puikaiga o koutou, ke mafai o faka'nofo iei a latou kola ko 'tau o nofo faka'mao io me ko latou kola ko masaki.

## Fai ne fakanofonofoga

Mafaufau fakatasi ki fakanofonofoga 'lei kae 'tau o fai ne tou kaiga, ko te mea ke lausa te malamalama i mea e 'tau o fai ne tino i loto i tou kaiga

Fai se faipatiga io me se fono mo te otou kaiga ko te mea ke mafai o fakatau fesoasoani te tino ki te sua tino manafai ko isi se tino e masaki i loto i te kaiga.

Fakailoa ke iloa ne tino kola e omai o asiasi koutou a fakanofonofoga ko iai iei te otou kaiga. E mafai o fesokotaki atu i meseti io me text atu mai mua e oko atu, io me tuu mai tua o te 'pui o te otou fale ko fakailoa atu iei ia latou ko oko atu, io me faitali i loto i olotou motoka.

Faite ne fakapulaga o fakapiki ki te 'pui mai tua o te fale, kae ke maua foki o tuku se taipola foliki mai tua i te mataloa ki mua o te fale, ko te mea ke tuku iei a te mea mulu lima (sanitiser) pela foki te QR cod

## Fakatoka tou kaiga

Ke fakalaua te iloa mo te malamalama i fakatokakaga a te otou kaiga ke iloa ne tino katoa o te kaiga

Faite se lisi ke fakapiki ki luga i te aisa. Te lisi tenei e 'tau o tusi iei a igoa o tino o te otou kaiga (tausaga o tino takitokotasi, napa totino kola e fakaaoga i te fakaimasaki (NHI), ko masakiga taki tokotasi o tino manafai e isi, io me ko nisi pokotiaga i mea tau Ola lei o tino taki tokotasi i loto i te kaiga, ko napa telefoni o alaga fesoasoani kola e maua se fesoasoani mai iei, pela mo tokita, mo nisi fakapotopotoga kola e maua mai iei se fesoasoani).

Fai'pati ki fanau mo tamaliki e uiga mo te palani a te otou kaiga manafai ko isi se tino e masaki, te olo ki te fakaimasaki io me ko te tokita e pela foki te sokotakiga mo se fesoasoani mai tua atu o te kaiga.

Filifili se tino mai tua atu i te otou kaufale, tela e mafai o fesoasoani ki te fakamauga o meakai mo nisi manakoga manafai te otou kaiga ko 'tau o nofo faka'mao (isolate) mai nisi tino io me ko poko katoa ne te masaki.

## Palani a tou Kaiga

Fakatokatokaga a tou  
kaiga mo tou kaufale

## Fakatoka ke toka otou fale

Mafaufau fakalei ki se fakatokaga/aofaga o te otou fale ke mafai o fakafoliki iei te pisi o te masaki

Lomi se mape io me se ata o te otou fale kae fakamailoga iei a kogakoga i loto i te fale kola ka fakaaoga fakatasi ne te kaiga katoa i te taimi ko isi se tino e pokotia ne te masaki, pela foki mo kogakoga kola o te fale e fakaaoga fua ne tino ko masaki i te otou kaiga, pela foki mo koga e tuku iei a mea mulu lima (sanitisers).

Fai se lisi tela e mafai o tautali kiei a te otou kaiga manafai ko 'masaki te kaufale katoa, ko te mea ke mafai o iloa me kooi ka panaki mo tusaga kesekese i loto i te fale, pela mo te fagaiga o manu taus, io me kooi foki e panaki mo te fanoga o togi a pili mo mea ake foki.

Kafai ko se lava koga 'nofo i loto i te otou fale, e mafai foki o fakaaoga ne fale faka'tu (tents) mai tua i te fale, mo mea katoa kola e manakogina ke nofo 'lei a latou kola ka olo o 'nofo iei.

## Fakatoka se sefe/ koga tuku meakai

Ke koga se sefe mo tuku iei a meakai i te taimi e nofo faka'mao (isolate) iei a tino i tou kaiga

- Kai ki meakai aoga kae uke a vaitamini iei pela mo fuaga lakau mo vesiapolo
- Ke lasi te vai e inugina - vai, suupu, kawakawa tii
- Ke toka foki a mea konei;
- gatu mo nepi o pepe
- sose mea e fakaaoga ne tamaliki fafine mo te kaiga katoa i loto i falekoukou
- vailakau o masakiga
- mea fulu fale

Fakatokaga o meakai e 'tau o fai mai mua e oko ki te taimi 'kai, ko te mea ke faka faigofie iei i taimi e 'kai ei te kaiga - ke faka'vela meakai pela mo suupu mo siti.

Ke fakatoka foki ne mea mulu gatu totino a tino takitoko tasi i loto i te kaiga, pela foki mo mea e tuku iei a mea mulu nifo mo soopu, kae fakavasega e iloa ki koga tuku kope totino.

## Puipui tou sologa/ kaukaiga

Tausi kae puipui a tou kaukaiga kae fakatau fakamalosi te tino ki te sua tino i loto i tou kaiga, ko te mea ke tautali e iloa ki te fakatokaga kooti ne fakamoe ne te kaiga

Fesokotaki mo nisi - fakatoka foki ne taimi lei e mafai o fetau kae sautala mo kaiga katoa, otou taugasoa pela foki te otou komiuniti

Sa maa o fesokotaki mo se fesoasoani manafai ko manakogina i taimi nei. Tatou e fusi tasi kae kaufakatasi katoa i taimi faigata tenei.

Pela mo tupuna o tatou i Te Moananui a Kiwa - tatou e fakamalosi, faka'toa otou loto.

#PuipuiA'TouKaumatua

#PuipuiA'TouMatua

#PuipuiA'TouFanau

#PuipuiA'TouSologa

