



Health Navigator New Zealand

Video animation transcript:

COVID-19: Ko e tau puhala ke tumau e malolo ha kua leva lahi he moua he COVID

(COVID-19: Ways to cope with long COVID)

0:00

Ko e laulahi ia lautolu ne kua moua e COVID

00:01

ne fa malolo ka totou ke fiha ni e faahi tapu.

00:02

Ka e mae ha falu,

00:03

ko e tau fakamailoga tuga e ku e fafagu,

00:05

koho, lololole mo e velavela

00:07

ne mahani ke nofo mo e tagata
ke loaloa e tau magaaho.

00:09

Fakahigoa e mautolu e mena nei
ko e COVID loa (long COVID).

00:10

Ha iai e tau mena haau ne maeke ia koe
ke taute ke malolo

00:12

mo e tau mena ke fano a koe ki ai
ke moua e lagomatai.

00:14

Ko hai ni mo hai ne maeke ke moua e long COVID

00:15

ka e to fekehekeheaki e tau logonaaga.

00:17

Maeke e tau tagata gahua ke he tau malolo tino

00:19

- ke tuga e tau pulotu ne leveki
ke he tau mamahi he tau alagatino (physio),

00:20

leveki ke he tau kai he tagata ke moua e malolo,

00:21

mo e tau pulotu gahua mae tau tagata

00:22

Ka e tutala fakamua mo e haau a ekekafo.

00:24

Fai ne kua talahau kia au kua mitaki lahi
ke ua fakatepetepe e tau mena.

00:27

Ko e na mooli e mena ne pehe kua fuka e
manamanatuaga mo e mategugu!

00:29

Ko e mena ia ati okioki fakalahi a au.

00:31

Palana ko e heigoa haaku ne fahia ke taute,

00:32

mo e lali ke ua taute oti he taha e magaaho.

00:34

Kua lahi e magaaho haaku
ne kua nakai finaatu he gahua,

00:36

ka kua taute e au e tau palana

ke mutu haaku a tau tula gahua

00:38

mo e taute taha vala ki kaina.

00:39

Ka toka e taha pepa mo fakamau
aki e tau fakamailoga

00:40

to maeke ke kitia kua malolo mai nakai.

00:42

Mo e puipui ia au ke ua liu ke moua foki he COVID

00:44

poke moua he tatalu fulu.

00:45

Ti kua katoatoa e haaku a tau huki fakagata pihia
mo e tau huki booster.

00:49

Manatu ko e mena nakai ko koe ni tokotaha.

00:50

Haha i ai e tau tagata ne viko takai he lalolagi
ne logona e COVID loa.

00:53

Mo e tau matakau ne maeke ia koe
ke finaatu ke moua e lagomatai.

00:55

Laulahi he tau tagata ne katoatoa e liu
ke he tokaaga fakamua e malolo

00:57

ka e haha i ai e tau lagomatai kua maeke ke moua.