



Health Navigator New Zealand

Video animation transcript: COVID-19: Mō nā tino tauhi tauale (COVID-19: Self-care for carers)

0:00

Kāfai e taukikila e koe he tino e maua i te COVID
e mafai ke fakafitā.

00:04

E tāua ko koe e hē fitā,
pe tauale foki.

00:07

Kāfai koe e maua i te COVID
ko koe e hē mafai ke taukikila e koe he tino.

00:10

Ko te taukikila e koe o tō olamālōlō ma te olamanuia
e hē olafakapito - e tāua.

00:15

E fakamautinoa e au e lava taku moe ma
e kai lelei.

00:18

Kāfai e mafai e au, e maua e au te mālōlōi
te aho i te taimi e moe ai au.

00:22

Pe ko au e fano mō havalī vave.

00:23

E tuha lava pe tū i fafo i te togālākau ke maua te huhulu mai o te lā

ma he ea fou e logotonu.

00:27

Ko te lagona e vĕia ko koe kua tōkilalo ko te tūlaga māhāni kāfai
koe he tino tauhi tauale.

00:30

Ātonu ko ko te mea pito tāua mō oku
ko te kikilaga fakalelei o toku ola faka-te-māfafau.

00:34

Fehokotaki ma nā uō ma te kaukāiga matalahi.

00:37

Hakili lagolago.

00:38

Kāfai he tino e fehoahoani atu, lea 'io'.

00:41

Fakamaoni e uiga ki nā lagona ō koe ma te tūlaga o te mafai o koe.

00:45

Fai hau mālōlōga mai nā talafou ki te COVID.

00:47

Fakamautinoa e fai ni au tamā mālōlōga.

00:50

Ko te fakatumutumuga o nā mea uma, agalelei kia te koe.

00:52

Te lelei o te fakatinoga o au galuega!

00:54

Kāfai e lagone e koe koe koe e hē nafatia,
ko te fehoahoani ma lagolago e maua.