

# E fa'aapefea ona 'ou fa'anofu'esea?

## Nofo i lou aiga

Leai se galuega, a'oga, fa'atauga, asiasi i nofoaga faitete, po o le alu o femalaga'iga faitete.



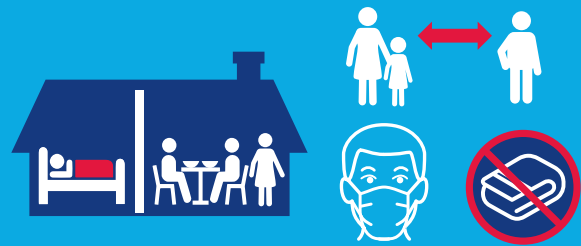
\*E mafai ona e alu 'ese ma lou aiga pe afai e fia maua se foma'i po o ni faalavelave faafuase'i.

## Leai ni tagata asiasi mai



## Pe afai o tou nonofo fa'atasi ma nisi tagata

- Afai e mafai, 'aua tou te faaaogāina faatasi se faleta'ele
- Tausi le vavamamao o le 1.5 mita
- Fai se talipuni-fofoga i totonu o le potu e pei o isi (e ui ina o nofo'esea fo'i)
- 'Aua le fefa'asoa a'i mea o le fale e pei o solo, ie moega po'o ipu. Fufulu pe'a uma ona fa'aaoga.



## Fufulu ou lima i taimi uma

Faaaogā le fasimoli po o le sanitaisa faamamā lima.



## Tausi pea tulaga masani

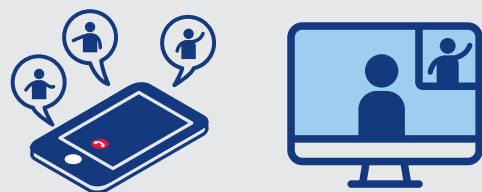
Fai fa'amalosi tino i taimi uma i lou aiga.



## Ufiufi fofoga pe'ā tale ma mafatua



## Feso'ota'i pea e pei o lua mafuta ma au uō ma aiga



## Faamamā luga o mea e masani ona e tagofia



## Sa'ili fesoasoani mai se tagata faufautua 24/7

Lifeline  
**13 11 14**  
lifeline.org.au

Beyond Blue  
**1800 512 348**  
coronavirus.beyondblue.org.au



## Ia mata'itūina āuga

Vala'au le **(000)** pe afai o se ma'i tigaina (faata'ita'iga ua tau lē mafai ona e mānava).



## Po o mana'omia pea se fesili?

[www.nsw.gov.au/covid-19](http://www.nsw.gov.au/covid-19)

Laina fesoasoani mo Koronavairusi i le Atunuu  
**1800 020 080** (laina fesoasoani 24-itulā)

Mo se fesoasoani e leai se totogi i lau gagana valaau **13 14 50**