



Health Navigator New Zealand

Video animation transcript:

COVID-19 Lagomatai kia ia ni ne kua lata mae tau tagata leveki (COVID-19: Self-care for carers)

0:00

Ko e magaaho ka leveki atu a koe ke he taha ne kua moua he COVID to maeke ke lololole lahi.

00:04

Kua lata lahi ke nakai molea ke nakai fahia a koe, poke moua foki he gagao.

00:07

Kaeke ke moua a koe he COVID to nakai maeke ia koe ke leveki taha.

00:10

Leveki ni a koe ke haau a malolo tino mo e moui olaola nakai ko e mahani lotokai

00:13

- ka kua lata tonu ke pihia.

00:15

Kua lali lahi au ke moua mitaki e taha mohe mo e kai mitaki.

00:18

Ka maeke ia au, fa okioki au ke he magahala he aho ka mohe fakaku a au.

00:22

Poke fano hui fakaku a au.

00:23

Pete ni kaeke ke tu he katene
ke moua e taha vala he laa

00:25

mo e matagi foou ke logona e mitaki.

00:27

Ko e logonaaga kua tupetupe lahi ko
e taha mena fa mahani ki ai

00:29

kaeke ko koe ko e leveki tagata.

00:30

Ligaliga ko e mena ne mua atu e mahuiga kia au
ke leveki ke haaku a loto manamanatu ke malolo.

00:34

Fakatumau ke matutaki ke he tau
kapitiga mo e tau magafaoa laulahi.

00:37

Kumi e lagomatai.

00:38

Kaeke ke tuku atu he taha
e taha lima lagomatai, ui 'e'.

00:41

Talahau fakamooli e haau
a tau logonaaga mo e fahia.

00:45

Okioki mai he tau tala
foou ke lata mae COVID.

00:47

Fakamooli ke uta mooli e tau okioki fakaku.

00:50

Ka e muaatu, totonu ni kia koe.

00:52

Ko e mitaki ha ia he gahua haau!

00:54

Kaeke kua logona ia koe kua nakai fahia,
fai lagomatai ne maeke ke moua.