

## FO MOA INFOMASEN O HELP

COVID Information Hotline: 119

Ministri blong Helt COVID websaet:  
[www.covid19.gov.vu](http://www.covid19.gov.vu)

Ministri blong Helt fri mobil fon webpej:  
<https://bit.ly/vanmoh>

Facebook: Follow Health Promotions  
Vanuatu

Vanuatu Women's Senta: 24000

Polis: 111

# COVID-19



## Hao Blong Kipim Famili Blong Yu I Sef



# WANEM IA COVID-19?

COVID-19 hemi sot nem blong Coronavirus we hemi niu mo oli no bin faenem aot bifo long human.

Vaeres ia hemi spred long wan man i go long narafala man tru ol droplet we i kamaot taem wan man we i kasem COVID-19 hemi kof o snis.

Plante man we oli kasem COVID-19 oli showem ol semak simtoms olsem flu: Fiva, kof mo snis. Be sam narafala man we oli kasem COVID-19 oli save sik bikwan mo no save pulum gud win.

Ol olfala mo ol man we oli gat ol narafala sik olsem sik suka mo sik blong hat, oli save stap long risk blong sik bigwan moa.

**Yu save help blong protektem yu wan, famili blong yu mo komuniti blong yu blong no kasem coronavirus sapos yufala i praktisim gudfala aejin oltaem.**



MINISTRI BLONG HELT



# HAO NAO BAE MI KIPIM FAMILI BLONG MI HELTI?

Gudfala aejin hemi nambawan wei blong protektem evriwan long COVID-19.

## 5 Samting we evriwan i save mekem.

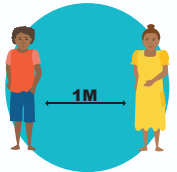
**1 Wasem ol han blong yu** wetem sop mo wota o wetem wan prodak o sanitaesa we i gat alkol long hem. Hemia bae i tekem aot vaeres we i stap long ol han blong yu.

**2 Kaveremap maot mo nus** blong yu long elbo blong yu we yu benem (no usum han) o usum wan tisu taem yu kof mo snis mo sakem aot stret long wan bin klosap - hemia i help blong stopem spred blong vaeres.

**3 Stap 1 mita longwe long narafala man** blong yu no mas kasem sik.

**4 No tajem ae, nus mo maot** from han we i toti i save pasem vaeres ia we i stap long ples we yu tajem i go long yu wan.

**5 Sapos yu gat fiva, kof mo no save pulum gud win, go long wan helt fasiliti klosap long yu.**



# HAO NAO BAE MI KIPIM FAMILI

# BLONG MI HELTI?

## 5 Samting we yu save mekem long haos.

**1** Klinim ol sefes oltaem wetem sop o blij blong kilim vaeres: tebol, handel blong do, klos, plet mo ol samting blong kakae osem spun, fok mo naef.

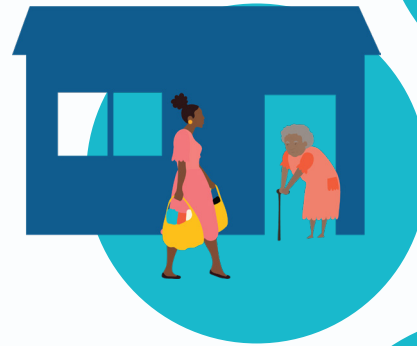
**2** Kukum ol helti kakae we i kat plante vegetebol blong mekem bodi i strong mo stap helti oltaem.

**3** Bildim wan smol ples blong stap wasem han long hem evritaem sapos i nogat wan tap wota i stap klosap.

## Taem i gat konfem kes long Vanuatu...

**4** Katem daon ol visit blong yu I go long maket mo sto blong protektem yu long ol man we oli kasem vaeres.

**5** Helpem ol famili memba we oli olfala o olgeta we oli gat ol medikol kondisen blong stap long haos blong protektem ol blong no kasem vaeres.



# WANEM NAO MI SUD MEKEM

Sapos wan man long haos blong yu i kasem COVID-19, yu nid blong helpem olgeta blong rikava mo semtaem yu kipim famili mo ol neiba blong yu i stap seif.

Blong stopem vaeres blong no spred, yu mas **aesoletem** o **kwarantin** sik man long wan helt fasiliti o long haos long advaes blong Ministri blong Helt.

**Aesolesen** hemi taem yu putum sik man i stap hem wan long wan ples we i no klosap long ol helti man o olgeta we oli no sik.

**Kwarantin** hemi taem oli putum ol man we oli helti be oli bin ekspos long vaeres blong oli stap monitarem olgeta sapos wan i sik.

## 5 Samting we bae yu mekem sapos wan famili memba blong yu i sik

**Aesoletem** sik man long haos blong 14 deis. Sik man i **no sud leko haos**, mo ol man we oli no stap wetem yu oli no sud kam blong visitim sik man ia.



# SAPOS WAN I KASEM COVID-19?

**2** **Limitim sik man blong no mas gat kontak wetem ol memba blong famili.** Sik man i sud stap long wan seperet rum o long wan eria we oli divaedem away long ples we ol helti famili memba oli stap long hem. Sik man i sud gat wan plet, kap, spun mo fok blong hem wan nomoa mo usum wan seperet toalet sapos hemi posibol, o sapos hemi serem sem toalet wetem ol narafala famili memba, mekem sua se oli wasem gud toalet afta we sik man i usum wetem sop blong kilim vaeres.

**3** **I mas gat wan o tu famili memba blong stap lukaot long sik man.** Ol man we oli lukaot long sik man oli mas stap anda long 50 yia o les mo oli helti, oli mas werem fes mask oltaem taem oli gat kontak wetem sik man, mo oli mas wasem gud han oltaem.

**4** **Stopem ol narafala memba blong famili blong no kasem COVID-19.** Wasem gud han oltaem mo klinim ol sefes oltaem.

**5** **Helpem sik man blong rikava kwiktaem.** Letem oli res plante, kivim plante wota mo vegetebol long olgeta mo monitarem ol simtoms blong olgeta, mo go luk wan dokta kwiktaem sapos yu no save pulum gud win o yu sik tumas.

# MAN WE I SIK TUMAS!

## Sapos wan man I sik tumas mo yu wari...

**Go long helt fasiliti klosap long yu** sapos yu gat fiva, kof o yu no save pulum gud win.

**No mas go klosap long narafala man** blong stopem spred blong vaeres.

**Sapos yu save, kolem helt fasiliti bifo yu go** blong letem olketa pripea.



Sapos yu nidim medikol help yu save kolem:

### Shefa

Emejensi – Vila Sentrol Hospital	112
Vila Sentrol Hospital	22100
Ambulens: Pro Medikol	115

### Sanma

Northern Provinsol Hospital	36345
Ambulens: NPH	7742448

### Torba

Qaet Vaes Hospital	5441582
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### Malampa

Norsup Hospital	33875/48410
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### Penama

Lolowai Hospital	7728074
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### Tafea

Lenakel Hospital	7100156
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Sapos yu nidim mo infomesen...

**Kolem 119** o visitim [www.covid19.gov.vu](http://www.covid19.gov.vu) blong karem ol letes helt advaes.

# MI STAP TINGTING TUMAS! WANEM NAO MI SUD MEKEM?

Hemi nomol blong yu stap tingting tumas long ol kaen situesen olsem ya. Be yu save mekem samting blong helpem yu mo famili blong yu blong dil wetem.

## 8 Samting yu save mekem blong adresem stress

1 Toktok wetem wan fren blong stap konekted oltaem.

2 Mekem ol aktiviti we yu laekem tumas. Lisen long musik, wokabaot o swim, pulum bigfala win.

3 Mekem sua se yu stap helti oltaem. Kakae tri kaen kakae, slip plante, mo stap aktiv oltaem.

4 No usum tabak, alkol o narafala drag olsem wan kaen blong daonem tingting no gud blong yu – Ol samting olsem i save mekem yu harem no gud moa.

5 Tekem stret infomesen blong mekem se oltaem yu gat raet infomesen long saed blong ol risk mo wanem blong mekem.  
Visitim [www.covid19.gov.vu](http://www.covid19.gov.vu) o kolek 119.

6 No spendem tumas taem blong stap watjem mo ridim ol nius. Tumas nius i save mekem yu stap tingting tumas.

7 Usum aktiviti we yu save from wan narafala taem bifo i helpem yu harem gud bakegen. Taem yu bin fraet mo no save kontrolem yu wan wanem nao i helpem yu blong dil wetem stress? Usum ol aktiviti olsem hemia blong yu save dil wetem ol big fala problem olsem sik ia.

8 Toktok wetem wan helt woka or wan man we yu trastem sapos yu stap tingting tumas.



# OLSEM WANEM LONG OL PIKININI?

## 6 Samting yu save mekem blong helpem ol pikinini blong adresem stress.

**1 Stap kwaet.** Hemi nomol blong ol pikinini oli wari, stap kros oltaem, harem no gud o stap pispis long bed taem oli stress.

**2 Kivim olgeta plante lav mo atensen.** Lisen long ol wari blong olgeta.

**3 Kipim wan rutin.** Ol pikinini oli filim mo kontrol taem oli save prediktim wanem we i stap long ij dei.

**4 Kipim olgeta i stap bisi oltaem.** Dro sam pikjas, mekem ol pazel, mekem tri haos mo pleple difren kaen games.

**5 Eksplenem wanem we i stap hapen** long olgeta long wan wei we i simpol blong olgeta i andastanem. Hemia i save helpem olgeta blong no stress o tingting tumas.

**No seperatem ol pikinini long ol famili blong olgeta.** Sapos oli seperatem ol pikinini (eg. From wan famili memba hemi go long hospital), eksplenem long olgeta wanem i stap hapen mo mekem sua se olgeta i mas gat rekula kontak tru long fon.





# MI NO FIL SEIF LONG HAOS. WANEM NAO MI SUD MEKEM?

*Sapos yu stap eksperiensem violens...*

**Tingbaot se i no yu wan nomo.** Famili seves oli open i stap blong lisen mo helpem yu.

**Rimemba se vaelens hemi wan kraem long eni taem.** Hemia hemi wan taem blong stress blong evriwan - be i nogat eni ekskius blong vaelens.

**Stap konek oltaem.** Sapos yu no save luk ol frens, famili mo ol neiba blong yu fes tu fes, konek wetem olgeta tru long fon kol o mesej. Askem help sapos yu nidim.



Sapos yu stap wari from wan fren blong yu:

- Stap konek wetem olgeta oltaem
- Lisin mo enkarejem olgeta blong kolem wan kaonsela
- Kolem polis sapos yu ting se olgeta i stap long denja.

**Hemi oraet blong askem help.**  
Sapos yu no save ko long wan senta, yu save toktok long fon. Kol:

Vanuatu Women's Senta  
Port Vila, Shefa 24000

Vanuatu Polis Famili Proteksen Unit  
Port Vila, Shefa 111

Torba Kaonseling Senta  
Sola, Banks 549 3357/  
7102422

Sanma Kaonseling Senta  
Luganville, Santo 777 1128

Penama Kaonseling Senta  
Lavatu, Pentecost 731 3952

Malampa Kaonseling Senta  
Lakatoro, Malekula 779 9165

Tafea Kaonseling Senta  
Lenakel, Tanna 7101869

# MI STAP KROS. WANEM NAO MI SUD MEKEM?

*Sapos yu stap usum vaelens...*

**Rimemba se vaelens eni taem hemi stil wan kraem.** Hemia hemi wan stresful taem blong evriwan- be hemia hemi no wan ekskius blong usum vaelens.

**Sapos yu stap kros i no minim se ba yu usum vaelens,** yu save kontrolem fasin blong stap kros tumas mo jusum blong no usum vaelens.

Tingbaot ol saen ya taem yu filim olsem yu stap kros mo stres. Yu save filim:

- Olsem ful bodi blong yu hemi hot
- Olsem jes i tait mo hed i stap hevi
- Olsem ol masel blong yu oli tait
- Olsem hat blong yu i stap bit hariap mo yu stap pulum win strong.



Yu save kontrolem kros blong yu:

- Kamaot long situesen ya we I mekem blong yu stap kros. Hemia bae i kivim yu taem blong yu save harem gud mo tingting gud.
- Pulum win 10 taem
- Go wokbaot
- Talem long yu wan se bae filing blong stap kros ya bae i finis
- Toktok long wan man we yu trastem abaot ol filing blong yu – wan fren o famili memba.

**Hemi oraet blong yu askem help** sapos yu stap usum vaelens o yu wari se bae yu kilim wan man. Toktok wetem samwan yu tras blong askem advis mo sapot.

# COVID-19 HEMI AFEKTEM INKAM BLONG MIFALA WANEM NAO YUMI SAVE MEKEM ABAOT MANI?

Taem yu sik o yu mas go long aesolesen mo no save wok, hemi save mekem stress long saed blong mani. Be i gat sam samting we yu save mekem blong helpem yu manejem mani blong yu long taem blong kraeses ia.

## 5 Samting yu save mekem blong manejem gud mani blong yu

### 1 Rispektem tingting blong ol narafala man.

Man mo woman oli mas wok tugeta blong mekem gudfala disisen long saed blong mani mo lisen long ol tingting blong ol narafala man long hao nao blong usum mani.

### 2 Balensem ol mani blong yu mo hao blong yu spendem.

Yu no save spendem mo mani bitim wanem we yu stap risivim, sapos mani we yu stap risivim i go daon, yu nid blong katem doan hamas mani nao yu stap spendem.



### 3 Spendem mani long wanem yu nidim fastaem bifo yu spendem long ol narafala samting we yu no rili nidim.

Mekem wan lis long oda blong ol samting we famili blong yu i rili nidim mo ol samting we yufala i no nidim. Mekem sua se yu spendem mani nomo long ol samting we yufala i rili nidim fastaem, bifo yufala save spend long ol nara samting we i no impoten tumas.

### 4 Mekem yus long ol samting we yu gat finis.

Jekem gud ol kakae we yu gat finis long haos mo garen, ol wota we yu save usum, mo ol mani we yu sevem finis i stap. Mekem wan plan blong hao nao yu save mekem hemi stap longtaem.

### 5 Wok tugeta.

Wan haoshol i tekem fulap wok blong i stap gud. Ol kastom rol blong wok i save jenj – ol man oli save helpem ol woman blong mekem ol wok long haos.