



Health Navigator New Zealand website

Video transcript:

Nofo tokotaha ke magaaho ne ha ha i ai e tatalu gagao COVID-19 (Living alone during the COVID-19 pandemic)

00:00

Ko e higoa haaku ko JD Okalana Lalo,
Papatoetoe.

00:09

Ko e magaaho ne poaki nonofo tau kaina mo e nofo ni au tokotaha,

00:12

ko e tau mena ni ne uka ha ko e na
nofo ni a koe tokotaha.

00:16

Ko e tuga ni e logona
kua fakahala ke nofo i kaina mo e tupetupe ke he loto.

00:19

Ko e mena ia tonu haaku ne kua logona. Ne
fakalaga loga e tau tupetupe ke haaku a loto.

00:21

Ti fakaaoti mutuhia foki haaku a gahua.

00:22

Mo e nakai teitei a au ke manatu

00:24

he taha e miliona he tau tau
to fai mena piha ka tupu kia au.

00:29

Mo e kua nofo mau au mo e
fale gahua ia ke he liga 25 e tau tau.

00:32

Ko e tau tohi ole ke he tau gahua he magaaho ne nofo tumau ke he lotokaina

00:36

ne fai lagomatai, ka e ko magaaho kua nakai manako kia koe,
a kua tuga e logona

00:42

kua eke ke nakai malolo e manamanatuaga,
ka maama pihia kia koe.

00:47

Ae kua nakai fai manatu pihia a au kua fai
lagomatai ne ha ha ki ai, pete ni kua loka ki fale.

00:51

Nakai fai tuaha a au,
nakai fai manatu a au ko e na fai mena

00:57

ne maeke a au ke fano ki ai poke ha tagata ni
ne maeke a au ke fano ki ai ke moua e lagomatai.

01:00

Ko e kamata laia a au to hoko mai e loka ke he tau kaina,
poki e tau ata ko e tagata pokiata foou.

01:02

Ti fakaaoga e au e magaaho ia
ka maeke a au ke fano ki fafo ke poki e tau ata.

01:08

Ha ha i ai e taha poko kupega hila
he Facebook,

01:11

ne fakahigoa Outside
My Bedroom Window.

01:15

Ne nakai monuina a au
ke fuluola e tau mena onoono ki ai,

01:18

ka e na poki e au e taha ata he
simini he haaku a katofia kaina he magaaho afiafi

01:23

Ko e na fa fiafia lahi a au ke tao e tau kai,

01:25

ko e mena ia ne malolo haaku a manamanatuaga,
he talahau e au, ke he magaaho ne loka ai ki fale.

01:29

Ko e magaaho nei ne kua liu au gahua foki,

01:35

mo e ko e magaaho nei ke gahua a au ke he tau faahi malolo tino
mo e tau gahua leveki ke he tau tagata,

01:40

kua maaliali kia au
e lololele he tau tagata mo e tau magafaoa

01:44

ha ko e COVID
mo e mole e COVID.

01:47

Mo e ke he haaku a gahua ke matutaki e tau tagata he maaga,

01:49

ko e gahua haaku ke lagomatai

01:53

ke he falu ke moua e tau faahi lagomatai,
poke lagomatai ki ai,

01:54

ha ko e mena ha ha i ai e tau tagata
he ha tautolu a tau maaga ne ku a lata agaia ke moua e lagomatai ia.