



Afā ko Gabrielle Fepuali 2023

Ko e heigoa e tau lagomatai ne kua hāhā i ai mo e ko e mena fē kua maeke ia koe ke moua e tau lagomatai nei

Ko e tohiaaga nei kua toka ki ai e tau fakailoaaga hagai ia ke he tau lagomataiaga kehekehe ne kua hāhā i ai ke lata mo lautolu kua lauia ke he Afā ko Gabrielle.

Kaeke kua tū haghaha kelea haau a moui, vilo ke he numela foni 111.

Hāhā i ai e tau lagomataiaga ke lata mo lautolu kua lauia ai i Okalana

Ko e tau fakailoaaga ma e tau lagomatai ke lata mo lautolu ne kua lauia ai ke he Maaga ko Okalana kua toka ke he kupega hila he Civil Defence:

<https://www.civildefence.govt.nz/resources/news-and-events/news-and-events/auckland-severe-weather-what-support-is-available-and-where-can-you-get-help/>

Tau Tagata mai he tau Motu Kehe

Ko e tau Tagata mai he tau Motu Kehe ne kua manako lagomatai kua lata ia lautolu ke matutaki atu ke he ha lautolu a tau Ofisa Motu poke tau Komisina Tokoluga.

Ko e tau fakailoaaga ma e tau matutakiaga kua maeke ke moua ai ke he <https://www.mfat.govt.nz/en/embassies/>

Ko e tau Tagata Ahiahi ki Niu Silani kua lata ke matutaki ke he ha lautolu a tau tagata ne inisua ha lautolu a tau fenoga kaeke kua lauia ha lautolu a tau fenoga.

Kua hafagi e tau Matakavi he Faahi Gahua ne leveki ke he Puipuiaga he Kautū ke he magaaho nei

Hafagi e tau Matakavi he Faahi Gahua ne leveki ke he Puipuiaga he Kautū ne kua toka ke he tau maaga kua lauia ai mo e kua manako ke ō kehe mai mo e tau kaina mo e kua nakai maeke ke nonofo mo e tau kapitiga poke tau magafaoa. Fakamolemole ti tamai mo koe e haau a tau koloa mahuiga, putoia ai e tau vai fakamalolō tino, tau mena tui mafana mo e tau koloa ke lata mo e tau tama mukemuke.

Ke lata mo e tohiaga ma e tau Matakavi he Faahi Gahua ma e Puipuiaga he Kautū, ahiahi atu kehe laupepa he kupega hila he Matakau ne leveki ke he tau Lekua Tupu Fakaoho he haau a matakavi ne nofo ai.

Ke lata mo lautolu kua nakai maeke ke matutaki atu ke he Matakavi ne leveki he Faahi Gahua ma e Puipuiaga he Kautū, fakamolemole ti matutaki atu kehe Matakau ne leveki ke he tau Lekua Tupu Fakaoho he haau a maaga ke fakatutala hagai ke he haau tau veveheaga fifiliaga.

<https://www.civildefence.govt.nz/find-your-civil-defence-group/>

Tau Tupe lagomatai mai ia he Work and Income

Hāhā i ai e tau lagomatai kaeke kua lauia a koe he tau matagi malolō nei.

Loga e tau puhala kua maeke he Work and Income ke lagomatai, mo e kua maeke ia mautolu ke fakakite atu e puhala hako kia koe hāgāo ia ke he haau a tūaga. Nakai kua lata ni ia koe ke moua he penefiti.

Ke he tau magaaho ka tupu e tau lekua tupu fakafofo, kua maeke he Work and Income ke lagomatai ke he tau fakamoleaga kaeke kua nakai fai puhala foki a koe kua maeke ke totogi aki.

Maeke foki he Work and Income ke lagomatai ke he:

- tau fakamoleaga fakamalolō tino
- tau koloa momohe
- tau mena kai
- tau pila hila
- taute poke liu fakafoou e tau koloa
- nakai fai totogi ha kua nakai maeke ia koe ke gahua.

Maeke foki he Work and Income ke foaki atu falu a lagomatai foki mo e lagomatai ke totogi e falu fakamoleaga ma e haau a kaina.

Kehekehe e tau tutūaga he tau tagata takitaha, ko e tau mena kua maeke ia koe ke moua kua uta ni ke he haau a tūaga. Neke liu a koe ke totogi e tau tupe nei kae uta ni ke he haau a tūaga.

Laupepa i luga he Kupega Hila <https://www.workandincome.govt.nz/eligibility/urgent-costs/index.html>

Hea ke he 0800 400 100 ke moua e tau lagomatai ma e tau fakamoleaga ha ko e tau lekua tupu fakafofo kamata mai he matahola 7 he magaaho pogipogi–matahola 5 he magaaho afiafi he Aho Gofua ke he Aho Falaile, mo e matahola 8 he magaaho pogipogi–5 he magaaho afiafi he Aho Faiumu.

Tau lagomatai he tau tagata Māuli / Lagomatai mai he Iwi

Ko e tau Matakau ne takitaki e Puipuiaga he Kautū ha ko e tau Lekua Tupu Fakafofo kua takitaki e lautolu e tau fakafetuiaga mo e tau iwi, hapu mo e tau matakau Maui he tau maaga ke he tau matakavi kua lauia ai. Kua putoia ai e tau lagomatai ke he hakahakaaga he tau manako, fakakoloaaga, uta tatai mo e tau lagomataiaga he tau fakailoaaga. Kua lagomatai atu foki e Te Puni Kōkiri mo e falu kautaha gahua ke he fakaholoaga nei.

Tau lagomatai Pasifika

Ko e Faahi Gahua ma e tau Tagata Pasifika ko e Ulu takitaki gahua ke he tau fakatokatokaaga mo e tau gahua kua onono fakamahino ke fakaholo ki mua e tau fakaholoaga ma e tau tagata Pasifika i Aotealao. Malolō e tau matutakiaga ha mautolu mo e tau tagata Pasifika ne nonofo viko takai he motu mo e tau pulotu kua fai maamaaga ke he tau tagata Pasifika, tau aga fakamotu, mo e tau aga fakatagata ne kua fakaohooho e tau fakatokatokaaga, tau fakaholoaga, mo elagomataiaga tau fifiliaga ne kua lauia e tau Pasifika Aotealao.

Ko e Faahi Gahua ma e tau Tagata Pasifika kua gahuahua ke matutaki ke he tau takitaki Pasifika, tau maaga, mo e tau kautaha kua lagomatai ke fakaputu e tau fakailoaaga.

Kaeke kua manako a koe ke he taha lagomatai fakamolemole meli hila contact@mpp.govt.nz poke ahiahi ke he www.mpp.govt.nz

Lagomatai ma e tau Tagata mai he tau Motu Kehe

To tumau e Faahi Gahua ma e tau Tagata mai he tau Motu Kehe ke fakafano e tau fakailoaaga kehekehe ke he tau potaaga tagata oti ne kua fakakite ai e tau lagomatai kua hāhā kia lautolu ke he tau aho e i mua.

Ko e Faahi Gahua ma e tau Tagata mai he tau Motu Kehe kua tumau ke matutaki foki mo e tau kautaha uho tuga e tau fale ne leveki ke he puipupiaga he kautū ke maeke ke lagomatai atu ke he tau manako he tau tagata mai he tau motu kehe tuga e lagomatai ke he vagahua, tau kaina kua lata mo e ha lautolu a tau aga fakamotu, tau mena kai, tau matapoko ke liogi ai.

Tau Lagomatai ma e tau Tagata kua nakai katoatoa e tau Moui Malolō Tino

Whaikaha – Faahi Gahua ma e tau Tagata kua nakai katoatoa e tau Moui Malolō Tino kua fai hatakiaga ke he tau mena nei:

- Kaeke kua lauia fakatagata a koe, fakamolemole ti matutaki ke he tau faahi gahua ma e tau lekua tupu fakafo ke he 111. Kaeke kua nakai mitaki haau a logonaaga poke puhala tutala ke he foni, fakatai e 111 TXT lagomatai ke matutaki ke he Faahi Tamate Afi, Motoka Fale Gagao poke Faahi Gahua Leoleo: <https://www.police.govt.nz/111-txt>
- Ko e tau tagata ne nakai katoatoa e tau momoui malolō tino mo e tau magafaoa kua maeke ke matutaki atu ke he Whakarongorau Aotearoa, New Zealand Telehealth Services kaeke kua manako lagomatai a koe he 0800 111 213, Text 8988. Poke moua e matutakiaga ke he Faahi Gahua New Zealand Relay Service www.nzrelay.co.nz.
- Ko e tau tagata ne o atu ki ai mo e tau kulī ne lagomatai ai kua lata ke uta a lautolu ka o kehe. Fakamolemole ti manatu e tau koloa mahuiga ne kua lata mo koe, tuga e tau koloa hila, tau mena tui mafana, mo e tau koloa ma e tau tama mukemuke.

Tūaga he Moui he tau Manu

Ko koe ni ke leveki e haau a tau manu. Kua lata ia koe ke putoia foki a lautolu ki loto he haau a tau palana ka tutupu e tau lekua tupu fakafo.

- Kaeke kua lata ia koe ke fano kehe mo e haau a kaina, uta haau a tau manu fao mo koe – kaeke kua haohao mitaki ke taute pihia e koe – poke uta a lautolu ke he taha matakavi leveki manu kua haohao mitaki.
- Kaeke kua toka hifo e koe e haau a tau manu, manatu ke tuku a lautolu he mena kua haohao mo e malu ne toka i loto poke i fafo he haau a kaina.
- Kaeke kua fai manu poke nua a koe ke he tau fonua ne tata atu ke he tau hala vai ne kua maeke ke falati (hala vai, vai lele mo e falu foki.) uta a lautolu ke he kelekele tokoluga.

Ke lata mo e tau fakailoaaga fakalaulahi onoono atu ke he tohiaaga he Ministry for Primary Industries (MPI): Tau manu kua lauia ke he falati – www.mpi.govt.nz/animals-in-emergencies

Tau manatu tupetupe kehe tūaga he tau momoui he tau manu

Fakamolemole ti matutaki atu ke he Matakau CDEM he haau a maaga ke fakamau e tau manatu tupetupe hāgaao ke he moui he tau manu. To matutaki atu a MPI ke he tau hea kua moua ma e tūaga he tau moui he tau manu.

<https://www.civildefence.govt.nz/find-your-civil-defence-group/>

Faahi Gahua ne leveki ke he tau Manu

Kaeke kua manako a koe ke he tau tuluiaga ma e tau manu mai he faahi leveki manu, matutaki atu ke he haau a kiliniki ne leveki ke he tau manu.

Tau Manu

Ko e tau ole lagomatai ke lata mo e tau manu, tau poloka moui mo e tau kai manu, vilo ke he **Federated Farmers** he **0800 FARMING (0800 327 646)**

Inisualene mo e tuku he tohi ole ke moua

Kaeke ko e haau a kaina, motoka, poke falu koloa foki kua malona ha ko e tau matagi malolō nei, poki e tau ata to utakehe poke taute e koe ha mena taha mo e hokotaki atu agataha ke he haau a kautaha inisualene. Ko e matutaki ni a koe ke he haau a kautaha inisualene mo e to fakailoa atu e lautolu kia koe e mena ke taute, ko e puhala ke tohi ole ke moua – kaeke kua lata ke taute – mo e puhala kua gahua e EQ Cover mai he Tū Ake EQC.

Kaeke kua manako ia koe ke taute haau a kaina ke haohao mitaki, meā mo e puipui, pihia mo e mau ke lata mo e tau matagi malolō, fakamolemole ti fakamau e tau gahua kua taute e koe, poki e tau ata to taute e koe e tau gahua mo e ka oti e tau gahua he taute, mo e toka e tau lagaki he tau pila kua totogi e koe.

Kaeke kua nakai fai inisualene a koe ma e kaina kae fai inisualene ma e tau koloa, tala ke he haau a tagata gahua ne inisua ke he tau mena kua lauia ai. Manatu ke poki loga e tau ata mo e taute e tau fakamauaga mitaki to liti e koe ha mena ki fafo, ke he tau mena kua lata ai.

Ko e tau talahauaga kua nakai fai totogi mo e kua tū toko taha maeke ke moua ai he [Residential Advisory Service](#) (RAS) i loto he MBIE kua foaki atu e tau lagomataiaga fakaohoho mo e tau talahauaga ke he tau pule kaina ne kua onono atu ke he tau tohi ole ke moua he tau inisualene ke lagomatai e tau mena kua moumou ha ko e lekua kua tupu. Maeke ia koe ke matutaki ke he info@advisory.org.nz poke vilo ke he 0800 777 299, 03 379 7027 ma e tau fakailoaaga fakalaulahi.

Lagomatai e EQCover e lekua nei

Kua lagomatai e EQCover ke he tau mena nei:

- Tau mena kua moumou ha kua holo e fonua, lagomatai he EQCover e tau mena kua malona ke he fale poke fonua
 - kaeke kua malona e fale ha kua malona e fonua, hāhā i ai e tau lagomatai ke he tau talagaaga (ke he \$150k poke \$300k, ka e uta ni ke he aho ne fakafoou e tohi polesī)
 - totogi ke taute poke liu ke fakaaoga e falu a tau fonua, ke he tau he fonua kua inisua.
- Tau malano ha ko e falati mo e tau afā, kua lauia ni e EQCover ke he tau fonua kua inisua, mo e tau inisua fakapalaevete kua fa mahani ke lagomatai ke he tau kaina.
 - utakeheaga he tau otaota mai he falati tuga e tau kelekele mo e tau akau kua veveli

Fai magaaho ke hakahaka atu ke he tau tohi ole ke moua ma e tau fonua mo e tau fakatūtalaaga ke he tau tagata kua lauia ai mo e tau inisialene kua mahuiga lahi ni. Ko e tau fakailoaaga kua aoga ke lata mo e tau pule he tau kaina kua toka ke he tau matutakiaga i lalo:

Tau hatakiaga

- [Hatakiaga ma e tau Pule he tau Kaina ma e EQCover](#) – puhala kua gahua e EQCover, tau mena kua lauia mo e nakai lauia, mo e tau puhala kua taute ai e tau tohi ole ke moua ha EQCover.
- [Hatakiaga Householders' Guide to Residential Land](#) – puhala kua gahua ai e EQCover ma e tau fonua nonofo kua inisua, tau mena kua lauia mo e nakai lauia

Tau Hatakiaga pauaki (kua maeke ke lolomi, ka manako)

- [Tau Lagomatai ma e Fonua](#) tohiaaga– gahua fēfē e EQCover ma e tau mena kua malona ha ko e afā poke tau falati ma e tau fonua nonofo kua inisua
- [EQCover – Tau Tohi Ole ke Moua ma e tau Fonua](#) tohi ma e tau mena kua lata ke iloa – tau sitepe ke lata mo e tohi ole ke moua ma e fonua he EQCover, tau tagata kua lauia mo e tau puhala kua hakahaka ai ke lata mo e tau mena kua talia ki ai

Tau Fakailoaaga ma e tau kaina nonofo

Kaeke ko koe ko e tagata ne nofo ke he kaina poke pule ke he kaina kua nofo totoi ai he tau tagata, maeke ia koe ke moua e tau fakailoaaga hagai ke he haau a tonuhia mo e haau a tau mena kua lata ke taute ke he www.tenancy.govt.nz poke vilo atu ke he 0800 TENANCY (0800 836 262).

Ko e tau Fale Aoga mo e tau Aoga Fakamahani

Tau talahauaga mo e tau poakiaga ma e tau lekua tutupu ha ko e tau matagi malolō kua toka ke he laupepa i luga he kupega hila he Faahi Gahua Fakaako mo e kua fakafoou ai kaeke kua fai hikiaga, fakamolemole ti fakakia e laupepa i luga he kupega hila: [Tau talahauaga mo e tau poakiaga ma e tau lekua tutupu ha ko e tau matagi malolō – Faahi Gahua Fakaako ha Niu Silani](#).

Kua fakaohoho atu e mautolu ke he tau mamatua mo e tau tagata leveki ke fakakia ke he ha lautolu a aoga poke aoga fakamahani ke kitia kua lauia nakai a lautolu ke he tau matagi malolō nei mo e ko e magaaho fē tonu kua palana a lautolu ke hafagi. Kua lagomatai he Faahi Gahua Fakaako Tama e tau aoga mo e tau aoga fakamahani oti ke lagomatai a lautolu ke he tau gahua fakamaopopo ha lautolu.

Tau lagomataiaga he Faahi Malolō Tino

Tau levekiaga he faahi gahua malolō tino ne toka viko i Okalana kua tumau ke foaki atu e tau lagomataiaga kaeke kua manako a koe ki ai.

Ko e tau fale gagao oti, putoia ai e tau fale gahua ne leveki ke he tau lekua tupu fakafo to tumau ni ke hafagi. Kaeke kua gagao lahi a koe mo e manako mafiti ke he tau lagomataiaga **fakamolemole vilo kehe 111**.

Ka nakai tū hagahaga kelea lahi ke moua e tau lagomataiaga, maeke he tau tagata ke tumau ke vilo fakamua ke he ha lautolu a tau GP. To fakagahua ai e tau foni ke he 24 e tulā, fakahako poke ke he

tau GP kua gahua ki fafo he tau tulā gahua. Ko e laulahi he tau GP ne kua fa mahani ke hafagi he tau okioki vaha tapu kua maeke ia lautolu ke hafagi tuga ni fa mahani.

Ke lata mo e tau fekau mafiti, ka e nakai tū hagahaga kelea lahi e, moui malolō tino mo e tau lekua ke he magaaho kua nakai atā e ekekafo, matutaki ke he fale gagao ma e tau pakia mo e moui malolō tino he haau a matakavi ne nofo ai. Ko e tohiaaga kua toka ke he [Healthpoint](#). Maeke he tau Fale Tala Vai he tau Maaga ke lagomatai a koe kaeke kua nakai moua e koe haau a tau laupepa talavai ma e haau a tau vai fakamalolō tino ne fa mahani ke moua. Ko e tohiaaga he tau fale talavai ne kua hafagi kua maeke ke moua he [Healthpoint](#).

Ma e tau talahauaga fakamalolō tino, poke kua nakai iloa e koe e mena ke fano a koe ke kumi lagomatai ki ai, hea ke he Healthline 0800 611 116.

Ke lata mo e tau lagomataiaga ka maimainā, logonaaga hauhauā mo e manamanatuaga fakamalolō tino, hea poke text Need to Talk? he 1737 ke tutala ke he pulotu konosula nakai fai totogi, 24 e tulā he aho, 7 e aho he faahi tapu. Maeke foki e tau tagata ke matutaki atu ke he ha lautolu a tau tagata ne leveki ke he moui malolō tino ke lata mo e tau lagomatai.

Fakamolemole mailoga fakalahi kaeke kua fano fenoga a koe neke pā agaia falu he tau puhala tū ke he magaaho nei; fakakia fakamua ke iloa kua hafagi nakai e haau a puhala tū ne fa mahani ki ai mo e kua haohao mitaki mo fakaaga.

Tūaga ke he moui malolō tino katoatoa

Ko e tau fakailoaga nei kua maeke foki ke lagomatai aki haau a tuaga ke he moui malolō tino katoatoa.

Kua mahuiga lahi ke moua e mohe mitaki ke he tau magahala uka nei

- Falu lagomatai mitaki ke he mena nei: <https://www.healthnavigator.org.nz/healthy-living/sleep/sleep-tips/> (kua fakamooli ai he DHB e matakavi fakamalolō tino nei)

Ko e mena mahuiga ke fakamaama atu ke he tau fanau – tutala kia lautolu mo e fanogonogo kia lautolu

- Tau lagomataiaga mitaki ke he mena nei: <https://www.kidshealth.org.nz/coping-natural-disaster>

Tau veveheaga ma e tūaga he manamanatuaga katoatoa

- a. Ko e logonaaga maimainā kua fa mahani lahi ke he tau magaaho ka tutupu e tau lekua tupu fakafo tuga e falati mo e ka o kehe mo kaina. Ko e mena fa mahani a nei ke tupu ke he tau magaaho hauhauā pehe nei. Tutala ke he tau tagata mo e lagomatai ke he falu foki ko e mena kua mitaki mo e aoga lahi.
- b. Kaeke kua manako lagomatai atu foki ke lata mo koe poke falu tagata foki:
 - a. hea ke he haau a fale malolō tino, fale GP i fafo he tau tulā gahua poke Healthline he 0800 611 116
 - b. numela nakai fai totogi poke text 1737 ke tala ke he pulotu konosula
 - c. ke he tau magaaho ka tutupu e tau lekua tupu fakafo, hea ke he 111

Fakameāaga ka mole e falati

Kua mahuiga lahi ke fakameā mo e fakamōmō e haau a fale mo e tau mena oti ne kua toka ki loto. Neke hāhā ki loto he tau vai falati e tau kiva mo e falu he tau koloa kua hahaga kelea lahi ne kua maeke ke fakakona aki haau a kaina.

- Kaeke kua lauia haau a mita he kese ha ko e vai poke tau otaota, matutaki ke he haau a kautaha ne fakafua atu e kese.
- Fakatumau ke gahua haohao ke he magaaho ka fakameā ai mo e tui he tau mena tui ke puipui aki e tino mo e holoholo fakamitaki e tau lima ka oti e fakameā mo e to fota e tau mena kai.
- Ua fakatata atu e tau fanau mo e tau manu ke he tau matakavi ne kua falati a to oti e fakameā mo e kua haohao mitaki.
- Poki e tau ata mo e tau vitiō ke he tau mena kua malona mo e tau mena kua lata ke liti ke he vao to kamata e fakameāaga, ke lata mo e tau inisualene.
- Fakameā, fakatafe mo e fakamōmō a loto ke he puhala kua mafiti. Uta ki fafo e tau mena oti kua pala ne kua maeke ke uta ke he – tau uufi he foloa, tau koloa nonofo, tau mohega, tau mena tui mo e falu mena foki., mo e tuku ki fafo ke mōmō ke he magaaho ka afua ai.
- Liti e tau kai ke he vao mo e tau vai inu ne kua lauia ai ke he tau vai falati, pihia mo e tau koloa ne toka ki loto he tau pā.
- Aua neke kai e tau kai he katene kaeke kua falati e kelekele. Fakameā mo e utakehe e tau otaota mo e tukutuku aki e makatea (lime) e tau katene.