

NOVEL CORONAVIRUS



Protect yourself, Protect others

Currently there is an outbreak of new flu-like illness in China, called 2019 novel coronavirus (2019-nCoV). Since the first cases were identified the virus has spread to other countries in travellers. Here is some advice to help protect you and others from 2019-nCoV.

What is novel coronavirus?

Coronaviruses are a large family of viruses that are known to cause illness ranging from the common cold to more severe diseases. Novel coronavirus (also called 2019-nCoV) is a new strain of coronavirus affecting humans.

What are the symptoms of 2019-nCoV?

Symptoms may include fever, cough and difficulty breathing. It can take up to 14 days for symptoms to show after a person has been infected

What do I do if I am sick right now?

If you have fever, cough, or difficulty breathing please let an immigration or health officer at the airport know now.

What do I do if I get sick while in Tonga?

If you are sick after arriving from China or another 2019-nCoV affected area:

- It's important you seek medical advice. Call 23-200 ext 1344/1321/1319 or +676 8880495 /+676 7702469 and explain your recent travel history.
- Avoid public areas and self isolate to help stop the spread.

What can I do to protect myself if I have international travel plans?

If you are travelling, some simple practices can help protect you from many infectious diseases, including 2019-nCoV:

- avoid contact with sick people
- regularly wash your hands with soap, or use hand sanitizer
- avoid touching your face and mouth after touching surfaces

As a precaution, avoid visiting markets where food and live animals are sold.



KOLONAVAILASI FO'OU



Malu'i koe, Malu'i mo e ni'ihi kehe

'Oku lolotonga to 'a e to'umahaki hange ha fuluu 'i Siaina, 'oku ui ko e kolonavailasi fo'ou (2019-nCoV). Talu mei he ni'ihi ko ia ne nau 'uluaki puke ne mafola atu e vailasi ki he ngaahi fonua kehe fakafou he kau folau. Ko 'eni 'a e ngaahi fale'i ke tokoni ki hono malu'i koe mo ha ni'ihi kehe mei he vailasi 2019-nCoV.

Ko e ha e kolonavailasi fo'ou?

Ko e kolonavailasi fo'ou ko'eni mei he famili vailasi tokolahi 'oku 'iloa 'enau fakatupunga e ngaahi mahaki kehekehe, mei he puke he momoko anga maheni (common cold) ki he ngaahi mahaki 'oku fakatu'utamaki ange. Ko e kolonavailasi fo'ou (2019-nCoV) ko e kalasi fo'ou ia 'o e famili kolonavailasi 'a ia 'oku ne uesia 'a e fa'ahinga 'o e tangata.

Ko e ha e ngaahi faka'ilonga 'o e puke mei he 2019-nCoV?

Ko e ngaahi faka'ilonga 'oku kau ki ai e mofi, tale, mo e faingata'a'ia e manava. 'Oku malava ke a'u 'o 'aho 'e 14 e hu 'a e vailasi ki he sino pea toki 'asi e ngaahi faka'ilonga.

Ko e ha e me'a te u fai kapau 'oku ou puke he taimi ni?

Kapau 'oku ke mofi, tale, pe faingata'a'ia e manava, kataki fetu'utaki ki ha 'ofisa 'imikuleisini pe 'ofisa mo'ui he mala'e vakapuna ke ne 'ilo he taimi ni.

Ko e ha me'a te u fai kapau 'oku ou puke lolotonga 'oku ou 'i Tonga ni?

Kapau 'oku ke puke hili ho'o tu'uta mai mei Siaina pe ko ha fonua 'oku 'i ai 'a e vailasi 2019-nCoV:

- Mahu'inga ke ke fekumi ki ha fale'i ki he mo'ui. Ta ki he fika 23-200 ext 1344/1321/1319; +676 8880495 /+676 7702469 'o fakamatala e hisitolia ho'o folau.
- Fakamama'o mei he ngaahi feitu'u fakatokolahi 'aki ha'o nofoma'u ke ta'ofi e mafola e vailasi.

Ko e ha me'a keu fai ke malu'i au kapau te u folau ki tu'apule'anga?

Kapau te ke folau, ko e ngaahi ngaue faingofua 'eni 'e tokoni ke malu'i koe mei he ngaahi mahaki pipihi kau ai e vailasi 2019-nCoV:

- 'oua 'e feohi vaofi mo ha taha 'oku puke
- fanofano ma'u pe ho nima 'aki 'a e koa moe vai pe 'olokaholo fanofano (hand sanitizer)
- 'oua e ala ki ho mata mo e ngutu hili ha'o ala ki ha ngaahi me'a kehe pe

Ko e konga pe ia 'o e faka'ehi'ehi, ta'ofi e 'alu ki ha ngaahi maketi 'oku fakatau ai e me'akai mo e monumanu mo'ui.

