



Health Navigator New Zealand

Video animation transcript:

COVID-19: Te 'ākono'anga iā koe 'uā'orāi, no te aronga 'ākono tangata (COVID-19: Self-care for carers)

0:00

Ka ro'iro'ī rāi koe,
mei te 'ākono'anga i teta'ī tei tū'ia i te COVID.

00:04

E mea pu'apinga kia kore koe e 'iu, e te ro'iro'ī
me kore ra, e tū katoa ia e te maki.

00:07

Me tū'ia koe e te COVID
kare i reira, e rauka iā koe i te 'ākono i teta'ī atu.

00:10

Kare te 'ākono'anga i to'ou 'uā'orāi ora'anga kōpapa,
e te turanga ora'anga meitaki

00:12

i te mea karapi'ī – e mea pu'apinga rava atu.

00:15

Te 'akapāpu meitaki nei au e,
te rava nei tāku moe e te kaikai meitaki nei.

00:18

Me ka rauka iāku, ka 'akangāro'ī au,
na roto i te rā iāku e moe poto ra.

00:22

Me kore ra,
ka 'aere au no teta'i 'ā'aere'anga viviki.

00:23

E meitaki katoa,
te tū'anga ki roto i te ra e te reva 'ōu.

00:27

Te meitaki 'ua ra, te turanga manamanatā
me e 'ākono tangata, ta'au 'anga'anga.

00:30

Ko te mea pu'apinga rava atu pa'a noku
koia 'oki, ko te 'ākono i tōku 'uā'orāi turanga roro.

00:34

No'o 'ātui'ia ki te ai taeake, e te kōpu tangata

00:37

Kimi'ia te turu.

00:38

Me 'ōronga atu teta'i, i te tauturu,
karanga atu e, "'āe".

00:41

Kia kite meitaki koe i te turanga o to'ou 'uā'orāi ngakau,
e, me te maranga ra iā koe te 'apainga.

00:45

'Akarukena'ia atu te au 'ākakitekite'anga 'ōu,
no runga i te COVID.

00:47

'Akapāpū meitaki, kia 'ākangāro'i putuputu koe.

00:50

Ko te mea pu'apinga rava atu,
'ākono tākinga meitaki iā koe 'uā'orāi.

00:52

Mako tikāi ta'au 'anga'anga!

00:54

Me te 'irinaki ra koe e, kare e maranga ana iā koe,
te vai nei te tauturu, e te turu.