

Sefti Plan long taem blong COVID-19 Pandemic

Wanem hemi Sefti Plan: Sefti Plan hemi olgeta tingting long saed blong hao blong stap sef taem yu liv wetem **fasin blong vaelens**; mo olgeta rod we yu save folem sapos yu wantem kam aot mo kasem o faenem help from yu stap fesem fasin blong vaelens.

Wan Sefti Plan bae hemi luk difren long taem blong COVID-19 mo olgeta rul olsem isolation, quarantine mo no wobaot, hemi save mekem se hemi kat janis blong vaelens hemi save hapen long olgeta woman.

Wan sefti plan hemi no blokem wan woman blong hemi save kolem polis o olgeta nara sapot sevis. Olgeta sapot sevis ya oli kohed nomo blong operet mo yu fil fri blong kolem Polis o Vanuatu Women's Center blong kasem help taem yu nidim.



Olgeta samting blong tingbaot insaed long sefti plan blong yu:

- ✿ Tingbaot wan isi mo sef rod blong save kamaot hariap long haos. Hemia isave tru long wan doa, windo o get.
- ✿ Jek fastaem hao yu save mekem wei blong yu iko long wan sef ples sapos ikat olgeta rul blong wokbaot . Traem faenemaot sapos ikat olgeta bus, taxi o transport we isave kam tekem yu or sapos wan man hemi save kam pikimap yu long wan trak o transpot. Tingbaot wea ples bae yu ko...mo sapos yu no save ko long ples ya from ino sef, wea nao wan nara ples we yu save ko long hem blong yu save stap sef long vaelens.
- ✿ Kat wan sef toktok we yu yusum we hemi talem se yu nidim help mo serem wetem ol fren mo famli blong oli save sef toktok ya. Yu save yusum toktok ya long taem we yu mekem wan fon kol o tex blong askem help be man blong yu hemi no save. Sapos yu kat ol bigfala pikinini, yu save tijim olgeta sef toktok ya tu.
- ✿ Sapos yu nid blong livim haus blong yu, rimemba blong karem ol asistiv divais blong yu, olsem glas, krajes, wiljea.
- ✿ Putum gud ID mo vaksin kad insaed long wan basket we bae yu save karem isi sapos yu nid blong leko haos hariap.



✿ Kat wan basket hemi rere istap mo hidem long wan sef ples: long haos blong wan fren, famli o neiba we yu trastem se bae oli no save talemaot long man blong yu. Ol samting blong putum insaed long basket ya:

- ✿ Ol impotent pepa olsem sitifiket, paspot
- ✿ Kakae
- ✿ Kas mane mo ol AMT Kad
- ✿ Klos blong yu wetem ol pikinini
- ✿ Ol prodak blong sikmun
- ✿ Jaja blong fon
- ✿ Ol meresin
- ✿ Ol impoten telefon namba

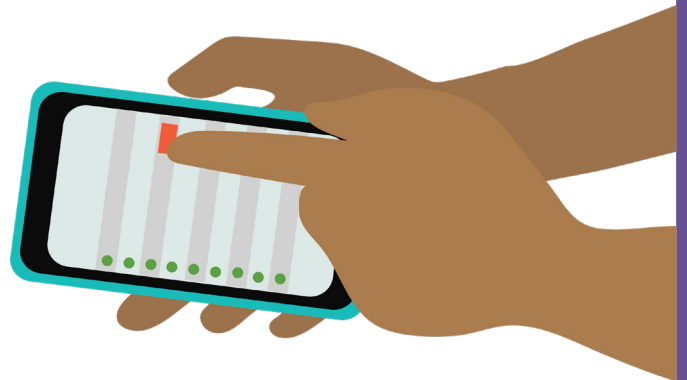


✿ Sapos yu ting se bae isave kat raorao mo faet, wanem ples insaed long haos o aotsaed hemi sef blong yu save muv iko long hem (wan ples we hemi save isi blong yu save ko aotsaed, be ino wan klos eria olsem batrum).

Olgeta narafala samting blong tingbaot blong yu save stap sef:

» Sapos yu ko long intanet o onlaen long fon blong kasem help, tingbaot olgeta asken ya:

- ✿ Kliarem histri blong braosa blong yu
- ✿ Kliarem olgeta kol we yu jes mekem long fon blong yu
- ✿ Deletem olgeta text mesej
- ✿ Deletem olgeta email
- ✿ Jekem location blong settings blong yu taem yu stap sherem ol samting onlaen



» Mekem wan group blong ol pipol we oli sef mo oli save sapotem yu mo toktok wetem olgeta about sapot we bae yu needim mo sapos bae oli save kivim sapot ya long taem blong COVID-19.

» Ikat eni wan we man blong yu hemi ting hevi long hem wea bambae isave wok wetem hem blong hemi stopem vaelens blong hem (wan pasta, jif o lida long komuniti, fren blong famli).

- » Yusum ol pasta o jif, polis or narafala blong oli save wanem istap happen mo oli help.
- » Save olgeta emejensi namba mo ol ofis wea yu save karem help mo sapot taem vaelens hemi hapen ...fri laen blong polis hemi 111 mo VWC 161.

Sefti plan wetem ol Pikinini:

- » Talem long ol pikinini se evriwan hemi kat raet blong stap sef mo yu kam antap wetem wan plan blong folem long taem blong wan vaelens blong keepim yum o olgeta istap sef.
- » Mekem ol pikinini oli save se wanem we istap hapen hemi no fol blong olgeta mo oli no kosem blong vaelens ihapen.
- » Sapos yu kat ol pikinini we oli bigwan, yu save tijim olgeta wetaem, hao mo hu blong kolem long taem blong wan vaelens. Ol pipol ya oli save inkludim ol fren, famli memba we yu trastem, polis, pasta o olgeta narafala.
- » Wea nao wan sef ples we olgeta pikinini oli save go long hem sapos oli stap long denja (wan rum insaed long haos, haos blong wan neiba, polis stesen, jios).
- » Askem tingting blong olgeta olsem wanem oli save stap sef- talem bakeken se sefti blong olgeta hemi impoten mo kam feswan nomata sapos oli wantem protektem yu long taem blong vaelens. Mo oli no shud joenem faet ya.
- » Faenem wan rum o spes insaed long haos/yad we oli save ko long hem taem oli fraet mo faenem wan samting we isave helpim olgeta blong oli no harem nogud.
- » Talem long olgeta pikinini se nomata wanem bae hemi hapen, yu lavem olgeta mo bae yu stap oltaem blong lukluk long olgeta.

