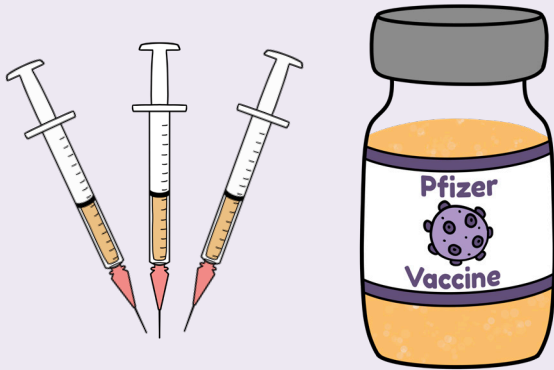


# TERA AE KO KANTANINGAIA NGKANA E REKE IROUM TE OMICRON



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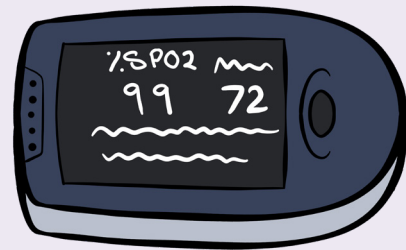
Angin mwaitia aomata aika a tia ni anganaki teniu itinakia (doses) ae a na namakina te angin aoraki teutana ae bebete ao ni marurung inanon tabeua te bong, ao tabeman aomata akea kanikinaean te aoraki ae otara mai irouia.



Kataia ni karekea te motirawa ae bati ao man nimma te ran ae rawata. Ngkana ko kainanoa te bwain aoraki ibukin katokan te maraki ke n reke iroum te mariri ke te biua, nimma te paracetamol n ira te kabwarabwara are e mwakoro ni baketena. Teimatoa n nimma am bwain aoraki are ko tataneiai ni kabongana.



Ngkana ko a tia n tuoaki ao n reke iroum te Covid-19, e kakawaki ba kona aki kitana te auti inanon 7 te bong ti ngkana kona nako n tutuo ibukin te Covid ke tao ibukin norakin aorakim n te tai ae waekoa. Ngkana a roko aomata n nikira taian amwarake ke ni karaoa te mwakuri n ibuobuoki, e kakawaki ae ko aki irengan ma ngaia.



Waaki n rekotina mwin marurungim ni katoa bong. N aron tauan mwin butin te ang (oxygen levels) inanon raram ao mwakurin tatan burom ni kabongana te pulse oximeter ngkana iai iroum.

Ngkana ngkoe ke tao kain am utu ae e rikirake ni korakora aorakim ke n namakina te bono n ike, waekoa tarebonia te amburanti iaon 111. E aki kaboaki kabonganakin te amburanti.

For more information contact  
**HEALTHLINE 0800 358 5453 [www.preparepacific.nz](http://www.preparepacific.nz)**