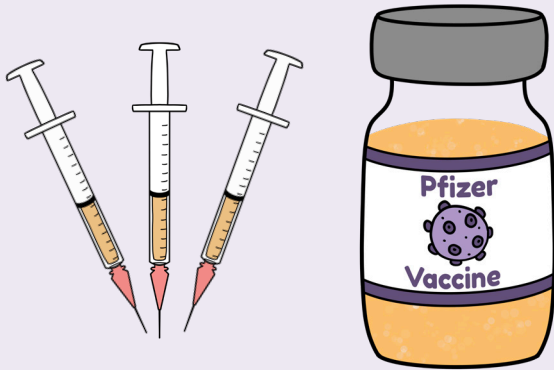


# KOE HEIGOA KE AMAAMANAKI ATU KI AI KAEKE KUA MOUA A KOE HE OMICRON

UPDATED 16 MAR 2022 4:00PM



**PREPARE**  
PACIFIC



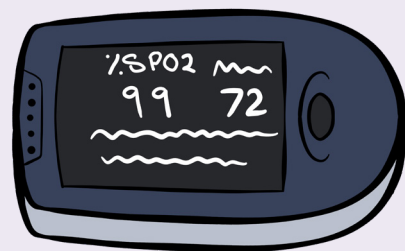
Tokologa e tau tagata kua moua tolu e fufuta huki puipui to moua ni he tatalu (mild illness) moe liu malolō he fiha ni e aho, moe koe falu a tagata nakai fai fakakiteaga (symptoms)



Lali ke moua taha okioki moe inu fakalahi e tau vala vai. Ka manako ke moua taha lagomatai ke tukutuku hifo e mamahi poke lahi e fiva ti fakaaoga e Panadol muihua kehe tau hatakiaga ne tohi kehe pekete. Fakatumau ke inu e tau segavai fa mahani haau.



Kaeke kua tivi positivi a koe kehe Koviti-19, kua mahuiga lahi ke nakai fano kehe mai a koe he kaina haau kehe 7 e aho moe fakaatā ni kaeke ke finatu a koe ke taute tivi Koviti poke kumi lagomatai fakamafiti. Ka fai tagata ka finatu ke taatu e tau mena kai kia koe i kaina manatu ke aua neke fakatata atu a koe kia ia.



Kamata e fakaaoga he health diary haau kehe tau aho oti. To putoia ai foki e fuafua he okesene (oxygen) he toto haau moe fotū he asevili (heart rate) fakaaoga e pulse oximeter kaeke kua fai a koe.

Kaeke ko koe poke taha tagata he magafaoa haau ka kamata ke gagao lahi poke uka ke fafagu, ti fakamafiti ke vilo e emepelene (ambulance) he numela 111.

Ke moua e falu fakamaamaaga matutaki atu kehe  
Pacific Covid Vaccination Helpline numela 0800 21 12 21