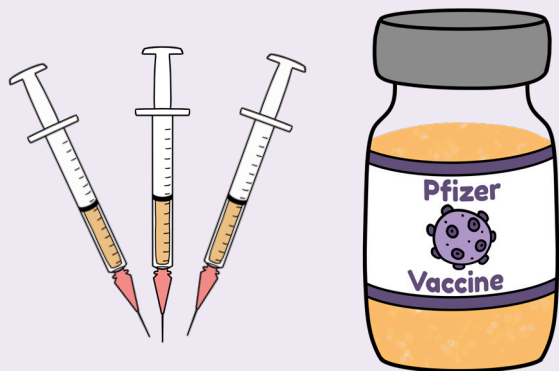


NI A TE TATAU KE KE ILOA KAFAI KOE E MAUA I TE OMICRON



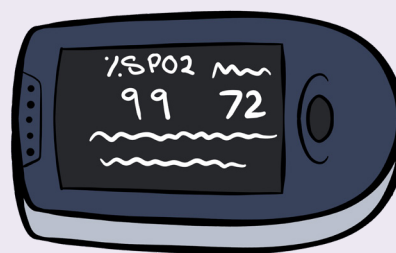
Ko te tokalahiga o na tino kua fai o latou tui e tolu, e feoloolo kafari e maua ite famai ma e fia oioti ia aho kae mālōlō, ko iētahi tahi tino e hēai ni o latou āuga e maua.



Taumafai ke lava tau malologa ma fakamakeke oi inu. Kafai e manakomia e koe ni fuālakau mo na mea tiga pe ko koe e maualuga to fiva, fakaaogā na paracetamol fakatatau ki na fakatonuga e pipiki i te puha. Fakaauau te inuga o au fuālakau e inu mahani.



Kafari ko koe kua maua i te KOVITI-19, e tāua to he eva kae nofo i te fale mo ni aho e 7 heiloga ko koe e fano oi hiaki pe kua maua koe i te KOVITI pe ko koe e fano hakili malohi ki te fomai pe ko te falemai. Kafai ni tino e oatu oi momoli atu ni meakai, e tāua to hē feiloaki ki ei.



Kamata tuhi ki lalo te tulaga o tō ola mālōlō i na aho takitahi. E ono aofia ai te fakaaogaga o te pulse oximeter kafai e iei hau mea, mo te fuaga o te tulaga e iei ai te okehene i to toto ma te tātā o to fatu.

Kafari ko koe pe he tino o to kāiga kua matuā hē malohi pe kua tau hē lelei te mānava, telefoni fakavave ki te 111 ma fakatonu he tavalae ma te falemai. E hēai he totogi mo te fakaaogaga o na tavale a te falemai.

**Fakafehokotaki mai tenei numela mo ni ietahi fakamatalaga:
Pacific Covid Vaccination Helpline on 0800 21 12 21**