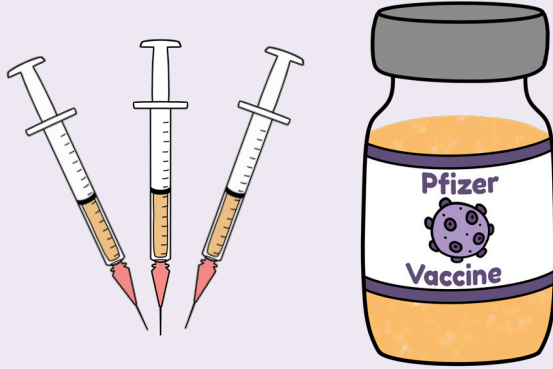


NE AA FAIGA E 'TAU O FAKAMOEMOE NE KOE MA MAUA KOE NE TE OMICRON

UPDATED 16 MARCH 2022 4:00PM



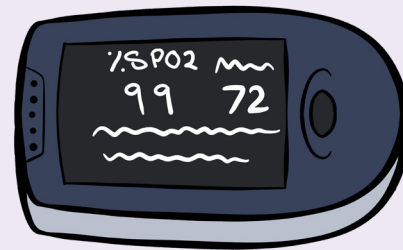
Te tokoukega o tino kola ne katoa olotou suki puipui e tolu e pokotia malie kae e 'lei vave foki i ne naai aso, mo niisi tino e seai loa ne fakailoga ia latou.



Inu malosi ki vai kae taumafai foki ke lava tau malolo. Kafai koe ko fiiva io me manako koe ki se fesoasoani moo te mae, fakaaoga paracetamol kae tautali ki fakatonuga iluga i te pake-ti. Fakatumau loa te inu o ou vailakau masani.



Kafai ne tali mai tau asiga koe ko maua ne te manu o te Covid-19, e taaua ke tapu e tiakina ne koe a te fale moo se 7 oaso, vagana koe 'tau o fano o fai tau asiga io me manakogina ne koe fakavave te fesoasoani o te fakaimasaki. E taaua foki ke se fetau koe mo kola e aumai o tuku mai au meakai mo niisi kope aka.



Kamata o fakamau ki lalo i te tusi fakamau o aso takitasi a te tulaga o tou ola lei. E mafai o aofia iei te levolo o te okisene i tou toto mo te tataa o tou fatu, kola e fakailoa mai ne te fua o tou te okisene mo te tataa o tou fatu (pulse oximeter), mafai e isi sau masini.

Kafai a koe io me se tino o tou kaiga ko logo sala io me ko manava gataa, telefoni fakavave ki te motoka tali masaki i te 111. E seai se togi o fakaaoga te motoka tali masaki.

Mo se fakalauefaga o fakamatalaga, fesokotaki ki te
Pacific Covid Helpline i te 0800 21 12 21