

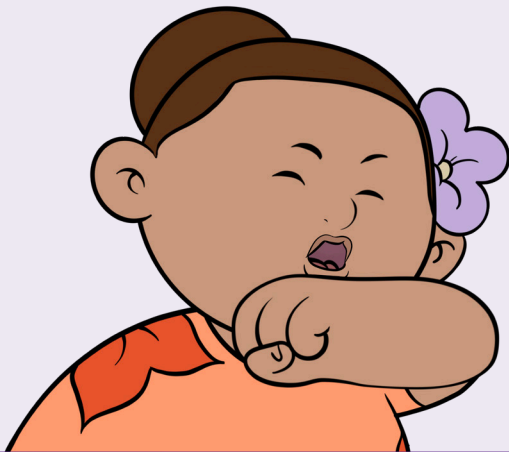
TE AU APINGA TAAU KA TAPAPA ATU ME TU'IA KOE E TE OMICRON

UPDATED 16 MARCH 2022 4:00PM



PREPARE
PACIFIC

AKAIRO RA 1-3

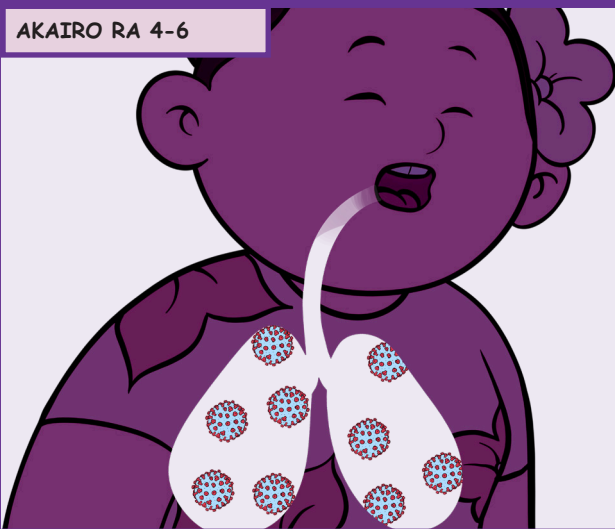


Kare te au akairo o nga ra mua e aiteite ana i runga i te au tangata tatakaitai. E akamata katoa ana teia maki na roto i te mamae karaponga, mare, veravera e te mamae mimiti. Penei e ka kite rai koe i te poupu akaea me kore ara i te mamae me kore teia i runga i te umauma.



Ka roiroi koe e/me kore, ka ngaro toou tongi'anga manga me kore ongi'anga aunga. Penei e ka kitea te au akairo katoatoa me kore ra tetai o teia au akairo. Noatu e, kare e pakari ana te akairo i runga ia koe, auraka e rave atu i tetai ua atu angaanga pakari, me kore ra akaetaeta uua, kia rauka roa atu te akapapu'anga mei te pupu o te Maraе Ora e, ka rauka ia koe i te rave atu i teia.

AKAIRO RA 4-6



Ka kino ua atu toou tūranga, e ka kite koe i te mamae akia o te uua, tōtō anu, mare, kare e rauka i te noo marie. I roto i tetai au mapu, ka kitea te mangio marō, e te mangio akakai, akaea e te patoa i runga i te mangamanga vaevae e te mangamangā rima.



Ko nga ra puapinga roa atu teia no te au akairo i runga ia koe. Ko te taime teia e pakari mai ei te poupu akaea e te apainga ki runga i te mero pute Matangi (lung) no te au tangata tikai e, e au maki tinamou to rātou mei te maki pukuatu, toto kake, toto vene me kore no te au tangata matu.

Me ka inangaro koe i tetai au akamaramarama'anga ke atu ringi:
I te Taniuniu Tauturu Pacific Covid Vaccination i runga i te numero 0800 21 12 21