

TERA AE KO KANTANINGAIA NGKANA E REKE IROUM TE OMICRON

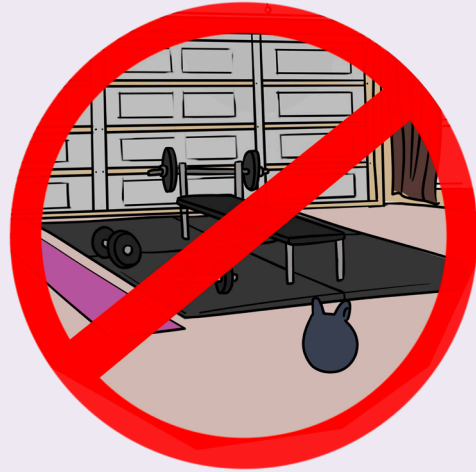


PREPARE
PACIFIC

KANIKINA BONG 1-3



E kakaokoro taian kanikina inanon te moan 3 ni bong. E kona n riki moa man namakinan te ngongo ae maraki inanon te bua, bekobeko, mariri ke maraki-n-atu. Ko kona n namakina te bono n ike ke teutana te manaki ni babaam.



Ko kona n namakina te kua ao/ke ni bua am katommam ao aroboi. Ko kona n namakina reken tabeua taian kanikina aikai ke n aki. E ngae ngkana e uarereke rotakim man te COVID-19, tai biribiri, tai kakamwakuri korakora, tai tabe rawawata ke ni karaoi mwakuri aika mwaiti ni karokoa ae ko itiaki mwin am tutuo mai iroum te tiim man te botaki ni kuakua.

KANIKINA BONG 4-6



Ko kona n namakina korakoran te aoraki ao n reke te marakiraki, mariri, bekobeko ao ni kanganga reken te mwengaraoi. Tabeman aomata aika a kairake a kona n reke irouia te kiritibutibu n rabarabataki, reke te kun ae ngongo man tibu ao ni baeuraura ke te kirineinei iaon te tabonranga ke tabonibai.



Aikai taian bong ae kakawaki ba kona taratara raoi n ataa taian kanikina n te aoraki. Aio te tai ae e kona ni kaoti kanikina n aorakin te mamae (lung) ao ni kona ni korakora, moanara riki ngkana iai iroum aoraki tabeua n aron te rietata n rara, te marikarika ke te tioka.

Ibukin tabanin rongorongona reitaki ma
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