

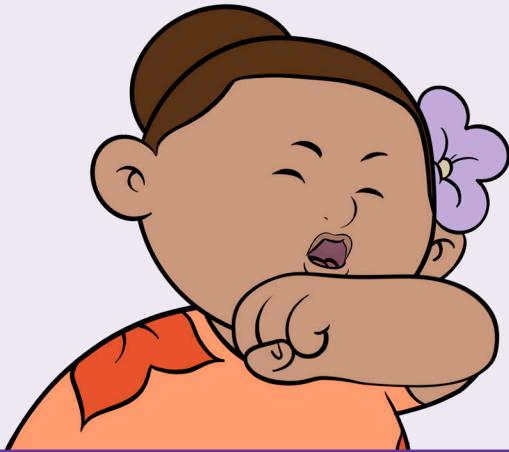
KOE HEIGOA KE AMAAMANAKI ATU KI AI KAEKE KUA MOUA A KOE HE OMICRON

UPDATED 16 MARCH 2022 4:00PM



**PREPARE
PACIFIC**

TAU FAKAKITEAGA AHO 1 - 3



To kehekehe e tau fakakiteaga (symptoms) ka kitia he aho fakamua moe to hoko atu kehe aho ke toluaki. Maeke ke kamata e pu kakia haau ke ketekete, koho, vevela e tino poke mamahi e ulu. Maeke foki ia koe ke logona kua kamata ke otioti e fafagu poke hanahanapā e fatafata.



To ligaliga ke hoko mai e mategugū kehe tino poke galo e namu ke he ihu moe galo e aano ke he gutu. To ligaliga ke logona e koe poke nakai logona e koe e tau fakakiteaga. Pete ni kaeke ke nakai hagahaga kelea e tau fakakiteaga nei aua neke poi fano a koe, faofao e tino haau kehe tau koloa mamafa poke falu a feua sipote a to fakaatā he faahi malolō tino a koe.

TAU FAKAKITEAGA AHO 4 - 6



Koe tau aho mahuiga a nei ke iloa moe mailoga e tau fakakiteaga kehe tino haau. Neke kamata e fatafata poke hala fafagu ke kelea lahi kaeke kua fai gagao foki kehe tino haau tuga e toto tokoluga, molea e mamafa poke lahi he tino poke gagao suka.



To ligaliga ke kamata e kelea moe lafi ki luga e mamahi, makalili, koho moe uka ke moua e hagahaga mitaki. Falu ia lautolu e tau fanau neke kitia e magiho he tino (patapata kula), fufula moe papā e magiho kehe tau mata hui poke tau mata lima.

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