

O VAEGA E AO ONA MATA'ITŪINA PE A MAUA I LE OMIKOLONA

UPDATED 16 MARCH 2022 4:00PM



PREPARE
PACIFIC

ĀUGA ILE ASO 1 - 3

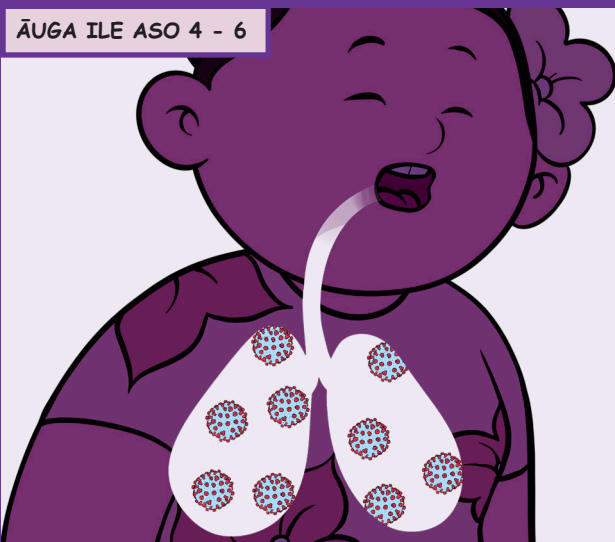


O āuga i aso muamua e tolu e 'ese'ese lava. E mafai ona amata ile fa'aī tigā, o le tale, fiva po'o le tigā o le ulu. E mafai foi ona e fa'alogoina le tau lē lava o lau manava po'o le tigā o lou fatafata.

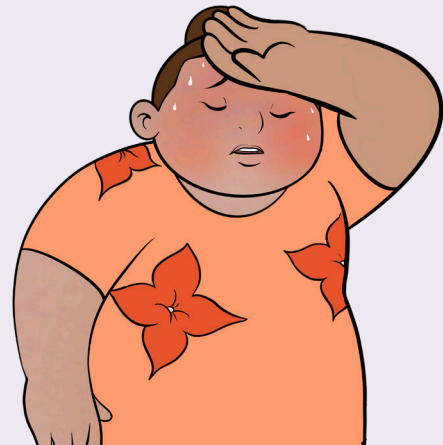


E mafai ona e lagona le vaivai, lē manogi ma lē tofo lelei se mea'ai. E mafai foi ona e lē lagona se tasi o ia āuga. Tusa lava pe lē malosi tele lou a'afia ile Koviti-19, ia 'alo'alo mai le tamo'e, fa'amalosi tino, si'isi'i mea mamafa atoa ai ma isi ituaiga fa'amalosi tino se'ia logoina oe e le vaega o le soifua malōiōina ua mafai ona e faia ia tulaga.

ĀUGA ILE ASO 4 - 6



O aso tāua ia e tatau ona e mataitū ai āuga o le fa'ama'i. E mafai ona tele le afaina o ou māmā (faigata ona manava) ae maise lava pe afai e te maua i isi ma'i tumau e pei o le toto maualuga, tino puta po o le suka.



E mafai ona e lagonaina le amata ona e tigaina ma e maua ile tino gagase, fa'ama'alili, tale ma faigata ona e maua se mapusaga. E mafai ona oso le mageso i nisi o tupulaga ma pata ai o latou tino, po o le fulafula pe tutupu fo'i ni blisters i tamata'ivae ma tamatama'ilima.

Mo nisi fa'amatalaga feso'ota'i le
Pacific Covid Vaccination Helpline i le 0800 21 12 21