

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

UPDATED 16 MARCH 2022 4:00PM



AKAIRO RA 7-8



Ko te au tangata e kare e pakari roa ana te au akairo i runga ia ratou, e mama mai ana te reira i muri ake i tetai tai epetoma. Penei e ka maru mai te maki i teia tuatau, me kore ara, i tetai taime, ka maru mai i mua ake ka kino atu ei.



Me kino ua atu rai te maki i runga ia koe,

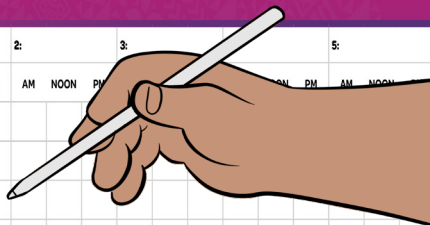
- Tauturu Rapurapu - ringi atu 111
- Ringi atu i toou Taote me e putuputu ana koe ki ko iaia
- Ringi atu i te pupu o te Marae Ora i runga i te numero tutakikore 0800 358 5453 (I tetai ua atu tuatau)

AKAIRO RA 7

YOUR HEALTH DIARY

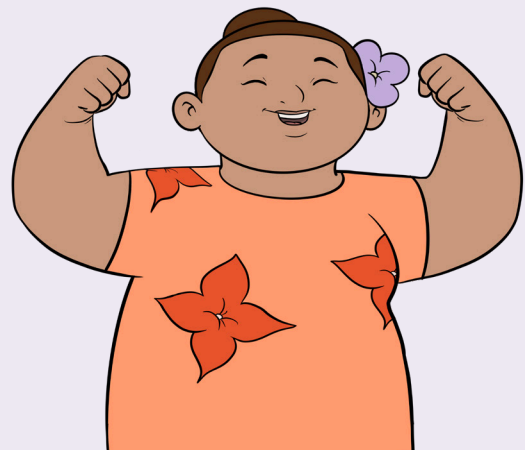
- For each symptom, write down if you feel: Better (B), the Same (S) or Worse (W) than the previous day.
- In the last row, give yourself a number out of 10 as to how you feel overall, where 10 is well and 1 is very unwell.

DAY / DATE	1:			2:			3:			5:		
	AM	NOON	PM	AM	NOON	PM	AM	NOON	PM	AM	NOON	
TROUBLE BREATHING												
COUGH												
THIRSTY												
HEADACHE												
SORE THROAT												
FEVER / CHILLS												
TIREDDNESS												



Tata ua atu rai i te tūranga o te au akairo i runga ia koe ma te tata ua atu rai, i te reira ki roto i taau puka akapapa'anga no te au ra tataki ta'i.

AKARUKE'ANGA I TE TUĀTAU 'AKATAKAKE'ANGA MARAE ORA I TE NGUTUARE



Ka rauka ia koe i te akaruke atu i teia turanga akatakake'anga i muri ake i tetai 7 ra. I roto i te maata'anga o te taime, kua maru mai te maki i teia tuātau. Ko tetai au tangata, ka kite rātou i te roiroi i runga i to rātou kopapa.

Me kare rai oki te au akairo o te maki i runga ia koe e ngaro, ringi atu i toou Taote, me kore ara ringi atu i te Healthline.

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