

# TERA AE KO KANTANINGAIA NGKANA E REKE IROUM TE OMICRON



**PREPARE  
PACIFIC**

## KANIKINA BONG 7-8



Ibukia aomata ae e bebete reken te aoraki irouia, e na teimatoa n roko korakoran buakakan te aoraki aei inanon teuana te wiiki. Tabeman aomata e rangin korakora riki rotakia imwin te tai aei, ke n namakina te bebete nakon ae tamaroa riki ao imwina ea manga roko korakorana nakon ae buakaka.



Ngkana ko namakina ba e korakora aorakim,  
 • N tain kabuanibai ae karina - tarebonia 111  
 • Am taokita GP ngkana ngaia ae tabe ma tararuan marurungim  
 • Tarebonia kain te tiim man te botaki te kuakua n are 0800 358 5453 (akea boon te tareboon, 24 te aoa ni katoa bong)

## KANIKINA BONG 8-10

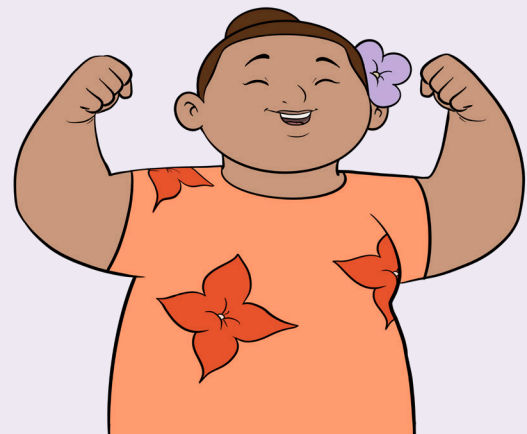
### YOUR HEALTH DIARY

- 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												

Reitianako n taraia man taua mwin kanikinaean te aoraki ao korea mwina n am diary. Ko bae n namakina te maturaoi ngkana ko baraki/iaon birotom ke n rarikiriki.

## TE OTINAKO N TOKIN TE KUARANTIN IAAN TE MWENGA



Ko kona ni kitana te kuarantin iaan te mwenga imwin 7 te bong manim ae ko tia n tiku ni maeka n onoti. Korakoran mwaitia aomata ena reke irouia te namakin ae e tamaroa riki n te tai aei. Tabeman aomata ana namakina te kakai kua riki nakon ae a tanneiai iai.

Ngkana e aki bua kanikinaean te aoraki ke n rikirake ni korakora ao tarebonia am GP ke Healthline

**Ibukin tabanin rongorongona reitaki ma  
Pacific Covid Vaccination Helpline iaon 0800 21 12 21**