

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 7-8



Kia lautolu ne nakai kelea e tau fakakiteaga, to galo e kelea lahi ka mole atu taha e faahi tapu. Falu a tagata maeke e tau fakakiteaga ke kelea lahi poke kamata ke malolō e tino fakaku ti liu kelea lahi.



Kaeke ke kamata ke gagao lahi a koe:

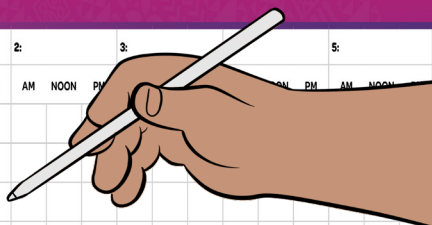
- Vilo fakamafiti kehe numela 111
- Matutaki atu kehe Ekekafo haau kaeke ko ia ne leveki atu kia koe
- Vilo atu kehe matakau malolō tino he numela 0800 358 5453 (nakai fai totogi e numela nei moe hafagi tumau he tau aho oti)

TAU FAKAKITEAGA AHO 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:			4:			5:		
	AM	NOON	PM	AM	NOON	PM	AM	NOON	PM	AM	NOON	PM	AM	NOON	PM
TROUBLE BREATHING															
COUGH															
THIRSTY															
HEADACHE															
SORE THROAT															
FEVER / CHILLS															
TIREDFNESS															



Matutaki ke fakakia e tau fakakiteaga moe fakamau hifo kehe tohi Health Diary haau. Ligaliga ke kamata a koe ke malolō ka mohe fakafohifo moe manava poke mohe fakalifa ke he faahi e tino haau.

MAGAAHO KE FAKAOTI AI E NOFO I KAINA HA KOE PUIPUI GAGAO



Maeke ia koe ke toka poke ahiahi atu ki fafo he haau a kaina ka mole e 7 e aho moe nakai fai fakakiteaga.

Kaeke kua nakai galo e tau fakakiteaga poke gagao lahi a koe ti vilo atu kehe Ekekafo (GP) haau poke Healthline.

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