

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

UPDATED 16 MARCH 2022 4:00PM



**PREPARE
PACIFIC**

ĀUGA ILE ASO 7 - 8



Mo tagata e feololo le afaina, ua tele ina te'a atu le tigaina ina ua mavae le vaiaso e tasi. Ae o le a iai fo'i nisi o le a tigaina tele ile taimi lea pe lagona foi le malosi mo sina taimi ae toe oso le tigaina.



Pe afai ua e tigaina,

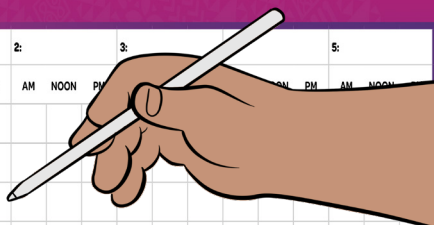
- I taimi o fa'alavelave fa'afuase'i vili le 111
- Lau foma'i
- Vili le matāgaluega ile 0800 358 5453 (vili fua, tula o le aso.) Pe afai o oe po'o se tasi o lou aiga ua tigaina pe ua faigata ona maua se manava, vave vili mo se ambulance ile 111

ĀUGA ILE ASO 8 - 10

YOUR HEALTH DIARY

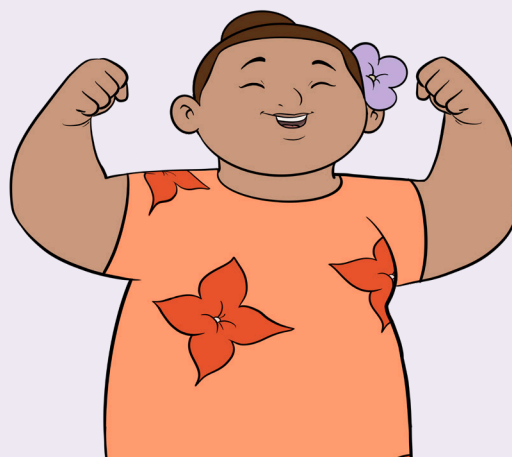
- For each symptom, write down if you feel: Better (B), the Same (S) or Worse (W) than the previous day.
- In the last row, give yourself a number out of 10 as to how you feel overall, where 10 is well and 1 is very unwell.

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												
TIREDFNESS												



Ia fa'aauau le mata'itūina o āuga ma tusi i lau fa'amaumauga mo lou soifua malōlōina. E mafai ona faigofie ona e manava ma maua sau moe lelei pe a e taliaga, moe fa'ō pe fa'atafa fo'i.

TU'UA O LE FA'ANOFO'ESEA I LOU AIGA



E mafai ona e tu'ua le fa'anofofesea ai mai lou fale/aiga pe a mae'a le 7 aso o lau isolation period, e te le o maua i auga o le fa'ama'i. O le to'atele o le a lagona le malosi lelei. O nisi o le a lagona pea le vaivai i lo'o le mea e masani ai.

Afai o lo'o maua pea oe i auga po'o ua e tigaina tele, ia vili lau foma'i po'o le Healthline.

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