

# NI A TE TATAU KE KE ILOA KAFAI KOE E MAUA I TE OMICRON



## ĀUGA AHO 7-8



Mo na tino e feoloolo te tauale, ko na āuga e pito hili ona kino e mahani lava uma i he vaiaho. Ko iētahi tino e hili atu te tigāina i te taimi tena, pe kua kamata oi feoloolo oi toe tigāina ai. Ko iētahi tino e kamata tigāina i kinei, pe kua kamata lagona te feoloolo malie oi toe tigāina ai.



Kafai koe kua kamata tauale lahi,  
 • Vili ki te 111 - i he fakalavelave fakafuaheki  
 • Tau Fomai kaiga kafai e ia taukikilagia koe  
 • Vili ki te kaufaigaluega a te ola mālolō i te numela 0800 358 5453 (e hēai he totogi, e tatala i te 24 itula i te aho)

## ĀUGA AHO 8-10

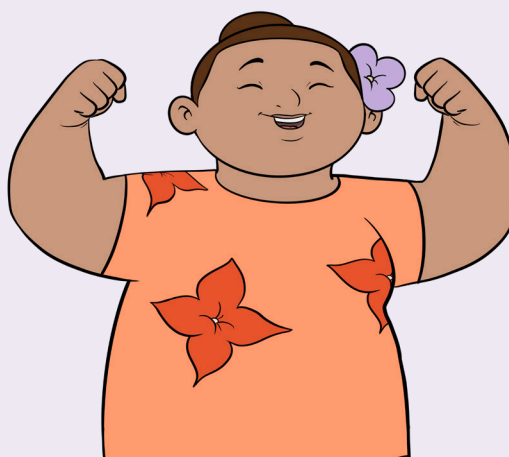
### YOUR HEALTH DIARY

- 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															
TIREDDNESS															

Fakaauau te hiakiga o na āuga e maua e koe ma tuhi ki lalo o te tuhi e fakamaumau ai to ola mālolō. Hove pe i la hili atu te lelei o tau moe kafai koe e moe fakapulou pe moe fakaheitu.

## TEKA KEHE ATU MA NA NOFOAGA PUIPUA



Ko koe e mafai ke fano kehe mai to nofo puipua i te fale kafai kua uma na aho e 7 nae nofo kehe ai koe. Ko te tokalahiga o na tino kua feoloolo i te taimi nei. Ko iētahi tino koi lagona lava te vaivai nai lō na taimi mahani.

Telefoni ki tau Fomai Kāiga pe ko te Healthline kafai ko na āuga o te famai e heki teka pe kua fakalalahi

Fakafehokotaki mai tenei numela mo ni iētahi fakamatalaga  
 Pacific Covid Vaccination Helpline on 0800 21 12 21