

# KO E ME'A 'E HOKO 'I HA PIHIA HE 'OMIKOLONI

UPDATED 16 MARCH 2022 4:00PM



## NGAAHI FAKA'ILONGA AHO 7 - 8



Ko kinautolu 'e 'ikai ke fu'u uesia lahi, 'e malolo hifo 'a e ngaahi faka'ilonga ia he 'osi pē ha uike. 'E 'i ai 'a e ni'ihī te nau ongo'i puke lahi ange he taimi ni, pe te nau ongo'i sai ha ki'i taimi nounou pe, pea nau toe ongo'i puke lahi ange.



Kapau te ke ongo'i 'oku faka'au ke fakalalahi mai,

- Telefoni ki he 111
- Telefoni ki ho'o GP 'oku ne tauhi koe
- Telefoni ki he Healthline 'i he 0800 358 5453 (ta'etotongi 'i ha taimi pe)

## NGAAHI FAKA'ILONGA 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	
TROUBLE BREATHING															
COUGH															
THIRSTY															
HEADACHE															
SORE THROAT															
FEVER / CHILLS															
TIREDFNESS															

Hoko atu 'a hono fakatokanga'i 'a e ngaahi faka'ilonga pea ke hiki ia 'i he tohinoa. Vakai na'a ke fiamālie ange 'i ha'o mohe fo'ohifo pē fakatafa.

## KO E TAIMI 'ATĀ (MEI HE FAKAMAVAHEI 'O TAUHI 'I 'API)



'E lava ke ke 'atā mei he nofo mavahe 'i 'api hili 'a e 'aho 7 pea kapau na'e 'ikai ke 'asi ha ngaahi faka'ilonga. Ongoi faka'au ke sai 'e he tokolahi. Ko e ni'ihī te nau ongo'i hela'ia ange.

'E fakapotopoto ke fakaakeake māmālie pe. Kapau 'oku kei fakalalahi 'a e ngaahi faka'ilonga, telefoni ki he Healthline pe ko ho'o toketā (GP).

'E lava ke tānaki atu ki he ngaahi fakahinohino ni 'i ha'o fetu'utaki telefoni ki he Pacific Covid Vaccination Helpline on 0800 21 12 21