

NE AA FAIGA E 'TAU O FAKAMOEMOE NE KOE MA MAUA KOE NE TE OMICRON

UPDATED 16 MARCH 2022 4:00PM



PREPARE
PACIFIC

FAKAILOGA 7-8 O ASO



Mo latou kola e se masaki malosi, e nofo ki se vaiaso ko oti te mafaga. Niisi tino i te taimi nei, e mafai o gasolo atu o masaki malosi, io me gasolo o feoloolo mo se taimi toetoe, ko toe oso foki ei te masaki ki te masei atu.



Kafai ko gasolo o masei atu tau fakalogo,
 • I se fakalavelave fakafuasei - telefoni ki te 111.
 • Tou tokita mafai ko tou tokita e onoono ki a koe.
 • Telefoni ki te potukau o te ola lei i te 0800 358 5453 (se 'togi telefoni kiei, 24 itula i te aso).

FAKAILOGA 8-10 O ASO

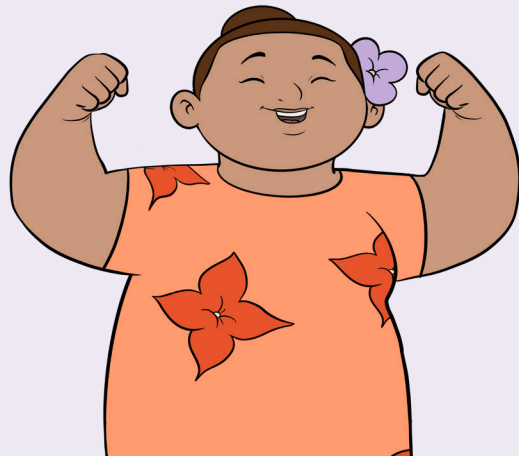
YOUR HEALTH DIARY

- 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:		
TIME OF DAY	AM	NOON	PM	AM	NOON	PM	AM	NOON	PM	AM	NOON	
TROUBLE BREATHING												
COUGH												
THIRSTY												
HEADACHE												
SORE THROAT												
FEVER / CHILLS												
TIREDDNESS												

Fakatumau te onoono kae fakamau a fakailoga e sae ia koe i te tusi fakamau o aso takitasi o tou ola lei. E mafai o manava lei koe kae logotonu foki tau moe ma fuli koe ki lalo io me fakakaokao.

FAKAGATAGA O TE SAI-PUIPUI I TE FALE



E mafai ne koe o fakagata te sai-puipui o koe i te fale ma katoa te 10 o aso o tou taimi faka'mao. I te taimi nei te tokoukega o tino ko feoloolo kii. Niisi koi tai gafuia atu mo te masani.

Kafai a fakailoga ia koe e se gata io me gasolo atu o masei, telefoni ki tou tokita io me ko te Laina o te Ola Lei.

Mo se fakalauefaga o fakamatalaga, fesokotaki ki te Pacific Covid Helpline i te 0800 21 12 21