

# NA KA MO NAMAKA NI TAUVI IKO NA OMICRON

UPDATED 16 MARCH 2022 4:00PM



PREPARE  
PACIFIC

## VAKATAKILAKILA NI MATE SIGA 7-8



Vei ira e sega soti ni bibi na nodra tauvimate, e na taura e dua na macawa me ra vakila na mamada ni yagodra. E so e ra na vakila ni bibi cake na nodra tauvimate ena gauna qo, se ra na vakila ni ra bula vinaka cake mai ka qai tauvimate vakalevu tale.



Kevaka e sa bibi cake na tauvimate,

- Kevaka e sa bibi cake na tauvimate - qirita na 111
- Qirita na nomu vuniwai se GP
- Qirita na tabana ni bula 0800 358 5453 (sega ni saumi, 24 na auwa e veisiga)

## VAKATAKILAKILA NI MATE SIGA 8-10

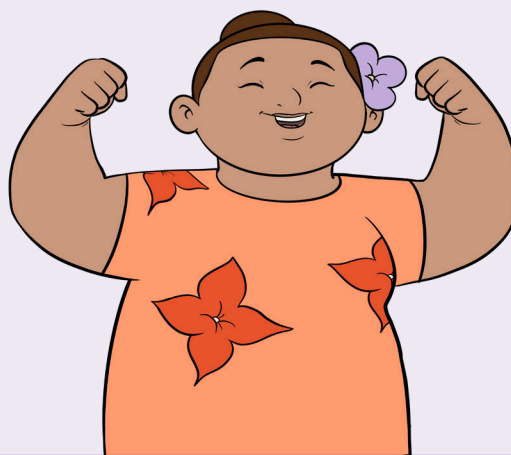
### YOUR HEALTH DIARY

- 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:		
TIME OF DAY	AM	NOON	PM	AM	NOON	PM	AM	NOON	PM	AM	NOON	
TROUBLE BREATHING												
COUGH												
THIRSTY												
HEADACHE												
SORE THROAT												
FEVER / CHILLS												
TIREDFNESS												
VOMITING (Being sick)												

Mo vakaraica toka na i vakatakilakila ni kemu mate, ka toqa toka ena I tuktuku volai ni tuvaki ni nomu bula ena veisiga.

## BIUBIU MAI VALE NI TIKO VAGALALA



E rawa ni ko biubiu ena vale ni tiko vagalala ni oti e 7 na siga na nomu tiko vagalala. E vuqa na tamata ena tekivu me ra bula vinaka mai ena gauna qo. So e na vakila ni wawale vakalevu cake na yagodra.

Kevaka e se tiko vei iko na i vakatakilakila ni mate, se ko vakila ni bibi cake vei iko na mate, kua ni veilakoyaki - tiko ga e vale ka qirita na nomu vuniwai se GP se qirita na Healthline.

Ena na i kuri ni tukutuku oqo veitaratara ki na  
Pacific Covid Vaccination Helpline on 0800 21 12 21