

O LEA UA E MAUA I LE COVID-19 MA O LE A E ALU ESE ATU I LE FALETALIMĀLŌ MO MALUPUIPUIGA

JETPARK, NOVOTEL poo le HOLIDAY INN

O le afaigaluega a le Soifua Maloloina Lautele o le a vala'auina oe e faailoa atu ua e maua i le COVID-19. Ua mana'omia nei lou faanofo-esea mai isi tagata, ina ia taofia ai lou faasalalau atu o le siama i nisi. O le nofo faanofo-esea e mafai ai ona fesoasoani e faasao lou aiga ma le alalafaga.



Ua talosagaina oe e te alu'ese atu i se faletalimalo mo malupuipuiga, e ta'ua fo'i o le MIQ, e maua ai taumafataga, mea e nonofo ai ma le auaunaga faalesoifua maloloina a'o e nofo ai. O loo iai faamatalaga e uiga i mea e tatau ona e silafia [iinei](#) i gagana eseese.

E mana'omia lou nofo i le MIQ mo le [lē itiiti mai le sefulu aso](#) mai le taimi na amata ai ona e maua i āuga. Afai o loo iai pea ni ou āuga pe a mae'a aso e sefulu, e tatau ona e nofo [se'ia 72 itula \(3 aso\) e faauma ina ua lē toe iai ni ou āuga](#). Afai e mana'omia le taofia o oe i le falema'i, o le a a'afia ai le umi e te nofo ai faanofo-esea.

Masalo e le mana'omia le toe faia o se isi au su'ega o le COVID-19, ae o le a tulimata'i pea i taimi uma e le vaega faafoma'i i le MIQ le siakiina o ou āuga. O le a latou faailoa atu ia te oe pe a mafai ona e alu i tua.

O totonu o le MIQ, o le a e agavaa ai mo se potumoe, faleta'ele ma le TV. O le a sauniaina fo'i mo oe ni taumafataga ma mea'ai māmā, maua ai le Wi-Fi e leai se togoti ma se auaunaga faatapula'a mo tagamea.

O le a faatulaga e le Soifua Maloloina Lautele lou alu'ese atu i le MIQ. O lenei faamatalaga o le a fesoasoani ia te oe ina ia e silafia ai i le tulaga pe a e taunu'u atu.

O A NI MEA E TATAU ONA OU SAUNIA MO LA'U NOFO AI I LE NOFOAGA MO MALUPUIPUIGA [QUARANTINE]?

E tatau ona e sauni mo lou nofo ai ia lē itiiti ifo i le sefulu aso ma ia aumai mea nei;

- lavalava - tusa o le vaiaso e fa'aaogā ai,
- mea mo le faleta'ele - pei o le pulumu fulunifo ma mea fulunifo, mea tafi'ava ma mea fa'aaogā mo le tumamā
- soo se fuala'au talavai e masani ona e inuina ma ni fuala'au meatigā mo aso uma.
- telefoni ma le fagama'a [charger]
- mea faafiafia e pei o tusi faitau, komipiuta feavea'i poo tablets, ma meata'alo a tamaiti pe'a iai sau fanau o tou faatasi

E lē mana'omia lou aumaia o ni mea'ai, aua e saunia iinei taumafataga. E fautuaina oe e lelei le aumai o mea'ai māmā [snacks], ae faamolemole aua ne'i aumaia ni 'ava malosī, mea'ai e kuka, poo ni mea fa'aaogā mo kuka. O ie moega ma solota'ele o loo saunia e le MIQ.

TULAGA O LOU NOFO AI I SE MIQ

- O le a lagolagoina oe e le augfaigaluega a le faletalimālō ma tuu atu nisi faamatalaga pe a e taunu'ū atu. E tatau ona tausisia lou si'omaga [bubble]. Nofo i lou potu i le umi e mafai ai. Aua le vala'auliaina tagata i lou potu pe asiasi atu i isi tagata poo tagata o le aiga i totonu o latou potu i le faletalimālō.
- Afai e amata ona e lagonaina lou tigāina tele - e aofia ai le maua i le fiva, tale, faigatā ona mātāna po o se tigā o le faa'i, **faamolemole nofo i lou potu ma vala'au tagata talitelefoni mai lau telefoni o le potu;** o le a alu atu se foma'i soifua maloloina e siaki oe.
- O le tausisia o faatonuga e uiga i le tale, mafatua ma le fufulumamāina o lima e tāua tele. Lafoa'i ese pepa solo ua fa'aaogā. Fufulu ou lima i le fasimoli ma faamago lelei. Fa'aaogā se vaila'au fululima pe a fai e lē maua se fasimoli ma se suavai.
- Ia fai sau puni fofoga ma ia mautinoa lou tausisia o faiga tumamā lelei, pe afai e te sifi atu i le MIQ, poo lou alu ese mai lou potu i ina.



O LE A SE MEA E TUPU I TAGATA O LO'U AIGA?

O le a faafesoota'i atu e le afaigaluega a le Soifua Maloloina Lautele tagata o lou aiga ua iai fesoota'iga vavalalata. O le a faatonuina i latou e fai ni a latou siaki ma nonofo faanofo-esea ta'ito'atasi i le fale.

O LE A SE MEA E TUPU I LA'U FANAU PO LA'U TAGATA FESOASOANI?

Afai e iai sau fanau, o le a tou galulue faatasi ma le vaega a le Soifua Maloloina Lautele mo se faiga e mafai ona va'aia ai i latou a'o e faanofo-esea. Matou te malamalama, i nisi tulaga, e mana'omia le ō tamaiti ma o latou matua poo tagata e va'aia i le nofoaga mo malupuipuga, poo lou mana'omia o sau tagata fesoasoani fatasi ma oe.

Afai o lenei tamaititi poo le tagata fesoasoani o loo faatasi ma oe e le'i a'afia i le COVID-19 ae mulimuli ane amata maua i āuga, ia faailoa ane i le teine tausi-soifua o loo faia au siaki o le soifua maloloina i aso uma. O le a mana'omia le faia vave o ni a latou siaki i le taimi lava lena. Atonu e ono suia ai le umi o lau nofo i le MIQ ae e tāua tele le faailoa pe a latou mama'i, ina ia mafai ai ona latou maua le tausiga sa'o faapea ma togafitiga.

O LE A SE MEA E TUPU I TAGATA O LE AIGA E IAI TULAGA MA'ALE'ALE?

Afai e iai ni tagata o lou aiga ua iai ni tulaga fesoata'i vavalalata ma oe ma o loo iai sou tulaga ma'ale'ale, atonu e mana'omia lo latou o ese atu i se nofoaga o pulega faanofo-esea. O le a outou galulue vavalalata ma le vaega a le Soifua Maloloina Lautele ma tagata o lou aiga mo se fesoasoani ia i latou.



O LE A LE MEA E TUPU I A'U FAGAFAO PE A OU FAANOFO-ESEA?

O le a outou galulue faatasi ma le vaega a le Soifua Maloloina Lautele i se filifiliga mo au fagafao a'o e faanofo-esea

E MAFAI E TAGATA O LO'U AIGA ONA VA'AIA LO'U FALE A'O OU NOFO AI I LE MIQ?

E mafai e isi ona ulufale i lou fale, pe a leai ni fesoata'iga vavalalata sa iai, ma ia latou faatali mo le lua itula talu ona e alu ese. O le ta'iala mo le Tumamā o loo [ii](#), e aunoa ma le faamamāina faapitoa e mana'omia.

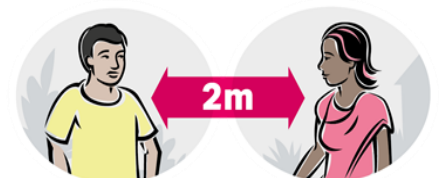
E FAAFEFEA ONA FAI A'U TAGAMEA?

O loo iai i le nofoaga se polokalame mo le faiga o lau tagamea i se auala saogalēmū, ma o le a tatāina ai ou lavalava mo oe. Faamolemole mulimuli i le fautuaga e tuuina atu ia te oe e le afaigaluega.



E FAAFEFEA ONA OU FESOOTA'I ATU I LO'U AIGA MA UO?

E i ai le Wi-Fi e leai se tologi, e mafai ai ona e fesoata'i atu i au uo ma aiga e ala i fe'au tusitusia, telefoni ma ala-ata. E iai fo'i le tautua tau telefoni mo potu. O le vala'auina o telefoni feavea'i poo isi numera e lē faia fua; e mana'omia lou tologiina o tau a le faletalimalo.



E MAFAI ONA OU FA'AMALOSITINO PE ALU E SAVALIVALI I LE MIQ?

Ioe, o le a fautuaina oe e le afaigaluega pe faafefea ona e alu e te faamalositino pe savali i taimi e atofaina atu. Afai e te ulufafo ma lou potu o le faletalimālō, ia fai sau punifofoga i taimi uma, fa'aaoḡ le vaila'au fululima ma ia tausisia le 2 mita o le va ma isi tagata.

AFAI O LE A OU TOE FO'I I LE FALE, E TATAU ONA OU FAIA NISI FAAMAMAAGA?

E leai se faamamāaga faapitoa e mana'omia, o loo iai le ta'iala mo faamamāaga iinei [ii](#).

E FAAFESOOTA'I MAI A'U E LE SOIFUA MALOLOINA LAUTELE PE A OU TU'UA LE NOFOAGA?

O le a tuuina mai e le Soifua Maloloina Lautele se tusi e faamatuuina mai ai oe e tuua le MIQ ma e lē mana'omia le toe tuitataoina. **Afai e te toe lē malosi** Faamolemole vala'au lau foma'i GP masani poo lau auaunaga faasoifua maloloina. E mafai fo'i ona e vili i le Healthline i le 0800 358 5453, ae afai o se faalavelave faafuase'i, vala'au le 111.



FAAMATALAGA MA FAUTUAGA ATILI

MO LOU NOFO AI I LE MIQ

O famatalaga nei [ij](#) i le faa-Peretania ma isi gagana.

Asiasi i le arphs.health.nz/communityinfo poo covid19.govt.nz/translations

WORK AND INCOME

Mo se fesoasoani i le totogiina o pili, le toe faigaluega, fesoasoani mo fale totogi ma le totogiina o mokesi, vili le 0800 559 009 pe asiasi i le workandincome.govt.nz

TAGATA SULUFA'I E IAI SONA TALA'AGA

Vala'au le RASNZ mo Fesoasoani ma faamatalaga i le telefoni 0800 472 769, Aso Gafua i le Aso Faraile, 9am i le 5pm.

Asiasi i le rasnz.co.nz/covid-19-resource mo nisi faamatalaga. Mo na'o le itumālō o Aukilani.

HEALTHLINE

Telefoni e leai se totgi 0800 358 5453

O se auaunaga e avanoa mo le 24/7 faatasi ai ma faamatala'upu.

PE A FIA TALANOA? 1737

Valaau fua poo se fe'au tusitusi 1737

Asiasi le 1737.org.nz mo faamatalaga.

ASIAN FAMILY SERVICES HELPLINE

Mo fautuaga lautele ma taaloga faitupe, vala'au le 0800 862 342, Aso Gafua i le Aso Faraile mai le 9am i le 8pm pe asiasi i le asianfamilyservices.nz

COVID-19

YOU HAVE COVID-19 AND ARE MOVING INTO A QUARANTINE HOTEL

JETPARK, NOVOTEL or HOLIDAY INN

Public Health staff will have called you to let you know you have COVID-19. You are now required to isolate away from others so you don't spread the virus to anyone. Staying in isolation can help keep your family and community safe.



You have been asked to go to a quarantine hotel, also called a MIQ, where meals, accommodation and access to health services are provided during your stay. There is information on what you need to know [here](#) in different languages.

You will need to stay at the MIQ for **at least ten days** from when your symptoms started. If you still have symptoms after ten days, you must stay **until 72 hours (3 days) after your symptoms** have stopped. If you need to be admitted to hospital this will affect how long you stay in isolation.

It is unlikely you will be required to have another COVID-19 test, but a medical team at the MIQ will check your symptoms regularly. They will let you know when you can leave.

At the MIQ, you will get a bedroom, bathroom and TV. You will be provided with meals and snacks, have access to free Wi-Fi and a limited laundry service.

Public Health will arrange for you to move to the MIQ. The following information is to help you understand what to expect when you get there.

WHAT DO I PACK FOR MY STAY AT THE QUARANTINE FACILITY?

You should pack for a stay of at least ten days and bring the following items;

- clothes – around a week's worth,
- toiletries – eg toothbrush and toothpaste, shaving equipment and sanitary products
- any medication you usually take and every day pain relief
- phone and charger
- entertainment like books, laptops or tablets, and toys if you have children with you

You do not need to bring any food, as meals are provided. You are encouraged to bring snacks, but please do not bring alcohol, food to cook, or cooking equipment. Bedding and towels are provided by the MIQ.

ABOUT YOUR STAY AT A MIQ

- The hotel team will support you and give you more information when you arrive. You must maintain your bubble. Stay in your room as much as possible. Do not invite people to your room or visit other people or family members in their hotel rooms.

- If you start feeling more unwell – including having a fever, a cough, difficulty breathing or a sore throat, **please stay in your room and call reception from your room phone**; a health professional will come to check on you.
- Practising good [cough, sneeze](#) and [hand hygiene](#) is vital. Throw away used tissues. Wash your hands with soap and dry them well. Use a hand sanitiser if soap and water are not available.
- While moving to MIQ, and when not in your room there, wear a face covering and make sure you practise good hygiene.



WHAT HAPPENS TO MY HOUSEHOLD MEMBERS?

The Public Health team will call the members of your household who are close contacts. They will be asked to get tested and stay at home in self-isolation.

WHAT WILL HAPPEN TO MY CHILDREN OR MY SUPPORT PERSON?

If you have children, the Public Health team will work with you to see how best they can be looked after while you're in isolation. We understand that, in some cases, children will need to go with their parents or caregivers to the quarantine facility, or you need a support person with you.

If this child or support person is with you and doesn't have COVID-19 but later develops symptoms, tell the nurse who does your daily health checks. They will need to be tested immediately. This may change the length of your stay at the MIQ but it is important to know if they get sick, so they can receive the right care and treatment.

WHAT WILL HAPPEN TO VULNERABLE FAMILY MEMBERS?

If you have family members who have been in close contact with you and who are vulnerable, they may need to go to a managed isolation facility. The Public Health team will work closely with you and your family members to support them.



WHAT HAPPENS TO MY PETS WHEN I AM IN ISOLATION?

The Public Health team will work with you on options for your pets while you're in isolation

CAN FAMILY MEMBERS LOOK AFTER MY HOUSE WHILE I'M IN THE MIQ?

Others can enter your home, provided there are no close contacts there, and they wait two hours after you have left. Cleaning guidelines are [here](#), with no special cleaning required.

HOW WILL I WASH MY CLOTHES?

The facilities have a system to get your laundry done in a safe way, so your clothes will be washed for you. Please follow the advice given to you by staff.

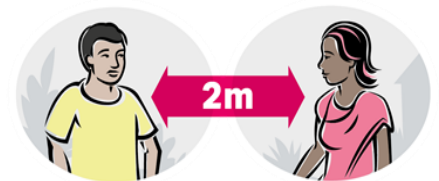


HOW WILL I STAY IN TOUCH WITH MY FAMILY AND FRIENDS?

There is free Wi-Fi so you can stay connected with your friends and family via text, calls and video. There is also an in-room telephone service. External calling to mobile phones or other numbers is not free; you will need to pay the hotel rates.

CAN I EXERCISE OR GO FOR A WALK AT MIQ?

Yes, the team will advise you on how you can go out for exercise or walks at specific times. When outside your hotel room wear a mask at all times, use hand sanitiser and keep two metres away from others.



WHEN I RETURN HOME, DO I HAVE TO DO EXTRA CLEANING?

No special cleaning required, there are cleaning guidelines are [here](#).

WILL PUBLIC HEALTH CONTACT ME WHEN I LEAVE?

Public Health will provide a letter clearing you to leave the MIQ and there is no need for further follow up. **If you become unwell again**, please call your usual GP or healthcare provider. You can also call Healthline on 0800 358 5453, and if it is an emergency, call 111.

MORE INFORMATION AND ADVICE

ON YOUR MIQ STAY

Information is [here](#) in English and other languages.

Visit arphs.health.nz/communityinfo or covid19.govt.nz/translations

WORK AND INCOME

For help with paying bills, job loss, rental support and mortgage repayment support call 0800 559 009 or visit workandincome.govt.nz

FORMER REFUGEE BACKGROUND

Call RASNZ support and information line on 0800 472 769, Monday to Friday, 9am to 5pm.

Visit rasnz.co.nz/covid-19-resources for more information. For the Auckland region only.

HEALTHLINE

Freephone 0800 358 5453

A 24/7 service with interpreters available

NEED TO TALK? 1737

Free call or text 1737

Visit 1737.org.nz for information.

ASIAN FAMILY SERVICES HELPLINE

For general counselling and gambling support, call 0800 862 342, Monday to Friday from 9am to 8pm or visit asianfamilyservices.nz

