

KUA TŪ'IA KOE E TE COVID-19, E TE NEKE NEI KOE MEI TO'OU NGUTU'ARE KI KO I TE JET PARK

Kua tāniuniu atu te aronga `anga`anga o te Marae Ora i te `akakite atu e, kua tū'ia koe e te COVID-19. Ka inangaro'ia koe i teia `ati`anga kia `akatakake iakoe mei tetai atu, kia kore koe e toto'a i te manumanu ki tetai atu. Na roto i te no'o `akatakake`anga e tauturu kia vai pōnuiā`au to'ou kopu tangata e te `oire tangata.



Kua pati'ia atu koe kia aere ki ko i te Jet Park, e `ōtēra `akapae`anga, te reira te au mea ravarāi no te tuātau ka no'o koe ki reira.

Ka anoano'ia koe kia no'o `akatakake, kia pou rava e **72 ora i muri ake i te peke`anga to'ou `akairo-maki, e, kia taeria te tainga`uru ra** mei te `akamata`anga to'ou au `akairo-maki. Me ka `apaina koe ki roto i te `aremaki, na teia e `akakite mai i te roa i to'ou no'o`anga `akatakake. Na tetai pupu rapakau tei ko i te Jet Park e `ākara/vāito putuputu i to'ou au `akairo-maki ma te `akakite atu kia koe i te tuātau ka `akaruke koe.

Na te Marae Ora e teateamamao i to'ou neke`anga ki ko i te Jet Park. E tuatua `akakite turu teia i to'ou neke`anga, e, i te tauturu iākoe kia mārama i te au ravenga me tae atu koe ki ko i te Jet Park.

TE NO'O`ANGA KI KO I TE JET PARK

- I ko i te Jet Park, ka `oronga`ia atu to'ou pi'a moe, `are-pāī e te TV. Ka `ōronga`ia atu ta`au au kai, te Wi-Fi tutaki-kore, e te pu'a`anga kaka`u tutaki-kore.
- Ka turu te pupu o te Jet Park iākoe ma te `ōronga atu i tetai atu `akakitekite`anga, me tae atu koe. `Ākono`ia to'ou pūnake. Tautā pakari i te no'o ki roto i to'ou pi'a. `Auraka e pati atu i te tangata ki roto i to'ou pi'a, me kore ra, tomo atu ki roto i te pi'a o tetai, me kore ra, tomo atu ki roto i te pi'a `ōtēra o te au mēma o te kopu tangata.
- Me `akamata koe i te `āpikēpikē maki – mei te au `akairo-maki, mei te pīva, e mare, ngatā i te `akaea`anga, me kore ra, e mamae karaponga, **no'o ki roto i to'ou pi'a ma te tāniuniu atu i te numero 8998 mei runga i te terepōni i roto i to'ou pi'a;** ka aere mai tetai tangata rapakau i te `ākara/vāito iākoe.
- E ravenga pu`apinga rava atu te akono`anga mā me mare, maretī'a e te orei`anga rima. Tīria`ia te `ōrei pēpa repo. `Ōrei`ia to'ou rima ki te pu'a ma te tāmarō meitaki. Tā`anga`anga`ia te vairākau `ōrei rima me kare e pu'a e te vai.



- I te tuātau neke`anga ki ko i te Jet Park, e, me kare koe i roto i to`ou pi`a i ko i te `ōtēra, `a`ao`ia tetai tapoki mata ma te `akapāpu i te rave i te `ākono`anga mā.



AU UI`ANGA E UI PUTUPUTU IA ANA

EA`A TE KA TUPU KI TŌKU NGUTU`ARE TANGATA?

Ka `āravei atu te pupu o te Marae Ora i to`ou ngutu`are tangata piri`anga-vaitata.

Me e no`o kapiti ana koe ki roto i tetai pi`a, me kore ra, ngutu`are, ka komakoma atu te pupu o te Jet Park no runga i te au `iki`anga no to`ou tokorua, me kore ra, mēma o te kopu tangata kia no`o ki te kainga, me kore ra, i te neke mai ki kona iākoe i roto i te Jet Park. Me neke mai ratou ki roto i te Jet Park, ka rauka pa`a ia ratou i te no`o kapiti ki roto i te pi`a okotai, me kore ra, ka anoano`ia pa`a ratou kia no`o ki roto i tetai pi`a ke atu. Ka roa atu pa`a te tuātau `akatakake`anga me no`o kapiti ki roto i to`ou pi`a, ma te `akakake i te turanga tū`ia e te maki.

EA`A TE KA TUPU KI TĀKU TAMARIKI?

Me e tamariki ta`au, ka `anga`anga taokotai atu te pupu o te Marae Ora kia koe no te tiaki`anga tau no ratou, iākoe e no`o `akatakake ra. Kua mārama matou e, i roto i tetai `aka`aere`anga, ka anoano`ia te tamariki kia āru i to ratou metua, me kore ra, aronga tiaki ki ko i te Jet Park.



Me tei kona ta`au tamaiti iākoe, e kare i tū`ia e te COVID-19, māri ra, kua tū`ia e te au `akairo-maki i muri ake, `akakite`ia atu ki te nēti e `ākara/vāito ana iākoe i te au ra tātakitai. Ka anoano`ia te tamaiti kia vāito viviki ia. Ka tauī pa`a teia i te roa o te tuātau ka no`o koe ki roto i te Jet Park, māri ra, e mea pu`apinga kia kite koe e, me maki ratou, ka rauka te tiaki`anga tau e te rapakau`anga tau.

EA`A TE KA TUPU KI TE AU MĒMA PAKARI/MAKIMAKI O TE KOPU TANGATA?

Me e mēma pakari/makimaki tetai o te kopu tangata tei piri-vaitata ana kia koe, ka anoano`ia pa`a ratou kia aere ki ko i te Jet Park. Ka komakoma atu te pupu o te Marae Ora, e ka `anga`anga taokotai atu kia koe e to`ou kopu tangata i te turu`anga ia ratou.

EA`A TĀKU KA KO`UKO`U NO TŌKU NO`O`ANGA KI KO I TE JET PARK?

Ko`uko`u`ia no te no`o`anga e tainga`uru ra, ma te `apai mai i te au mea pu`apinga; au kāka`u, au mea `akakakara, terepōni, tiāti pātiri e te vai-rākau. `Apaina katoa ia mai te mea tāvarenga mei te au puka e te au laptops/devices.



Kare koe e anoano`ia kia `apai mai i tetai kai, i te mea e, ka `ōronga`ia atu te kai. `Apaina mai te au mea katikati, māri ra, `auraka e `apai mai i te kava, kai mata, me kore ra, i te au `apinga tunu kai. Na te Jet Park te au `āriki ro`i e te au tauera.

KA `AKAPE`EA AU ME PU`A I TŌKU KAKA`U?

E ravenga pu`a`anga kakau pōnuiā`au ta te Jet Park, no reira, ka pu`a`ia to`ou kāka`u. Āru`ia te arataki`anga tei `ōronga`ia atu e te Jet Park.

EA`A TE KA TUPU KI TĀKU AU `ĀNIMARA `AKAPEREPERE I TŌKU TUĀTAU `AKATAKAKE`ANGA?

Ka `anga`anga taokotai atu te pupu o te Maraе Ora kia koe no te `iki`anga no ta`au au `ānimara `akaperepere i te tuātau iākoe e `akatakake ra.

KA `AKAPE`EA AU NO TE KOMAKOMA`ANGA KI TŌKU KOPU TANGATA E TŌKU AU TAEAKE?

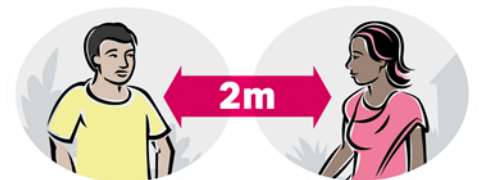
Te vai na te Wi-Fi tutaki-kore kia rauka iākoe i te komakoma atu ki to`ou au taeake e te kopu tangata, na roto i te patapata`anga, komakoma`anga e te vitiō.

Tērā katoa te turanga terepōni no tetai pi`a ki tetai. Kare e tutaki no te tāniuniu`anga mei tetai pi`a ki tetai, e te tāniuniu`anga tauturu i roto i te `ōtēra. Ka tutaki te tāniuniu`anga ki te au terepōni `āpaipai i va`o ake i te `ōtēra, me kore ra, i tetai atu au numero; ka tiāti`ia na runga i te miniti ki raro ake i te tero a te `ōtēra, e, ka anoano`ia e, na`au e tutaki.



KA RAUKA IĀKU I TE `AKAMĀTŪTŪ KOPAPA E TE `Ā`AERE I KO I TE JET PARK?

Ae, na te pupu o te Jet Park, e arataki iākoe no runga i te `akamātūtū`anga kopapa i va`o, me kore ra, i te `ā`aere`anga i te au tuātau tei `akatinamou`ia. `A`aona`ia tetai tāpoki mata i te au taime ravarāi, iākoe i va`o ake i to`ou pi`a `ōtēra, ma te tā`anga`anga i te vai-rākau `orei rima e te `akamamao`anga e rua mita mei tetai.



`ĀNGAI`ANGA KI TE TĪTĪ I TE TUĀTAU `AKATAKAKE`ANGA

Pu`apinga atu te meitaki o te `āngai`anga ki te tītī, i te maki te ka rauka mai me kua tū`ia koe e te COVID-19. Tei to`ou nēti `aka`ānau, me kore ra, Taote, te arataki`anga ke atu, me kore ra, `ākara`ia te `akakitekite`anga i runga i te [Royal College of Obstetricians and Gynaecologists website](#).



NO TETAU ATU TUATUA `AKAKITE E TE ARATAKI`ANGA

HEALTHLINE

Terepōni tutaki-kore 0800 358 5453
E turanga e `anga`anga ana 24/7 e to ratou au
`uri-reo ei tauturu

ANOANO I TE KOMAKOMA? 1737

Terepōni tutaki-kore, me kore ra,
patapata atu i te numero 1737
Akara`ia [1737.org.nz](https://www.1737.org.nz) no te
`akakitekite`anga.



WORK AND INCOME

No te tauturu i te tutaki`anga i te au pīra,
turu`anga me `akaruke`ia mai i te `anga`anga,
turu no te tutaki tāra`u `are, e te tutaki i te
pangaka no te `are, tāniuniu atu i te numero
0800 559 009 me kore ra, `ākara`ia
[workandincome.govt.nz](https://www.workandincome.govt.nz)

TUTUA `AKAKITE KUA `URI`IA KI ROTO I TE AU REO

`Ākara`ia arphs.health.nz/communityinfo me
kore ra
[covid19.govt.nz/translations](https://www.covid19.govt.nz/translations)

FORMER REFUGEE BACKGROUND

Tāniuniu atu i te terepōni turu e te
`akakitekite`anga a te RASNZ i runga i te
numero 0800 472 769, Monitē ki te Varaire,
ora 9 i te popongi ki te ora 5 i te a`ia`i.

`Ākara`ia [rasnz.co.nz/covid-19-resources](https://www.rasnz.co.nz/covid-19-resources) no
tetai atu `akakitekite`anga No te vaka o
Tāmaki Makaurau anake.

TURANGA TAUTURU NO TE AU KOPU TANGATA NO ASIA

No te tauturu e te turu no runga i te pere-
moni i roto i te au reo Papa`a, Mandarin,
Cantonese, Korean, Vietnamese, Japanese,
Thai e te Hindi, tāniuniu i te numero 0800 862
342, Monitē ki te Varaire mei te ora 9 i te
popongi ki te ora 8 i te a`ia`i, me kore ra,
`ākara`ia [asianfamilyservices.nz](https://www.asianfamilyservices.nz)



YOU HAVE COVID-19 AND ARE MOVING FROM YOUR HOME TO JET PARK

Public Health staff will have called you to let you know that 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 Jet Park, a quarantine hotel, where everything is provided for you during your stay.

You will need to stay in isolation until **72 hours after your symptoms** have stopped **and at least ten days** since your symptoms started. If you need to be admitted to hospital this will affect how long you stay in isolation. A medical team based at Jet Park will check your symptoms regularly and will let you know when you will be free to leave.

Public Health will arrange for you to move to Jet Park. This information is to support your move and help you know what to expect when you get to Jet Park.

ABOUT YOUR STAY AT JET PARK

- At Jet Park, you will get a bedroom, bathroom and TV. You will be given meals, have access to free Wi-Fi and a laundry service.
- The Jet Park team will support you and give you more information when you arrive. 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 symptoms such as fever, a cough, difficulty breathing or a sore throat, **please stay in your room and call 8998 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 Jet Park, and when not in your room at the hotel, wear a face covering and make sure you practise good hygiene to protect others.



FREQUENTLY ASKED QUESTIONS

WHAT HAPPENS TO MY HOUSEHOLD MEMBERS?

The Public Health team will be in contact with members of your household who are close contacts.

If you usually share a room or home, the Jet Park team will discuss options for your partner/spouse or family member to either stay at home or move to Jet Park with you. If they move to Jet Park, they may be able to continue sharing a room with you, or they may need to stay in separate rooms. Staying in the same room as you may make their isolation time longer and increase their risk of becoming sick.

WHAT WILL HAPPEN TO MY CHILDREN?

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 Jet Park.

If your child is with you and doesn't have COVID-19 but later develops symptoms, tell the nurse who does your daily health checks. The child will need to be tested immediately. This may change the length of your stay at Jet Park 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 Jet Park. The Public Health team will be in touch and work closely with you and your family members to support them.

WHAT DO I PACK FOR MY STAY AT JET PARK?

You should pack for a stay of at least ten days and bring the main items; clothes, toiletries, phone, charger and any medication. You may also bring entertainment items like books and laptops/devices.

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

HOW WILL I WASH MY CLOTHES?

At Jet Park there is 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 at Jet Park.

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.



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 texts, calls and video.

There is also an in-room telephone service. Calling between rooms within the hotel and for hotel services is free. External calling to mobile phones or other numbers is not free; it is charged per minute at hotel rates which you will need to pay for.

CAN I EXERCISE OR GO FOR A WALK AT JET PARK?

Yes, the Jet Park 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.

BREASTFEEDING WHILE IN ISOLATION

The benefits of breastfeeding outweigh any potential risks of transmission if you have COVID-19. Your midwife or GP can provide further advice, or you can find more information at the [Royal College of Obstetricians and Gynaecologists website](#).

FOR FURTHER INFORMATION AND ADVICE

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.

WORK AND INCOME

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

INFORMATION IN TRANSLATED LANGUAGES

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

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.

ASIAN FAMILY SERVICES HELPLINE

For general counselling and gambling support for English, Mandarin, Cantonese, Korean, Vietnamese, Japanese, Thai and Hindi speakers, call 0800 862 342, Monday to Friday from 9am to 8pm or visit asianfamilyservices.nz