

## O SA TAUVI COVID-19 KA SA TOKITAKI MAI VALE I JET PARK

Ratou sa na qiriti iko na Tabana ni Bula Raraba ka tukuna vei iko ni sa tauvi iko tiko na COVID-19. Sa gadrevi mo tiko vakatikitiki tani mai vei ira na tamata mo kua kina ni vakadewa na manumanu ni mate vua e dua tale. Na tiko vakatikitiki e rawa ni vukea me taqomaki na nomu vuvale kei nai tikotiko.



O sa gadrevi mo curu i Jet Park, ena dua na otela ni korotini, ka vakarautaki na veika kece o gadreva ena nomu tiko ekea.

Ena gadrevi mo tiko vakatikitiki me yacova ni **sa sivi e 72 na aua mai na gauna e** sa yali kina **nai vakatakilakila ka oti e tini na siga** mai na gauna e laurai kina na ivakatakilakila. Ke gadrevi mo curu e valenibula, qo ena vakabalavutaka na nomu tiko vakatikitiki. Na timi ni veiqaravi vakavuniwai e Jet Park eratou na raica vagauna na nomu ivakatakilakila ka ratou na tukuna vei iko na gauna o sa rawa ni biubiu kina.

Ratou na veivosakitaka na Tabana ni Bula Raraba na nomu tokitaki i Jet Park. Na itukutuku qo ena vukea na nomu tokitaki ka na vukei iko mo kila na veika mo namaka ena gauna o sa yaco kina i Jet Park.

### ME BALETA NOMU TIKO E JET PARK

- E Jet Park, ena soli e dua nomu rumu ni moce, valenisili kei na TV. Ena vakarautaki na kemu kakana, ka na soli vei iko na Wi-Fi sega ni saumi kei na kena savati na nomu isulu.
- Na timi e Jet Park eratou na vukei iko ka solia eso tale na itukutuku vei iko ni o sa yaco kina. Tiko ga ena nomu kei ira nomu vuvale se veikilai (bubble). Tiko vakalevu ena nomu rumu. Kua ni sureti ira na tamata ina nomu rumu ka kua ni sikovi ira na tamata se nomu vuvale ina nodra rumu ni otela.
- Ke toso cake nomu tauvimate – ka wili kina na veivakatakilakila me vaka na katakata, vu, ceguleka se mosi ni tilotilo, **tiko ga ena nomu rumu ka qirita na 8998 mai na talevoni ena nomu rumu**; ena lako yani ka raici iko e dua na kena dau.
- E bibi sara mo vakayagataka tiko nai walewale vinaka ni tiko bulabula ni o vu, suru kei na savati ni igamu. Biuta ena benubenu na pepa ni qusiqusi sa vakayagataki oti. Savata na ligamu ena wai kei na sovu qai vakamamacataka vakavinaka. Vakayagataka na wainimate ni sava ni liga ke sega na sovu kei na wai.





- Ni o curu i Jet Park, se ke o sega ni tiko ena nomu rumu ena otela, tokara e dua na matavulo se iubi ni mate se vakayagataka na iwalewale vinaka ni tiko bulabula mera taqomaki kina eso tale.



## VEITARO DAU TAROGI WASOMA

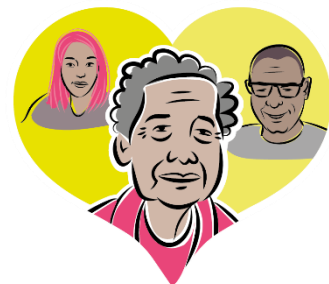
### NA CAVA ENA YACOVI IRA NA LEWE NI NOQU VUVALE?

Ratou na veitaratara na Tabana ni Bula Raraba kei ira na lewe ni nomu vuvale ka ra okati mera veitaratara voleka.

Ke o dau rumu vata se vale vata kei na dua tale, na timi e Jet Park e ratou na veivosakitaka na veika e baleti watimu se vuvale, mera na tiko ga mai vale se mera toki kei iko i Jet Park. Ke ra toki kei iko i Jet Park, ena rawa beka mera tiko vata kei iko ena dua na rumu, se mera tiko ena duatani tale na rumu. Nodra tiko ena rumu vata kei iko sa rawa ni vakabalavutaka na nodra gauna ni tiko vakataki ira ka na vakalevutaka na kena rawa ni tauvi ira na mate.

### NA CAVA ENA YACOVI IRA NA LUVEQU?

Ke ra tiko na luvemu, o ratou na timi ni Tabana ni Bula Raraba era na veitokoni me laurai na gaunisala vinaka duadua mera qaravi kina ni o tiko vakatikitiki. Keitou kila ni so na ituvaki ena rairai vinakati mera gole e Jet Park na gone kei ira na dauniveisusu.



Ke tiko kei iko na luvemu ka sega ni tauvi koya na COVID-19 ka qai laurai e muri vua nai vakatakilakila, tukuna vua na nasi ka dau raici iko ena veisiga. Ena gadrevi me dikevi na gone ena gauna totolo duadua. Qo ena rawa ni vakabalavutaka na nomu tiko e Jet Park ia e ka bibi sara mera qaravi vinaka na gone kevaka era tauvimate.

### NA CAVA ENA YACOVI IRA NA LEWE NI NOQU VUVALE KA RA GADREVA TU NA VEIQARAVI BIBI?

Ke tiko e so na lewe ni nomu vuvale ka ra okati mera veitaratara voleka kei iko ka ra dau gadreva na veiqaravi bibi, ena rairai gadrevi mera lako talega i Jet Park. Eratou na veitaratara ka cakacaka voleka kei iko kei ratou na lewe ni nomu vuvale na timi ni Tabana ni Bula Raraba ka vukei ira.

### NA CAVA MEU VAKARAUTAKA ME BALETA NA NOQU TIKO E JET PARK?

Vakavakarau me baleta e rauta ni tini na siga ka kauta na veika me vaka na isulu, iyaya ni sisili/valelailai, talevoni, charger ni talevoni kei na memu wainimate. Kauta talega na veika mo vakawelei iko kina me vaka na ivola ni wilivola, laptops/devices.



E sega ni ganita mo kau kakana ni na vakarautaki na kemu kakana. O rawa ni kauta eso na snacks, ia mo kua ni kauta na yaqona ni vavalagi, kakana me laki saqa, se yaya ni vakasaqa. Nai yaya ni moce kei na tawelu ena vakarautaki e Jet Park.

### **ENA SAVA VAKACAVA NA NOQU ISULU?**

E Jet Park e vakamuri kina e dua na iwalewale ni kena sava na isulu o na taqomaki kina, e ratou na savata na nomu isulu na kena dauniveiqaravi. Vakamura vinaka nai vakasala e soli vei iko e Jet Park.

### **NA CAVA ENA YACOVI IRA NA NOQU MANUMANU NI VALE NIU TIKO VAKATIKITIKI?**

Na timi ni Tiko Bulabula Raraba eratou na veitokoni me laurai na sala vinaka duadua mera qarauni kina na nomu manumanu ni vale ni o tiko vakatikitiki.

### **AU NA VEITARATARA TIKO VAKACAVA KEI RATOU NA LEWE NI NOQU VUVALE KEEI IRA NA WEKAQU?**

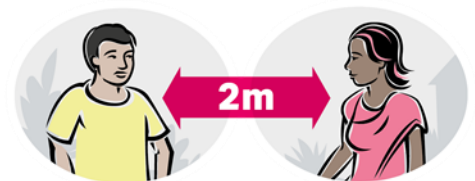
E tiko na Wi-Fi sega ni saumi mo rawa ni veitaratara tiko kina kei ira na nomu vuvale kei na wekamu ena text, qiri se vidio.

E tiko talega na talevoni ena rumu. E sega ni saumi ke o qiri ina dua tale na rumu se o qirita na veiqaravi ena otela. E saumi na qiri ki taudaku ni otela se ina dua na talevoni veikauyaki; e saumi vakaminiti ena ivakarau ni otela ka gadrevi mo na sauma.



### **E RAWA NIU VAKAUKAUWA YAGO SE TAUBALE E JET PARK?**

Io, ratou na vakasalataki iko na timi e Jet Park me baleta na nomu laki vakaukauwa yago se taubale ena veigauna eso. Ena veigauna kece ni o tiko e tautuba ni nomu rumu ni otela mo tokara tiko na matavulo, vakayagataka na wainimate ni sava ni liga ka yawaki iko vei ira eso tale me rauta ni 2 na mita.



### **VAKASUCUMI NI GONE ENA GAUNA NI TIKO VAKATIKITIKI**

Ena sega ni leqataki vakalevu sara na kena rawa ni dewa vei gone na mate ke mani sucu mada ga vei tinana e tauvi COVID-19. Na nomu nasi ni vakasucu se vuniwai e rawa ni vakasalataki iko ena so tale na ivakasala se o rawa tale ga ni raica eso tale na itukutuku ena [Royal College of Obstetricians and Gynaecologists website](#).





## IKURI NI ITUKUTUKU KEI NAI VAKASALA

### HEALTHLINE

Talevoni sega ni saumi 0800 358 5453  
E veivuke ena 24/7 ka tiko talega na dauvakadewavosa

### CAKACA KEI NA VEISAUMI

Me baleta na veivuke ni saumi bili, veivuke ni vakacegui ena cakacaka, veivuke ni saumi rede kei na sausaumi ni vale (mortgage repayment) qirita na 0800 559 009 se raica [workandincome.govt.nz](http://workandincome.govt.nz)

### ISE NI VALU

Qirita na veiqaravi kei na tukutuku ni RASNZ ena 0800 472 769, Moniti ina Vakaraubuka, 9 na mataka ina 5 na yakavi.

Raica na [rasnz.co.nz/covid-19-resources](http://rasnz.co.nz/covid-19-resources) me baleta eso tale na itukutuku. Me baleti ira ga ena yasayasa o Okaladi.

### GADREVA MO VEIVOSAKI KEI NA DUA? 1737

Qiri sega ni saumi se text ina 1737  
Raica na [1737.org.nz](http://1737.org.nz) me baleta na kena itukutuku.

### ITUKUTUKU VAKADEWATAKI ENA VEIVOSA TALE E SO

Raica na [arphs.health.nz/communityinfo](http://arphs.health.nz/communityinfo) se [covid19.govt.nz/translations](http://covid19.govt.nz/translations)

### LAINI NI VEIVUKE VEI IRA NA VUVALE VAKA-ESIA

Me baleta na ivakasala raraba ena vosa vaka-English, Mandarin, Cantonese, Korean, Vietnamese, Japanese, Thai kei na Hindi. Qirita na 0800 862 342, Moniti ina Vakaraubuka mai na 9 na mataka ina 8 na yakavi se raica na [asianfamilyservices.nz](http://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](https://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](https://workandincome.govt.nz)

#### INFORMATION IN TRANSLATED LANGUAGES

Visit [arphs.health.nz/communityinfo](https://arphs.health.nz/communityinfo) or [covid19.govt.nz/translations](https://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](https://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](https://asianfamilyservices.nz)