

KUA PĀNGIA KOE E TE KOWHEORI-19, Ā, E NEKE ANA I TŌ KĀINGA KI JET PARK

Kua waea ngā kaimahi Hauora Tūmatanui ki a koe ki te whakamōhio mai kua pāngia koe e te KOWHEORI-19. E herea ana koe kia noho taratahi i ētahi atu kia kua koe e whakahorapa i te huaketo ki tētahi atu tangata. He āwhina te noho taratahi kia haumarū tō whānau me tō hapori.

Kua tonoa koe ki te haere ki Jet Park, he hōtēra taratahi e whakaratoa ana ngā mea katoa i a koe e noho ana i reira.

Me noho taratahi koe tae noa ki te **72 hāora i muri iho i te mutunga o ō tohumate, ā, kia kua e iti iho i te tekau rā** i muri iho i te tīmatanga o ō tohumate. Mēnā e hiahiatia ana kia uru koe ki te hōhipera ka whakaaweawetia te roa o tō noho taratahi. Ka tiro auau te tīma rata kei Jet Park i ō tohumate, ā, ka whakamōhio ki a koe i te wā e taea ana e koe te wehe atu.



Ka whakarite a Hauora Tūmatanui kia neke koe ki Jet Park. Ko ngā mōhiohio nei hei āwhina i tō neke me te āwhina i a koe kia mōhio he aha te āhuetanga o Jet Park.

MŌ TŌ NOHO KI JET PARK

- Kei roto i tō wāhi noho i Jet Park tētahi rūma mōe, rūma horoi, pouaka whakaata hoki. Ka whiwhi koe ki ngā kai, ka whai wāhi ki te Wai-Whai koreutu me te ratonga horoi kākahu.
- Ka tautoko te tīma o Jet Park i a koe me te hoatu mōhiohio kia a koe ina tae atu koe. Me ū ki tō mirumiru. Mēnā e āhei ana koe e noho ki tō rūma. Kua e tonoa ētahi tāngata kia haere mai ki tō rūma, toro atu rānei ki ētahi atu tāngata, mema o tō whānau rānei, i roto i ō rātou rūma hōtera.
- Mēnā e māuiui haere ana koe - tae atu ki ngā tohumate pērā i te pīwa, i te maremare, te ngāngā te korokoro mamae rānei, **me noho tonu ki tō rūma, ā, waea atu ki 8998 i tō rūma waea;** ka haere mai tētahi ngaio hauora ki te tiro i a koe.
- He mea nui rawa kia āta whakaharatau i te maremare, tihe me te tikanga akuaku. Whiua atu ngā rauangiāngi paru. Horoia ō ringaringa ki te hopi, ā, āta whakamaroketia. Whakamahia te patuero ā-ringa mēnā kāore e wātea ana te hopi me te wai.
- Ina haere ana ki Jet Park, ā, kāore koe i roto i tō rūma, me mau i te uhi kanohi, ā, mahia te akuaku pai ki te whakahaumarū i ētahi atu.





NGĀ PĀTAI AUAU

KA AHATIA NGĀ MEMA O TAKU KĀINGA?

Ka whakapā atu te tīma Hauora Tūmatanui ki ngā mema o tō kāinga ka noho hei whakapā tata ki a koe.

Mēnā ka tuari koe i te rūma i te kāinga rānei, ka kōrerorero te tīma o Jet Park i ngā kōwhiringa mō tō hoa kaipakihi/hoa mārena, mema whānau rānei ki te noho ki te kāinga, ki te neke rānei ki Jet Park ki tō taha. Ki te neke ia ki Jet Park, ka taea pea te tuari i te rūma me koe, me noho rānei ki te rūma motuhake. Ina noho ia ki te rūma ōrite ki a koe ka roa atu pea te wā taratahi me te whakapiki i te mōrearea mate.

KA AHATIA AKU TAMARIKI?

Mēnā he tamariki āu, ka mahi tahi te tīma Hauora Tūmatanui me koe kia kite i te ara pai ki te tiaki i a rātou i te wā o tō noho taratahi. E mōhio ana mātou, i ētahi wā, me haere ngā tamariki i te taha o ō rātou mātua, kaitiaki rānei ki Jet Park.



Mēnā kei a koe tō tamaiti, ā, kāore anō kia pāngia e te KOWHEORI-19 engari ka tipu ake ngā tohumate ā muri ake, mea atu ki te nēhi e mahi ana i ngā tiro hauora i ia rā. Me whakamātautau wawe te tamaiti. Ka panoni pea tēnei i te roa o tō noho ki Jet Park engari he mea nui ki te mōhio mēnā ka māuiui rātou, kia whai rātou i te tiaki me te whakamaimoa tika.

KA AHATIA NGĀ MEMA WHĀNAU WHAKARAERAE?

Mēnā kua whakapā tata ētahi mema o tō whānau ki a koe, ā, e whakaraerae ana rātou, me haere pea rātou ki Jet Park. Ka whakapā mai te tīma Hauora Tūmatanui, ā, ka mahi tahi me koutou ko tō whānau ki te tautoko i a koutou.

HE AHA NGĀ MEA HEI KAWENGA MŌ TE NOHO KI JET PARK?

Me whakarite ō kawenga mō ngā rā tekau, neke atu rānei, ā, me kawē mai i ngā tūemi matua; kākahu, ngā tūemi horoi, waea, pūhiko me ō rongoā. Ka āhei te kawē mai i ngā tūemi whakangahau pērā i ngā pukapuka me ngā rorohiko pōnaho/pūrere.

Hei aha te kawē mai i te kai, nā te mea e whakaratoa ana ngā kai. E pai ana te kawē pai i ngā paramanawa, engari kua e hari mai i te waipiro, te kai hei tunu, ngā taputapu tunu rānei. E whakaratoa ana ngā taputapu moenga me ngā tāora e Jet Park.

ME PĒHEA TE HOROI I AKU KĀKAHU?

He pūnaha i Jet Park kia haumaruru te horoi i ō kākahu, nā reira ka horoia ō kākahu e mātou. Me whai koe i ngā kupu āwhina i rongo koe i Jet Park.

KA AHATIA AKU MŌKAI I TE WĀ E NOHO TARATAHI ANA AU?

Ka mahi tahi te tīma Hauora Tūmatanui me koe ki te whakarite kōwhiringa mō ō mōkai i a koe e noho taratahi ana.



ME PĒHEA AU E WHAKAPĀ TONU ATU KI TAKU WHĀNAU ME AKU HOA?

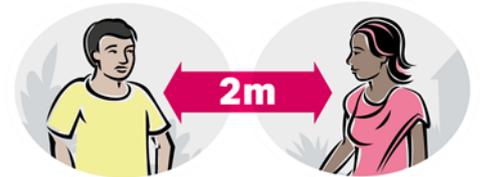
He Waiwhai koreutu nā reira ka āhei tō tūhono atu ki ō hoa me tō whānau mā ngā kuputuhi, waea, ataata hoki.



He ratonga waea hoki i roto i te rūma. He koreutu te waea ki tētahi atu rūma i roto i te hōtēra, ki ngā ratonga hōtēra hoki. Ehara i te koreutu te waea atu ki ngā waea pūkoro, ki ngā nama i waho atu o te hōtēra; ko te pire i whakaritea i runga i ngā utu hōtēra, ā, māu e utu.

KA TAEA E AU TE WHAKAPAKARI TINANA, TE HĪKOI RĀNEI KI JET PARK?

Āe, ka tohutohu te tīma Jet Park i a koe me pēhea te haere ki te WHAKAPAKARI TINANA, te hīkoi rānei i ētahi wā tauwhāiti. Ina puta atu koe i tō rūma hōtēra me mau koe i te ārai kanohi i ngā wā katoa, whakamahia te patuero ā-ringa, ā, kia rua mita te tawhiti atu i ētahi atu tāngata.



TE WHĀNGAI Ū I ROTO I TE MOHOATANGA

He nui ake ngā hua o te whāngai ū i ngā whakamōrea pea o te whakawhiti mēnā kua pāngia koe te KOWHEORI-19. He tohutohu anō kei tō kaiwhakawhānau, tō rata rānei, he mōhiohio hoki māu ki te [pae tukutuku o te Royal College of Obstetricians and Gynaecologists](#).

MŌ ĒTAHI ATU MŌHIOHIO, KUPU ĀWHINA HOKI

HEALTHLINE

Waea koreutu 0800 358 5453

He ratonga 24/7 me ngā kaiwhakmāori e wātea ana

E HIAHIA ANA KI TE KŌRERO MAI?

1737

Waea atu mō te koreutu, tuku kuputuhi rānei ki 1737

Toro atu ki 1737.org.nz mō ngā mōhiohio.



TE HIRANGA TANGATA

Ina hiahia ana koe ki te āwhina ki te utu pire, te tautoko ngaronga mahi, tautoko rēti me te tautoko utu mōkete waea atu ki 0800 559 009 toro atu rānei ki workandincome.govt.nz

NGĀ MŌHIOHIO I ROTO I NGĀ REO WHAKAMĀORI

Toro atu ki arphs.health.nz/communityinfo ki covid19.govt.nz/translations rānei

HE HĪTORI TAUREWA

Waea atu ki te waea tautoko me ngā mōhiohio i runga i 0800 472 769, Rāhina ki te Rāmere, 9 karaka i te ata ki te 5 karaka i te ahiahi.

Toro atu ki rasnz.co.nz/covid-19-resources mō ētahi atu mōhiohio. Mō te rohe o Tāmaki Makaurau anake.

ASIAN FAMILY SERVICES HELPLINE

Mō te akoako whānui me te tautoko petipeti mō te reo Pākeha, Manarini, Kanatonihi, Kōrea, Witināma, Hapanihi, Tai me Hinitū, waea atu ki 0800 862 342, Rāhina ki te Rāmere mai i te 9 karaka i te ata ki te 8 karaka i te pō, toro atu rānei ki 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