

## KUA ILOA MO E KUA FAKAMOOLI KUA MOUA A KOE HE GAGAO COVID-19 TI KUA AMANAKI A KOE KE FINATU MAI HE KAINA HAAU KE HE FALE TALI FENOGA KO JET PARK

Kua fitā ni he fai matutakiaga e tau pulotu faahi Malolō Tino ke fakailoa atu kua iloa mo e kua fakamooli kua moua a koe he gagao COVID-19. Kakano he mena ia, kua hataki atu ke finatu a koe ke nofo mamao mai mo e falu tagata, ke isolate ke aua ia neke totolo fakahaga e gagao ke moua foki he taha tagata. Nofo a koe he isolation ke maeke ke taofi e gagao ke ua tupu mo e puipui e tau momoui he tau tagata he tau maaga.



Kua ole atu nai kia koe ke finatu ke he Jet Park, ko e fale tali fenoga quarantine. Ha ha i ai oti e tau koloa ke fakahagahaga mitaki haau a nofo atu i ai.

Mahuiga lahi ke nofo a koe he (isolation) **ato molea e 72 e tulā he kitia e tau fakamailoga mo e 10 e aho he kamata e kitia** he tau fakamailoga nai. Kaeke kua lata a koe ke taatu ke he fale gagao to fai hikiaga ke he tau aho fafati ka nofo atu a koe ke he isolation. Ha hā i ai e matakau he tau pulotu faahi Malolō Tino he Jet Park ka fakakia tumau a koe mo e fuafua haau a malolō tino mo e to hataki atu ko e a fē ka fakaatā a koe ke liu atu ki kaina.

To taute he tau puloto faahi Malolō Tino e tau fakaholoaga ke lata mo koe ka finatu ke he Jet Park. Ko e tau fakailoaaga nai ke lagomataiaki haau a fenoga mai ke he Jet Park mo e tau amaamanakiaga ke mautali a koe ki ai.

### MAGAAHO KA NOFO ATU A KOE KE HE JET PARK

- Ko e fale tali fenoga Jet Park, to ha hā i ai haau a poko, poko kōkou mo e puha pakafā tv. To foaki atu foki e tau kai ke lata mo koe pihia foki moe Wi-Fi nakai fai totogi mo e tau fale unu mena tui.
- To lagomatai he kautaha Jet Park a koe moe to foaki atu e tau fakailoaaga he aho ka hoko atu a koe ki ai. Nofo he haau a puipuiaga fufua. Nofo i loto he haau a poko he tau magaaaho oti. Nakai fakaatā ke uiina atu foki falu tagata ke he poko haau mo e nakai maeke a koe ke finatu ke feleveia mo e falu tagata foki he tau poko ha lautolu ne nonofo he fale tali fenoga.
- Kaeke kua kamata a koe ke logona mo e kitia kua une ki mua e gagao haau he nofo atu ke he Jet Park, mo e logona e koe e tau fakamailoga tuga e tokoluga e fiva, koho, uka ke fafagu mo e mamahi e kākia, **fakamolemole nofo i loto he poko haau ti vilo atu e numela 8998 mai he telefoni he poko haau;** to fai pulotu faahi Malolō Tino ka finatu ke fakakia a koe.

- Tumau ke mahani fakameā, koho mo e tihe ke he tuli ao lima haau ti tumau ke holoholo e tau lima. Tolo oti e tau tisiu kua fakaaoga ke he puha veve. Holoholoho fakamitaki e tau lima haau aki e maga moli ti fakamomō ke momō mitaki. Fakaaoga e tau vai holoholo lima pauaki (hand sanitiser) kaeke kua nakai fai maga moli mo e vai a koe ke fakaaoga.
- Magaaho ka finatu a koe ke he Jet Park, mo e magaaho ka nakai nofo a koe i loto he haau a poko, mahuiga ke tui e pa gutu mo e pa ihu, ti mailoga ke tumau ke muitua ke he tau mahani fakameā ke puipui aki oti e tau tagata.



## TAU HUHŪ NE FAE HUHŪ TUMAU

### KAE KUA HAAKU A TAU TAGATA MO E MAGAFAOA HE LOTO KAINA?

To fai matutakiaga e tau pulotu faahi Malolō Tino mo e tau tagata he haau a loto kaina ke kumikumi ko hai e tau close contacts.

Kaeke kua nonofo auloa a koe mo e taha tagata foki he poko he haau a kaina, to fai fakatutalaaga a koe moe kautaha Jet Park hagai ia kia ia ko e haau a hoa poke taha tagata he haau a magafaoa ku a lata nakai ke nofo ni i kaina poke finatu foki ke he Jet Park mo koe. Ka finatu a ia ke he Jet Park, maeke ke fai ononoaga ke nofo ni a ia mo koe he poko haau poke nofo kehe atu a ia he taha poko foki. Kaeke ke tumau ke nofo a koe mo ia he taha ni e poko, to loa atu foki e nofo haau ke he fale tali fenoga isolation mo e maeke ke pikitia foki a ia ne nofo mo koe.



### KAE KUA E HAAKU A TAU FANAU?

Kaeke ka fai fanau a koe, to fakatutala e kautaha Jet Park mo koe ke kitia e haoaga ko e heigoa e fakatokaaga kua lata tonu ke leveki mo e puipui e tau momoui he haau a tau fanau ka nofo atu a koe he isolation. Mailoga foki e mautolu ha hā i ai falu fanau ne kua lata ke oatu mo e tau mamatua ha lautolu poke tau tagata leveki ke he Jet Park.

Kaeke kua nofo atu e tama haau mo koe kae nakai moua he COVID-19, kae kitia e tau fakamailoga he fiha e aho he mole, talaage fakamafiti kehe tau pulotu faahi Malolō Tino ne fae fuafua mo e tivi a koe he tau aho oti. To taute fakamafiti e tivi ke lata mae tama haau kaeke kua pihia. To fai hikiaga foki e tau aho fafati ke he nofo atu haau ke he Jet Park kae mahuiga lahi ke iloa e koe kaeke kua gagao e tama haau ne fakataunonofo mo koe, ke fakailoa fakamafiti ke he tau pulotu faahi Malolō Tino ke maeke ke moua e tului mo e tau levekiagaki faahi Malolō Tino kua lata tonu.

## **KAE KUA E HAAKU A TAU TAGATA HE LOTO KAINA NE KUA LATA KE MOUA E TAU LEVEKIAGA KI AI HA KUA MOTUA POKE NAKAI KATOATAOA E TAU ALAGA TINO MO E TAU MANAMANATUAGA?**

Kaeke kua fai tagata he haau a magafaoa i kaina ne kua motua, nakai malolō e tau alaga tino mo e tau loto manamanatu, mo e kua fai close contact mo koe, kua hataki atu kua lata ia lautolu ia ke oatu foki ke he Jet Park.

To fai fakatutalaaga e tau pulotu faahi Malolō Tino mo koe mo e tau tagata ia he magafaoa haau ke puhala falu a tau lagomatai.

## **KO E HEIGOA KUA LATA TONU KE FAFAO HE KATO HAAKU KE TAATU MO AU KEHE JET PARK?**

Kua lata tonu ia koe ke fafao e tau koloa mahuiga ha kua amanaki a koe ke nofo atu ke he 10 e aho poke molea. Fafao e tau koloa tuga e tau mena tui, tau koloa fakameā tino mo e fakamanogi tino haau, telefoni uta fano, kave ke fagai aki e puha hila he foni haau mo e tau tegavai haau ne fae folo he tau aho takitaha. Maeke foki a koe ke uta e tau koloa tuga e tau pepa mo totou poke tau laptop mo e tau a tau lakau hila (devices)

Ua uta e tau kai ha ko e mena fitā e tau fakatokatokaaga ke lata mae tau kai haau he taute he kautaha i ai. Fakaatā a koe ke uta e tau tama kai ikiiki tuga e tau snacks kae fakamolemole fakalahi nakai fakaatā ke uta e tau kava, tau kai ke tunu i ai moe tau koloa tunu kai.

Ko e tau tauvela fakamomō mo e tau koloa kafu kua fitā he taute moe fakatoka he kautaha Jet Park.

## **UNU FEFĒ E HAAKU A TAU KOLOA TUI**

Fai fakaholoaga unu koloa tui e kautaha Jet Park, ti maeke a lautolu ke unu haau a tau koloa tui. Fakamolemole muiua fakalahi ke he tau hatakiaga ha lautolu ki a koe he nofo atu he Jet Park.

## **KAE KUA HAAKU A TAU MANU FAO KA NOFO ATU AU HE ISOLATION?**

Maeke he tau pulotu faahi Malolō Tino ke fakatutala mo koe ko e heigoa e tau fakatokaaga kua lata tonu mae haau a tau manu fao.

## **MAEKE FEFĒ AU KE MATUTAKI HAAKU A TAU MAGAFAOA MO E TAU KAPITIGA?**

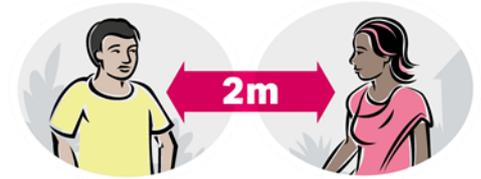
Ha hā i ai e Wi-Fi nakai fai totogi ke maeke a koe ke fakaaoga ke text, hea, poke vitiō atu ke matatutaki mo e haau a tau kapitiga mo e tau magafaoa.

Ha hā i ai foki e fakaholoaga telefoni in-room service. Maeke a koe ke vilo atu e tau telefoni he falu tagata he tau poko he he fale tali fenoga nai ne nonofo ai a mutolu mo e nakai fai totogi. Ko e tau hea ke he tau telefoni uta fano (mobile) moe falu numela telefoni foki, fai totogi ke he tau minute ka fakaaoga e koe, ti ko koe ka totogi e tau hea nai.



### MAEKE NAKAI AU KE FANO KE FAOFAO E TINO POKE FANO KE LAKA HUI HE JET PARK?

Ē maeke, to fakailoa atu he kautaha Jet Park ko e tau magaaho fē mo e matakavi tonu fē he Jet Park ke fano a koe ke faofao haau a tino. Ka fano a koe ki fafo he haau a poko, mahuiga lahi ke tui e pa gutu mo e pa ihu he tau magaaho oti, fakaaoga e tau vai holoholo lima pauaki ti fakavehā mamao mai ua e mita mai he falu tagata foki.



### FAKAHUHU TAMA KAE NOFO HE ISOLATION

Mua atu e mitaki he fagai aki e huhu he matua fifine e tama mukemuke, ti uka lahi ke fakapikitia e mukemuke haau kaeke kua moua e koe e gagao COVID-19.

To fai fakailoaaga lafi ki luga ka fakailoa atu he haau a midwife poke ekekafo magafaoa poke kumi atu e tau fakamaamaaga ke he kupega hila [Royal College of Obstetricians and Gynaecologists website](#).



## KA MANAKO FAKALAUHIAAGA MO E TAU FAKAILOAAGA.

### HEALTHLINE

Vilo atu e numela nakai fai totogi 0800 358 5453

Hafagi a lautolu 24 e tulā 7 e aho he faahi tapu, ti ha hā i ai foki e tau tagata fakahokohoko kupu / fakaliliu kupu ke lagomatai a koe.

### WORK AND INCOME

Tau lagomatai ke totogi e tau pila, kumi gahua ha kua fakaoti mai mo e tau gahua, tau lagomatai ke totogi e tau rent mo e tau mortgage, kumi atu ke he numela telefoni 0800 559 009 poke kumi atu e kupega hila ha lautolu [www.workandincome.govt.nz](http://www.workandincome.govt.nz)

### FORMER REFUGEE BACKGROUND

Vilo atu e RASNZ ka manako lagomatai ke lata mo e tau fakalaulahiaga 0800 472 769 he tau Aho Gofua ke he Aho Falaile. Matahola 9 he magaaho pogipogi ke he matahola 5 he magaaho afiafi.

Kumi atu ke he kupega hila [rasnz.co.nz/covid-19-resources](http://rasnz.co.nz/covid-19-resources) ka manako fakalaulahiaga ke lata ni mo e maaga ko Okalana.

### MANAKO KA KOE KE TUTALA? 1737

Hea atu e numela poke text e 1737

Ke lata mae tau fakailoaga fakalaulahi ti kumi atu e kupega hila [1737.org.nz](http://1737.org.nz)

### TAU FAKAILOAAGA KE LATA MAE TAU VAGAHAU KE FAKALILIU

Kumi atu kehe kupega hila

[arphs.health.nz/communityinfo](http://arphs.health.nz/communityinfo) poke [covid19.govt.nz/translations](http://covid19.govt.nz/translations)



### TAU PUHALA LAGOMATAI KE LATA MAE TAU MAGAFAOA ASIA

Ke lata mae tau fakatutalaaga counselling faka palagi, Mandarin, Cantonese, Korean, Vietnamese, Japanese, Thai mo e Hindi, vilo atu e numela telefoni 0800 862 342 Aho Gofua ke he Aho Falaile matahola 9 he magaaho pogipogi ke he matahola 8 he magaaho afiafi.

Maeke foki a koe ke kumi atu ke he tau fakailoaga he kupega hila [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)