

## UA E AAFIA I LE COVID-19 MA UA E TUUA LOU MAOTA AE SEE ATU E NOFO I LE JET PARK

O le a faafesootai atu oe e le afaigaluega a le Public Health e faailoa atu ua e aafia i le COVID-19. Ua talosagaina nei oe ina ia faanfoesea oe mai isi ina ia aua ne'i e faapipisi atu le siama i soo se tasi. O le faanfoesea pea o oe e mafai ai pea ona saogalemu lou aiga ma tagata lautele.



Ua talosagaina oe e te nofo i le Jet Park, o se faletalimalo o le a vaavaaia lelei ai oe, ma ua lava saunia mea uma mo oe a o e nofo ai.

E tatau ona faanfoesea oe seia uma le **72 itula talu ona te'a** ni āuga sa e faalogoina **ma e lē itiiti ifo ma le sefulu aso** talu ona amata alia'e āuga ia te oe. O le a aafia le umi e te faanfoesea ai pe afai e moomia ona taofia oe i le falema'i. O le a fai ma siaki oe e le vaega o foma'i o loo iai i le Jet Park i tulaga ua iai ou āuga ma faailoa atu le taimi ua saogalemu ai ona e tuua le nofoaga.

O le a faatulaga e le Public Health le ave o oe e te nofo i le Jet Park. E aogā faamatalaga nei e te iloa ai mea o le a tutupu pe a e taunuu ma nofo ai i le Jet Park.

### FAAMATALAGA E UGIA I LOU NOFO AI I LE JET PARK

- O le a faatulaga se potumoe mo oe i le Jet Park, o loo iai le faletā'ele ma se TV. O le a saunia au taumafataga, ma e lē totogia lou faaogāina o le Wi-Fi ma tagamea.
- O le a fesoasoani atu le afaigaluega a le Jet Park ma tuuina atu nisi faamatalaga pe a e taunuu. Tausisi lava oe i lou siosiomaga lea e te iai. Taumafai ia e nofo lava oe i lou potu i taimi uma. Aua e te fai i tagata e ō atu i lou potu poo lou asiasi foi i potu o isi tagata poo isi tagata o lou aiga o loo tou nonofo faatasi i le faletalimalo.
- Afai e amata ona e faalogoina ua e ma'i – e aofia ai āuga e pei o le fiva, ua tale, ua faigata ona e mānava pe ua tiga lou faa'i, **faamolemole ia e nofo pea i lou potu ma vili le 8998 mai le telefoni o lou potu;** e faatali ai se sui o le soifua maloloina e alu atu e siaki oe.
- E āoga lou tausi i faiga lelei pe a e tale, mafatua ma fufulu mamā lima. Tia'i ese ni solo pepa ua uma ona faaogā. Fufulu ou lima i se fasimoli ma solo mago lelei. Faaogā se sanitiser e fufulu ai lima pe a lē maua se fasimoli ma se vai.
- A o e agai atu i le Jet Park, ma le taimi e te lē o iai i totonu o lou potu i le faletalimalo, fai lau puni fofoga ma faamautinoa o loo faatino mea uma e tausi ai le tumamā ina ia puipuia ai foi isi tagata.



## FESILI MASANI

### O LE Ā LE MEA E TUPU I TAGATA O LO'U AUAIGA?

O le a fesootai atu le vaega a le Public Health i tagata o lou auaiga na vavalalata a outou fesoota'iga.

Afai e masani ona lua potu faatasi ma se isi tagata pe te lua fale faatasi, o le a talanoaina e le vaega a le Jet Park ni filifiliga e ono fai e lou aiga/toalua poo se tasi o lou aiga, pe faamuli mai i le tou fale pe tou te nonofo faatasi i le Jet Park. Afai o le a tou nonofo faatasi i le Jet Park, e ono mafai ona tou potu faatasi, poo le faaeseese o potu e nonofo ai. O le tou nonofo faatasi i se potu e ono atili ai ona umi le taimi e faanofosea ai ma atili faatupula'ia ai lamatiaga o le ono mama'i foi o i latou.

### O LE Ā LE MEA O LE A TUPU I LA'U FANAU?

Afai e iai sau fanau, o le a tou galulue faatasi ma le vaega a le Public Health e saili poo le ā se auala e sili ona lelei mo le vaaiga o tamaiti i le taimi o loo faanofosea ai oe.

Matou te malamalama, i nisi o tulaga, e moomia ona faatasi fanau ma o latou mātua poo tagata e tausia i latou i le Jet Park.



Afai o e faatasi ma lau tama ma e lē o aafia i le COVID-19 ae mulimuli ane ua alia'e ai ni āuga, faailoa i le tausii soifua o loo faia au siaki tau soifua maloloina i aso taitasi. O le a moomia ona fai loa i le taimi lava lea se siaki o le tamaitiiti. O tulaga nei e ono suia ai le umi o lou nofo ai i le Jet Park, ae tāua le faamautinoa poo mama'i tamaiti, e mafai ai ona faia i ai le tausiga ma le togafitiga sa'o.

### O LE Ā LE MEA O LE A TUPU I TAGATA O LE AUAIGA E ONO AAFIA GOFIE?

Afai e iai ni tagata o lou aiga sa vavalalata fesoota'iga ma oe ma e ono aafia gofie, e ono moomia le nonofo ai foi o i latou i le Jet Park. O le a fesootai atu le vaega a le Public Health ma faatino galuega tou te faia faatasi ma lou aiga e lagolagoina ai i latou nei.

### O Ā MEA E AVE I LO'U NOFO AI I LE JET PARK?

E tatau ona teu ia lava mea o moomia mo le umi e lē itiiti ma le sefulu aso; lavalava, mea e faaaogā e faamamā ai lou tino, telefoni, fagamaa o lau telefoni ma au fualaau e tatau ona inu. E mafai foi ona e aumaia mea tau faafiafiaga e pei o tusi faitau, laptop/ma masini faatekonolosi.

E lē moomia lou avea o ni meaai i le faletalimalo, auā e saunia e i latou taumafataga uma. E mafai ona ave i le faletalimalo ni au snacks, ae faamolemole e faasā le 'ava malosii, meaai o fuafua e kuka i le faletalimalo, poo mea e faaaogā e kuka ai meaai. E saunia uma e le Jet Park mea e faaaogā e te moe ai ma solo taele.

### E FAAPEFEA ONA TATĀ O'U LAVALAVA?

O loo iai se faiga i le Jet Park, mo le tatāina o au tagamea i se auala saogalemu, o le a latou tatāina ou lavalava mo oe. Faamolemole ia utagia lelei fautuaga e tuuina atu ia te oe i le Jet Park.

### AE FAAPEFEA A'U FAGAFAO I LE TAIMI E FAANOFOESEA AI A'U?

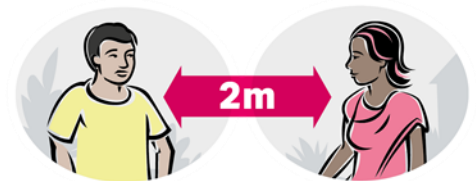
O le a fesoasoani atu le vaega a le Public Health i auala e fetai ma le vaiga o au fagafao a o faanofoesea ai oe.

### O LE A FAAPEFEA ONA OU MAUA PEA SE FESOOTA'IGA MA LO'U AIGA MA UŌ?

E lē totogia lou faaaogāina o le Wi-Fi e fesoota'i ai pea ma lou aiga ma uō i le text, telefoni pe faaaogā le video e vili ma talanoa i ai.



O loo iai foi le auaunaga e te vili ai le telefoni i tagata o loo nonofo i isi foi potu o le faletalimalo. E leai se totogi o lou vili i tagata o loo nonofo i isi potu o le faletalimalo poo lou vili foi o le afaigaluega a le faletalimalo mo se auaunaga. E totogi le vili i numera o telefoni feavea'i i fafo atu o le faletalimalo ma isi numera; ma e tatau ona e totogia i le tau a le faletalimalo mo minute taitasi.



### PE MAFAI ONA FAI NI A'U FAAMALOSITINO PE OU TE ALU I FAFO E SAVALIVALI A O O'U IAI I LE JET PARK?

Ioe, o le a faailoa atu e le afaigaluega a le Jet Park ia te oe le auala e fai ai ni au faamalositino pe savalivali ai i taimi ua faatulagaina. A e alu ese i fafo ma lou potu o le faletalimalo, fai lau puni fofoga i taimi uma, fufulu ou lima i se sanitiser ma tausisia le mamao o le va e lua mita mai isi tagata.

### FAASUSUINA O LAU PEPE IA TE OE A O FAANOFOESEA OE

E sili atu ona aogā ma malosi le faasusuina o lau pepe ia te oe, faatusa i soo se lamatiaga o lou faapipisi atu o le siama pe afai ua e aafia i le COVID-19. E mafai ona faailoa atu nisi fautuaga e lau faatosaga poo lau GP, pe e te maua foi isi faamatalaga i le [upega tafailagi a le Royal College of Obstetricians and Gynaecologists](#).





## MO NISI FAAMATALAGA MA FAUTUAGA

### TELEFONI MO LE SOIFUA MALOLOINA

Telefoni vili fua i le 0800 358 5453  
O se auunaga e 24/7 e maua ai tagata faaliliu upu

### WORK AND INCOME

Mo se fesoasoani i le totogiina o pili, fesoasoani pe afai ua lē toe iai se galuega, fesoasoani mo le totogiina o le renti, fesoasoani mo le totogiina o le mokesi, vili le 0800 559 009 pe tagai i le [workandincome.govt.nz](http://workandincome.govt.nz)

### I LATOU SA OO MAI O NI TAGATA SULUFA'

Vili le telefoni a le RASNZ mo fesoasoani ma faamatalaga i le 0800 472 769, Aso Gafua i le Aso Faraile, 9am e oo i le 5pm.

Tagai i le [rasnz.co.nz/covid-19-resources](http://rasnz.co.nz/covid-19-resources) mo nisi faamatalaga. Faamatalaga e faatatau lava mo na o le itumalo o Aukilani

### O E FIA TALANOA I SE TASI? 1737

Vili fua pe text i le 1737  
Tagai i le [1737.org.nz](http://1737.org.nz) mo faamatalaga.

### FAAMATALAGA I GAGANA UA FAALILIUINA

Tagai i le [arphs.health/nz/communityinfo](http://arphs.health/nz/communityinfo) poo le [covid19.govt.nz/translations](http://covid19.govt.nz/translations)

### AUAUNAGA TELEFONI FESOASOANI MO AIGA ASIA

Mo fautuaga faalauaitetele i fesoasoani e taofia taaloga faitupe mo i latou e tautatala i gagana Peretania, Mandarin, Cantonese, Korea, Vietnamese, Iapani, Thai ma le Hindi, vili le 0800 862 342, Aso Gafua e oo i le Aso Faraile mai le 9am e oo i le 8pm pe tagai i le [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://www.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://www.workandincome.govt.nz)

#### INFORMATION IN TRANSLATED LANGUAGES

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