

KO KOE KUA MAUA ITE COVID-19 MĀ KA FANO KEHE MAI TO KAIGA KI TE JET PARK

Ko te kaupapa o te Ola Malolo Fakamua ka vili atu kia te koe ke fakailoa atu koe kua maua i te COVID-19. Ko koe kua manakomia ke nofokehe mai iētahi tino ke nahe fakahalalau te hiamā ki he tino. Ko te nofokehe e mafai ke fehoahoani ke tauhi ai te haogalemū o te komiuniti.



Kua uma te taku atu ko koe ke fano ki te faletalimalo Jet Park, ko he faletalimalo mo te nofokehe, e maua e koe na mea uma e manakomia mo tau nofo ai.

E tatau koe ke nofokehe ke pa ki te **72 itulai tua mai kawai ō āuga** kua uma **ma e tuha ma te hefulu aho pe taigole mai** talu te kamata o ō āuga. Kawai koe e fia fano ki te falemai ka afaina ai te mataloa e mafai ke nofokehe ai koe. Ko he vaega fakafomai e fakamautu i te Jet Park ka fai pea ma hiaki na auga o koe ma take atu te taimi e mafai ai koe ke fano.

Ko te Ola Malolo ka fakatonu mo koe ke fano ki te Jet Park. Ko te fakamatalaga tenei e lagolago ki tau gaioioiga ma fehoahoani ke iloa e koe e pa koe ki ei kawai koe fano ki te Jet Park.

E FAKATATAU KI TO NOFO I TE JET PARK

- I te Jet Park, ko koe ka iei to potumoe, tafatafa / faletakele ma te TV. Ko koe ka maua au meakai, e maua te Wi-Fi e hē totohia ma nā kaukaunaga mo na tagamea.
- Ko te vaega i te Jet Park ka lagolago koe ma tukuatu ni fakamatalaga e lahi kawai koe e taunuku. Fakamautu tō liko. Nofo i tō potu i te lahiga o taimi. Na he valakaulia e koe ni tino ki te potu o koe pe ahiahi ki iētahi tino pe ko ni tino o nā kaiga i o latou potu i te faletalimalo.
- Kawai koe kua kamata fakalogo kua hili atu to hemalohi - fakatahi ai ma na auga e veia ko te fiva, e tale, faigata ke mānava ma e kakala te faī, **fakamolemole nofo i tō potu ma telefoni te 8998 mai te telefoni i tō potu**; ko he tino o te ola malolo ka hau oi hiaki koe.
- Fakatinoga ke puipui lelei te tale, mafatua mā te tūmamā ki nā lima e tāua lahi lele. Tiaki na pepa (tissues) kua fakaaoga. Fufulu o lima i he meamoli ma fakamamago fakalelei. Fakaaoga he vailakau fufulu lima (hand sanitiser) kawai e he maua he meamoli ma he vai.
- Kawai koe e fano ki Jet Park, ma kawai koe e hē i tō potu i te faletalimalo, fai he ufimata ma fakamautinoa ko koe e fakatakitaki e koe te ola tumama lelei ke puipuia ai iētahi tino.



KO NA FEHILI E MAHANI OI FAKAFEHILI AI

KO HEA TE MEA E TUPU KI NĀ TINO O TOKU FALE?

Ko te kaufaigaluega o te Ola Malolo Fakamua ka fehokotaki na tino o te fale o koe e maua i te hokoitakiga tafapili.

Kafai koe e mahani lava oi nofo fakatahi i he potu pe ko te kaiga, ko te vaega o te Jet Park ka fakatalanoa na filifiliga mo na avaga / tautokalua pe ko he tino o he kaiga ke nofo i te kaiga pe fano ki te Jet Park ma koe. Kafai e olo ki te Jet Park, e ono mafai ke fakaauau te nonofo fakatahi i he potu ma koe, pe mafai foki nonofo i na potu kehekehe. Ko te nofo i te potu e fokotahi e mafai ke fakaloaloa ai te taimi e nofokehe ai ma fakalahi ai tō latou afaina i te maua i te tauale.

KO HEA TE MEA E PA KI AKU TAMAITI?

Kafai e ie ni au tamaiti, ko te vaega o te Ola Malolo Fakamua ka galulue ma koe ke kikila pe heā he mea pito lelei e fai ki te kikilaga kae nofokehe ai koe.

Ko matou e malamalama, e iei iētahi taimi ko tamaiti e tatau ke olo ma o latou matua pe ko na tino e taukikila e kilātoiu te Jet Park.



Kafai ko tau tamaiti e ia te koe ma e hē maua i te COVID-19 kae e maua i na auga i he taimi i tua mai, lea ki te teinefomai e ia faia na hiakiga o te ola malolo o koe i aho uma. Ko te tamaiti e tatau loa ke hukehuke fakavave. Ko te mea tenei e hui ai te mataloa o te taimi e nofo ai i te Jet Park kae tāua ke iloa kafai ko latou kua tauaale, ka ke mafai ke maua na togafiti lelei ma te hako.

KO HEA TE MEA E PA KI NA TINO O NA KAIGA E ONO AFAINA?

Kafai e iei ni tino i te kaiga o koe nae iei ni hokotakiga tafapili ma koe ma e mata afaina, e tatau ke olo ki Jet Park. Ko te vaega o te Ola Malolo Fakamua ka gagalulue tafapili ma koe ma na tino o tō kaiga ke fehoahoani ki ei.

KO NI Ā TE TATAU KE HAUNI E AU MO TAKU NOFO I TE JET PARK?

Ko koe e tatau ke hauni fakalelei au mea e kave mo tau nofo fuafua mo te hefulu o aho pe taigole mai ma kaumi na mea taua ienei: ni kie, ni mea fufulu nifo, tafi, telefoni, charger ma na fualakau. E mafai foki ke kaumi ni au mea fakafiafia e veia ko ma tuhi faitau ma na laptops/devices.

Ko koe e he tatau ke kaumi ni meakai, aua ko na meakai e maua. E mafai ke kaumi ni katamuga (snacks), kae fakamolemole na he kaumaia ni meainu e veia ko na pia, meakai e kuka, pe ko ni mea e kuka ai na meakai. Ko na moega ma na holo e maua foki i te Jet Park.

E VEHEA ONA UFI OKU KIE?

I te Jet Park e iei te faiga ke fai ai tau tagamea i he auala haogalemu, te uiga ka ufi atu au kie mo koe. Fakamolemole oi mulimuli ki na fakatonuga e tukuatu e te Jet Park.

KO HEA TE MEA E TUPU KI AKU MEAOLA FAKAPELEPELE KAFAI KO AU KUA FAKANOFKEHEA?

Ko te vaega o te Ola Malolo Fakamua ka galulue ma koe e uiga ki na filifiliga mo au meaola fakapelepele kae nofokehea ai koe.

E VEHEA ONA FEHOKOTAKI AU MA TOKU KAIGA MA NĀ UO?

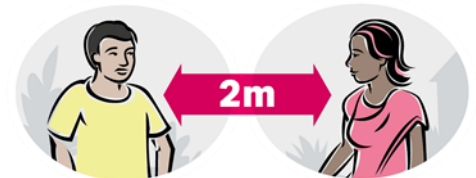
E iei te Wi-Fi e heai he totogi ka ke mafai ke fehokotaki ma au uo ma na kaiga i na texts, telefoni ma na vitio.

E iei foki te kaukaunaga tautua mo te telefoni i te potu. Ko nā talanoaga i te telefoni i te vā o na potu i loto o te faletalimalo ma nā kaukaunaga e heai he totogi. Ko na telefoni ki na telefoni taukave (mobiles) pe ko iētahi telefoni ki fafo atu, e totogi taki minute fuafua ki te totogi o na faletalimalo e tatau ke totogi e koe.



E MAFAI AU KE FAKAMALOHI TINO PE FANO HAVALI I TE JET PARK?

Io, ko te vaega i te Jet Park ka fautua atu pe vehea ona mafai koe ke fano ki fafo mo he fakamalohi tino i na taimi fakapatino. Kafai koe ei fafo o te potu o koe i te faletalimalo oi fai ho ufimata i taimi uma, ma fakaaoga te vailakau mo na lima (sanitiser) ma tauhihi ki te 2 mita te mamao ma iētahi tino.



FAKAHUHU KAE KOI NOFOKEHEA

Ko na mea e lelei ai te fakahuu e te matua e hili atu ia nai lō te tulaga afaina e maua mai i te pipihi kafai koe e maua mai i te COVID-19. Ko tō teine fomai fakafāelele pe ko te GP e mafai ke kavatu ni iētahi fautuaga, pe ko ni fakamatalaga i te [Royal College of Obstetricians and Gynaecologists](#) website.





MO NI IĒTAHI FAKAMATALAGA MA NI FAUTUAGA

LAINA TELEFONI O TE OLAMALOLO

e hē totohia 0800 358 5453
A 24/7 te fehoahoaniga ma nā
fakamatalakupu e maua

OFIHA O NA GALUEGA MA TUPE MAUA

Mo he fehoahoani i te totohia o na pili,
fehoahoaniga mo koe kua heai he galuega,
totohia o te nofofale (rent) ma te totohia o
nā mokehi vili ki te 0800 559 009 pe ko te
ahiahi ki te [workand income.govt.nz](http://workandincome.govt.nz)

MO TAGATA NA OLO KEHE MAI Ō LATOU FENUA MOONI(FORMER REFUGEE BACKGROUND)

Telefoni ki te RASNZ fehoahoaniga ma te laina
mo na fakamatalaga i te 0800 472 769, Aho
Gafua ki te Aho Falaile, i te iva i te taeao ki te
lima i te afiafi..

Ahiahi te kupega [rasnz.co.nz/covid-19
resources](http://rasnz.co.nz/covid-19/resources) mo ni iētahi fakamatalaga. Mo te
kogafenua o Aukilani oioti.

E FIA TALANOA KOE? 1737

E hē totohia foki kawai koe e vili pe
text ki te numela tenei 1737
Hiaki ifo te kupega tenei 1737.org.nz
mo ni fakamatalaga.

FAKAMATALAGA I NĀ GAGANA FAKALILIU

Ahiahi arphs.health/nz/communityinfo pe
ko te kupega covid19.govt.nz/translations

Ko te kaukaunaga fehokotakiga mo nā kaiga Ahia (HELPLINE)

Mo na fautuaga fakalauaitete ma na
fehoahoaniga mo latou e tafafao mahini tupe
mo te Igihili, Manadarin, Cantonese, Korean,
Vietnamese, Japanese, Thai ma na tino e
tautatala i te gagana Hindi, telefoni ki te 0800
860 342, Aho Gafua ki te Aho Falaile mai te 9
ite taeao (9am) ki te 8 ite afiafi (8pm) pe
ahiahi ki te kupega asianfamilyserices.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