



'OKÚ KE MA'U 'A E COVID-19 PEA 'OKÚ KE HIKI MEI 'API KI HE JET PARK

Kuo 'osi fetu'utaki atu 'a e kau ngāue ki he Mo'ui Lelei 'a e Kakaí (Public Health) ke fakahā atu 'okú ke ma'u 'a e COVID-19. 'Oku fiema'u leva koe 'i he taimí ni ke ke nofo fakamavahe'i koe meí he ni'ihí kehé koe'uhí ke 'oua te ke fakamafola atu 'a e vailasí ki ha taha. Ko ho'o nofo mavahé 'e lava ke tokoni ia ke tauhi ho fāmilí mo ho komiunití ke nau hao ai.



Kuo kole atu ke ke 'alu ki he Jet Park, ko ha hōtele kolonitini ia, 'a ia 'oku 'oatu ai 'a e me'a kotoa pē kiate koe 'i he lolotonga 'a ho'o nofó.

'E fiema'u ke ke nofo fakamavahe'i ke 'osi 'a e houa 'e 72 hili 'a e mahino ko ho ngaahi faka'ilonga ki he mahakí kuo pulia atu pea kuo 'osi ha 'aho 'e hongofulu pe lahi ange ai talu meí he fuofua hā mai 'a ho ngaahi faka'ilongá. Kapau 'e fiema'u ke fakatokoto koe 'i falemahakí, 'e uesia 'i heni 'a e lōloa 'o ho'o nofo fakamavahe'í. 'E toutou vakai'i 'e ha timi 'oku ngāue meí he Jet Park 'a ho ngaahi faka'ilongá pea te nau fakahā atu 'a e taimi 'e 'atā ai ke ke mavahé.

'E fokotu'utu'u 'e he va'a Public Health ke ke hiki atu ki he Jet Park. Ko e fakamatalá ni 'oku 'oatu ia ke tokoni atu ki ho'o hikí mo tokoni atu ke ke 'ilo ai 'a e me'a ke ke 'amanaki atu ki ai 'i ho'o a'u ki he Jet Park.

FELĀVE'I MO HO'O NOFO 'I HE JET PARK

- 'I he Jet Park, 'e 'i ai hao loki, falekaukau mo e TV. 'E 'oatu ha'o ngaahi me'atokoni, ma'u atu mo e Wi-Fi ta'etotongi pea mo ha sēvesi fō.
- 'E tokoni atu 'a e timi Jet Park kiate koe mo 'oatu ha fakamatala lahi ange 'i ho'o a'u atú. Tauhima'u pē ki he ni'ihí 'oku mou kaungā-nofó (bubble). Nofo pē 'i ho lokí 'i he lahi taha 'e ala lavá. 'Oua na'á ke fakaafe'i ha kakai ki ho lokí pe te ke 'a'ahi atu ki ha kakai kehe pe ngaahi mēmipa 'o ho fāmilí 'i honau ngaahi loki hōtelé.
- Kapau te ke kamata ongo'i puke – kau ai 'a e ngaahi faka'ilonga ko e mofi, tale, faingata'a'ia 'a e mānavá, pe mamahi 'a e mongá, **kātaki ka ke nofo pē 'i ho lokí pea telefoni atu ki he 8998 meí he telefoni 'i ho lokí;** 'e 'alu atu ha tokotaha ngāue fakapolofesinale ki he mo'ui lelei 'o vakai koe.
- 'Oku mahu'inga 'a e ngāue'aki 'o e founga fakahaisini lelei ki he talé, mafatuá mo e fanofano 'o e nimá. Laku ha pepa holoholo kuo 'osi ngāue'aki. Fanofano ho ongo nimá 'aki ha koa pea holoholo ke na mātu'u lelei. Ngāue'aki ha huhu'a milimili tāmata siemu ki he nimá kapau 'oku 'ikai 'i ai ha koa mo ha vai.



- Lolotonga 'a ho'o hiki ki he Jet Park, pea mo e taimi 'oku 'ikai ke ke 'i ho lokí ai 'i he hōtelé, tui ha 'ufi'ufi ki ho matá pea fakapapau'i 'okú ke ngāue'aki 'a e founa haisini lelei ke malu'i ai 'a e ni'ihī kehé.



NGAAHI FEHU'I 'OKU FA'A 'EKÉ

KO E HĀ 'A E ME'A 'E HOKO KI HE NGAahi MĒMIPA 'O HOKU 'API?

'E fetu'utaki 'a e timi Public Health mo e ngaahi mēmipa 'o ho 'apí 'a ia ko ho kau feohi vā ofí.

Kapau 'oku angamaheni ha'amou kaungā ngāue'aki ha loki pe 'api, 'e talanoa atu 'a e timi Jet Park ki ha ngaahi founa 'e ala nofo ai 'i 'api pe 'e hiki atu ai ho hoá pe mēmipa 'o ho fāmilí mo koe ki he Jet Park. Kapau te nau hiki atu ki he Jet Park mo koe, 'e ala malava ke nau kei kaungā nofo pē mo koe 'i he loki tatau, pe 'e ala fiema'u ke nau nofo 'i ha ngaahi loki mavahe. Ko 'enau nofo fakataha ko ia mo koe 'i he loki tataú 'e ala fakalōloa atu ai 'a 'enau nofo fakamavahe'í pea toe lahilahi ange ai 'a e faingamālie ke nau ala puke aí.

KO E HĀ 'A E ME'A 'E HOKO KI HE'EKU FĀNAU?

Kapau 'oku 'i ai ha'o fānau, 'e ngāue mo koe 'a e timi Public Health ke sio pe ko e hā 'a e founa lelei taha ke tauhi ai kinautolú lolotonga 'a ho'o nofo fakamavahe'í.

'Oku mahino kiate kinautolu ko ha ngaahi taimi 'e ni'ihī, 'e fiema'u ke ō 'a e fānaú mo 'enau mātu'á pe tauhí ki he Jet Park.

Kapau 'oku 'iate koe 'a ho'o tamá pea 'oku 'ikai ke ne ma'u 'a e COVID-19 kae toki hā mai hano ngaahi faka'ilonga 'amui ange, fakahā atu 'eni ki he neesi 'okú ne fakahoko 'a ho sivi mo'ui lelei faka'ahó. 'E fiema'u ke sivi leva 'a ho'o tamá 'i he taimi pē ko iá. 'E ala liliu 'i heni 'a e lōloa 'o ho'o nofo 'i he Jet Park ka 'oku mahu'inga ke 'ilo'i kapau 'oku nau puke, koe'uhí ke nau ma'u atu 'a e tauhi mo e faito'o totonú.



KO E HĀ 'A E ME'A 'E HOKO KI HE NGAahi MĒMIPA 'O E FĀMILÍ 'OKU NAU TU'U LAVEA NEOFUA?

Kapau 'oku 'i ai ha ngaahi mēmipa 'o ho fāmilí na'a nau feohi vā ofi mo koe pea 'oku nau tu'u lavea ngofua, 'e ala fiema'u ke nau ō ki he Jet Park. 'E fetu'utaki atu 'a e timi Public Health mo ngāue vā ofi mo koe mo e ngaahi mēmipa 'o ho fāmilí ke faitokonia kinautolu.

KO E HĀ 'A E ME'A KE FA'O KE U 'ALU MO IA KI HE JET PARK?

'Oku totonu ke ke fa'o ha'o 'ū me'a ki ha'o nofo 'e 'ikai toe si'i hifo 'i he 'aho 'e hongofulu



peá ke ha'u pē mo e ngaahi me'a tefitó; vala, ngaahi me'a teuteu, telefoni, me'a fakafonu ki ho'o telefoní pea mo ha'o ngaahi faito'o. 'E lava foki ke ke ha'u mo ha'o ngaahi me'a ke fakalata ai ho'o nofó hangē ko ha ngaahi tohi mo ha lepitopu/nāunau komipiuta.

'Oku 'ikai fiema'u ia ke ke ha'u mo ha me'atokoni, he 'oku fakaai atu pē ia. 'Oku lelei pē ke ke ha'u mo ha ngaahi me'atokoni ma'ama'a (snacks), kae 'oua te ke 'omai ha kava mālohi, me'atokoni 'e fiema'u ke haka pe ta'o, pe ko ha nāunau feime'atokoni. 'Oku fakaai atu 'a e ngaahi nāunau mohengá mo e tauelí ia 'e he Jet Park.

'E ANGA FĒFĒ HA'Á KU FŌ HOKU VALA?

'Oku 'i ai ha founga 'a e Jet Park ke fō ai 'a e valá 'i ha founga hao, ko ia ai te nau fō ho valá ma'á u. Kātaki 'o muimui ki he fale'i 'oku 'oatu kiate koe 'i he Jet Park.

KO E HĀ 'A E ME'A 'E HOKO KI HE'EKU FANGA MONUMANU LALATÁ LOLOTONGA 'O 'EKU NOFO FAKAMAVAHE'I?

'E ngāue mo koe 'a e timi Public Health ki ha ngaahi founga ma'a ho'o fanga monumanu lalatá lolotonga 'a ho'o nofo fakamavahe'í.

'E ANGA FĒFĒ HA'Á KU KEI FETU'UTAKI MO HOKU FĀMILÍ MO E NGAHI KAUNGĀME'A?

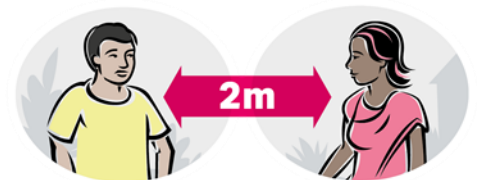
'Oku 'i ai 'a e Wi-Fi ta'etotongi koe'uhí ke ke lava ai 'o kei fetu'utaki mo ho ngaahi kaungāme'á mo e fāmilí 'i ha'amou text, telefoni mo telefoni vitiō.

'Oku 'i ai foki mo e sēvesi telefoni 'i ho lokí. 'Oku ta'etotongi pē 'a e telefoni 'i he vaha'a 'o e ngaahi loki 'i he hōtelé pea mo e ngaahi sēvesi 'a e hōtelé. Ko ha telefoi ki tu'a ki ha ngaahi telefoni to'oto'o pe ko ha toe fika telefoni kehe 'oku totongi ia; 'oku totongi fakaminiti 'eni 'i he tu'unga totongi 'a e hōtelé 'a ia 'e fiema'u ia ke ke totongi 'eni.



'E LAVA KE U FAKAMĀLOHISINO PE LUELUE HOLO 'I HE JET PARK?

'Io, 'e fale'i atu koe 'e he timi Jet Park ki he founga 'o ha'o 'alu atu 'o fakamālohisino pe luelue 'i ha ngaahi taimi tukupau. 'I he taimi 'okú ke 'i tu'a ai meí ho loki 'i he hōtelé, tui hao fakapuli ki ho ihú mo e ngutú 'i he taimi kotoa pē, ngāue'aki 'a e huhu'a milimili tāmata siemu ki he nimá pea tauhi ke ke vā mama'o 'aki 'a e mita 'e ua meí he tokotaha kotoa pē.



FAKAHUHU LOLOTONGA 'O HO'O NOFO FAKAMAVAHE'Í

'Oku hulu ange 'a e ngaahi lelei ia 'oku ma'u meí he fakahuhú 'i hano ala fakapipihi atu 'o e COVID-19 kapau 'okú ke puke ai. 'E lava 'e ho'o mā'ulí pe GP 'o 'oatu ha fale'i lahi ange, pe te ke lava 'o ma'u atu ha fakamatata lahi ange 'i he [uepisaiti 'a e Royal College of Obstetricians and Gynaecologists](#).





KI HA FAKAMATALA MO HA FALE'I LAHI ANGE

HEALTHLINE

Telefoni ta'etotongi ki he 0800 358 5453
Ko ha sēvesi houa 24 'aho 'e 7 'o e uiké 'oku 'i
ai mo ha kau fakatonulea

WORK AND INCOME

Ki ha tokoni ki hono totongi 'o ha ngaahi
mo'ua, mole 'a e ngāué, tokoni ki he totongi
nofó mo e tokoni ki he totongi fakafoki 'o e nō
mōkisi, telefoni ki he 0800 559 009 pe vakai ki
he workandincome.govt.nz

KINAUTOLU 'OKU 'I AI HANAU PUIPUITU'A KO HA NI'IHI NA'E KUMI HŪFANGA MAI

Telefoni ki he laine tokoni mo e ma'u'anga
fakamatala 'a e RASNZ 'i he 0800 472 769,
Mōnite ki he Falaite, taimi 9 pongipongi ki he
5 efiafi.

Vakai ki he rasnz.co.nz/covid-19-resources ki
ha fakamatala lahi ange. Ki he vāhenga
'Aokalaní pē.

FIE TALANOA? 1737

Telefoni pe text ta'etotongi ki he
1737
Vakai ki he 1737.org.nz ki ha
fakamatala.

FAKAMATALA KUO LILIU KI HE NGAHI LEA FAKAFONUÁ

Vakai ki he arphs.health/nz/communityinfo pe
covid19.govt.nz/translations

LAINÉ TOKONI KI HE NGAHI SĒVESI MA'Á E NGAAHI FĀMILI 'ĒSĪÁ

Ki ha ngaahi fale'i angamaheni mo ha tokoni ki
he peti pa'angá ki he kakai lea Faka-Pilitāniá,
lea Mandarin, Cantonese, Korean,
Vietnamese, Japanese, Thai mo e Hindi,
telefoni ki he 0800 862 342, Mōnite ki he
Falaite meí he taimi 9 pongipongi ki he 8 efiafi
pe vakai ki he 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 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)