

## NO TE ARONGA TERETERE E `OKI MAI NEI, E KUA TŪ`IA E TE COVID-19 TE KA AERE KI KO I TE JET PARK

Te `akakite mai nei te vāito`anga e, kua tū`ia koe e te COVID-19. Ka inangaro`ia koe i teia `ati`anga kia `akatakake ki ko i tetai `ōtēra `akapae`anga – te Jet Park - te reira tetai atu turu no te aronga tei tū`ia e te COVID-19.



Kua tāniuniu atu te aronga `anga`anga o te Marae Ora iākoe, i te teateamamao i to`ou neke`anga ki ko i te Jet Park. Ka `ōronga atu teia `ōtēra i te au mea ravarāi ka anoano koe i roto i to`ou tuātau `akapae`anga, pērā katoa te rapakau`anga.

I te mea e, kua tū`ia koe e te COVID-19, ka anoano`ia koe kia no`o `akatakake, kia pou rava e 72 ora i muri ake i te peke`anga to`ou `akairo-maki, e, kia taeria te tainga`uru ra mei te `akamata`anga to`ou au `akairo-maki. Me ka `apaina koe ki roto i te `aremaki, na teia e `akakite mai i te roa i to`ou no`o`anga `akatakake. Na te pupu rapakau tei ko i te Jet Park e `ākara/vāito i to`ou au `akairo-maki ma te `akakite atu kia koe i te tuātau ka `akaruke koe.

E tuatua `akakite tauturu teia iākoe kia mārama i te au ravenga me neke atu koe ki ko i te Jet Park. Ka `ōronga`ia atu tetai ko`u `ārikiriki`anga no runga i tetai atu au `akakitekite`anga no runga i to`ou no`o`anga me tae atu koe ki ko i te Jet Park.

### TE NO`O`ANGA KI KO I TE JET PARK

- **Ka pati`ia te aronga e teretere kapiti ra kotou kia aere katoa ki ko i te Jet Park.** Me i no`o kapiti ana koe ki roto i tetai pi`a, i ko i te `ōtēra `akatakake`anga, ka `akatika`ia pa`a to`ou tokorua/au taeake teretere, kia no`o kapiti kotou ki roto i te pi`a okotai, me kore ra, kia no`o ki roto i tetai pi`a ke atu. Ka roa atu pa`a te tuātau `akapae`anga me no`o kapiti ki roto i to`ou pi`a, ma te `akakake i te turanga tū`ia e te maki. Ka komakoma atu te Marae Ora kia koe no runga i teia `iki`anga pu`apinga. Ka anoano katoa ia pa`a to`ou au taeake teretere kia vāito `aka`ōu`ia, e ka `ākara`ia/vāito`ia e te pupu rapakau i ko i te Jet Park i te au ra tātakitai. Ka tūkē rāi pa`a to ratou ra ka `akaruke atu ei i te Jet Park, ki to`ou.
- I ko i te Jet Park, ka `orongā`ia atu to`ou pi`a moe, `are-pā`i e te TV. Ka `ōrongā`ia atu ta`au au kai, te Wi-Fi tutaki-kore, e te pu`a`anga kaka`u tutaki-kore.
- Ka turu te pupu o te Jet Park iākoe ma te `ōronga atu i tetai atu `akakitekite`anga, me tae atu koe. `Ākono`ia to`ou pūnake. Tautā pakari i te no`o ki roto i to`ou pi`a. `Auraka e pati atu i te tangata ki roto i to`ou pi`a, me kore ra, tomo atu ki roto i te pi`a o tetai, me kore ra, tomo atu ki roto i te pi`a `ōtēra o te au mēma o te kopu tangata.

- E ravenga pu`apinga rava atu te akono`anga mā me mare, maretia e te orei`anga rima. Tiria`ia te `orei pēpa repo. `Orei`ia to`ou rima ki te pu`a ma te tamarō meitaki. Tā`anga`anga`ia te vairākau `orei rima me kare e pu`a e te vai.
- I te tuātau neke`anga ki ko i te Jet Park, e, me kare koe i roto i to`ou pi`a i ko i te `otēra, `a`ao`ia tetai tapoki mata ma te `akapāpu i te rave i te `ākono`anga mā.
- Me `akamata koe i te `āpikēpikē maki – mei te au `akairo-maki, mei te pīva, e mare, ngatā i te `akaea`anga, me kore ra, e mamae karaponga, **no`o ki roto i to`ou pi`a ma te tāniuniu atu i te numero 8998 mei runga i te terepōni i roto i to`ou pi`a**; ka aere mai tetai tangata rapakau i te `ākara/vāito iākoe.



### KA `AKAPE`EA AU NO TE KOMAKOMA`ANGA KI TŌKU KOPU TANGATA E TŌKU AU TAEAKE?

Komakoma atu ki to`ou au taeake e te kopu tangata, na roto i te patapata`anga, tāniuniu`anga e te vitiō.

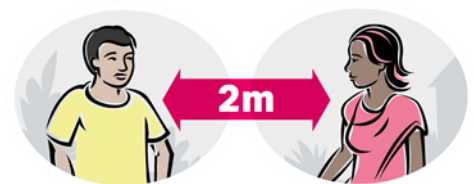
Tērā katoa te turanga terepōni no tetai pi`a ki tetai. Kare e tutaki no te tāniuniu`anga mei tetai pi`a ki tetai, e te tāniuniu`anga tauturu i roto i te `otēra. Ka tutaki te tāniuniu`anga ki te au terepōni `āpaipai i va`o ake i te `otēra, me kore ra, i tetai atu au numero; ka tiāti`ia na runga i te miniti ki raro ake i te tero a te `otēra, e, ka anoano`ia e, na`au e tutaki.



### KA RAUKA IĀKU I TE `AKAMĀTŪTŪ KOPAPA E TE `Ā`AERE I KO I TE JET PARK?

Ae, na te pupu o te Jet Park, e arataki iākoe no runga i te `akamātūtū`anga kopapa i va`o, me kore ra, i te `ā`aere`anga i te au tuātau tei `akatinamou`ia.

`A`aona`ia tetai tāpoki mata i te au taime ravarāi, iākoe i va`o ake i to`ou pi`a `otēra, ma te tā`anga`anga i te vai-rākau `orei rima e te `akamamao`anga e rua mita mei tetai.



### KA `AKAPE`EA AU ME PU`A I TŌKU KAKA`U?

E ravenga pu`a`anga kakau pōnuia`au ta te Jet Park, no reira, ka pu`a`ia to`ou kaka`u. Āru`ia te arataki`anga tei `ōronga`ia atu e te Jet Park.

### `ĀNGAI`ANGA KI TE TĪTĪ I TE TUĀTAU `AKATAKAKE`ANGA

Pu`apinga atu te meitaki o te `āngai`anga ki te tītī, i te maki te ka rauka mai me kua tū`ia koe e te COVID-19. Tei to`ou nēti `aka`ānau, me kore ra, Taote, te arataki`anga ke atu, me kore ra, `ākara`ia te `akakitekite`anga i runga i te

[Royal College of Obstetricians and Gynaecologists website.](#)

COVID-19

**NO TETAI ATU TUATUA `AKAKITE E TE ARATAKI`ANGA****HEALTHLINE**

Terepōni tutaki-kore 0800 358 5453

E turanga e `anga`anga ana 24/7 e to ratou au  
`uri-reo ei tauturu**TUATUA `AKAKITE KUA `URI`IA KI ROTO I TE  
AU REO**`Ākara`ia [arphs.health.nz/communityinfo](https://arphs.health.nz/communityinfo) or  
[covid19.govt.nz/translations](https://covid19.govt.nz/translations)**TURANGA TAUTURU NO TE AU KOPU  
TANGATA NO ASIA**No te tauturu i roto i te au reo Papa`ā,  
Mandarin, Cantonese, Korean, Vietnamese,  
Japanese, Thai e te Hindi. Tāniuniu atu i te  
numero 0800 862 342, Monitē ki te Varaire  
mei te ora 9 i te popongi ki te ora 8 i te a`ia`i,  
me kore ra, `akara`ia [asianfamilyservices.nz](https://asianfamilyservices.nz)**ANOANO NO TE  
KOMAKOMA? 1737**Terepōni tutaki-kore me  
kore ra, patapata atu i te  
numero 1737`Ākara`ia [1737.org.nz](https://1737.org.nz) no te

## FOR RETURNING TRAVELLERS WITH COVID-19 GOING TO JET PARK

**You have been diagnosed with COVID-19. You are now required to isolate at a quarantine hotel - Jet Park – where there is more support for people with COVID-19.**

Public Health staff will have called you to arrange for your move to Jet Park. This hotel provides everything you need while you are in isolation, including access to medical care.

As you have COVID-19, 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 are admitted to hospital, this will extend your stay in isolation. The medical team at Jet Park will check your symptoms and will let you know when you are free to leave.

This information is to help you know what to expect when you move to Jet Park. You will receive a welcome pack on arrival with more information on your stay at Jet Park.

### ABOUT YOUR STAY AT JET PARK

- **Your travelling companions will be asked to go to Jet Park too.** If you have been sharing a room at the managed isolation hotel, your companion/s may continue to share a room with you, or stay in a separate room. Staying in the same room as you may make their isolation time longer and increase their risk of becoming sick. Public Health will discuss this important decision with you. Your travelling companions may also need to have extra tests and will be checked by the medical team at Jet Park each day. Their day of release from Jet Park may be different to yours.
- 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.
- 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.

- If you start feeling more unwell when at Jet Park – 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.

### 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 text, 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; this 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.

### 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.

### BREASTFEEDING WHILE IN ISOLATION

The benefits of breastfeeding outweigh any potential risks of transmission of the virus 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

#### ASIAN FAMILY SERVICES HELPLINE

For general counselling in English, Mandarin, Cantonese, Korean, Vietnamese, Japanese, Thai and Hindi languages. Call 0800 862 342, Monday to Friday from 9am to 8pm or visit [asianfamilyservices.nz](#)

#### INFORMATION IN TRANSLATED LANGUAGES

Visit [arphs.health.nz/communityinfo](#) or [covid19.govt.nz/translations](#)

#### NEED TO TALK? 1737

Free call or text 1737  
Visit [1737.org.nz](#) for information