

COVID-19

ME BALETI IRA NA LESU MAI VANUA TANI KA TAUUI COVID-19 ERA CURU I JET PARK

Sa laurai vakavuniwai ni tauui iko tiko na COVID-19. Sa gadrevi mo tiko vakatikitiki ena dua na otela ni korotini – Jet Park – ka tiko kina e levu sara na veiqaravi me baleti ira e tauui ira na COVID-19.



Era sa veitaratara kei iko na vakailesilesi ni Tabana ni Bula me baleta na nomu lako i Jet Park. Na otela qo e vakarautaka na veika kece sara o gadreva ni o tiko vakatikitiki ka wili talega kina na veiqaravi vakavuniwai.

Ni tiko vei iko na COVID-19, ena gadrevi mo **tiko vakatikitiki me yacova e 72 na aua na kena sa yali vei iko nai vakatakilakila ni mate ka sa sivi e rauta ni 10 na siga mai na gauna e tekivu laurai kina vei iko na ivakatakilakila**. Ke o curu i valenibula, ena tosoya na balavu ni nomu tiko vakatikitiki. Na timi ni vuniwai e Jet Park e ratou na raica tiko na nomu vakatakilakila ka ratou na tukuna vei iko ke o sa rawa ni biubiu.

Na itukutuku qo me na vukei iko mo kila na veika mo namaka ni o sa curu i Jet Park. Ena soli vei iko na itukutuku mo kidavaki kina kei na vuqa tale na itukutuku me baleta na nomu tiko e Jet Park.

NOMU TIKO E JET PARK

- **O ira era lako vata kei iko era na gadrevi talega mera lako i Jet Park.** Ke o a rumu vata kei na so tale ena otela ni tiko vakatikitiki o tiko mai kina, sa rawa ni dou rumu vata tale se duidui rumu. Ke ratou rumu vata kei iko, sa rawa ni vakabalavutaka na nodratou gauna ni tiko vakatikitiki ka rawa ni vakavuna talega me tauui ratou na mate. Ratou na veitalanoataka kei iko na Tabana ni Bula Raraba na ka bibi qo. Ena rairai vinakati me caka vei ratou nomu itokani dou vuka vata mai eso tale na vakadidike ka ratou na raici mai vei ratou na timi ni vuniwai e Jet Park ena veisiga kece. Na siga e ratou biubiu mai kina e Jet Park ena rawa ni duidui mai na nomu.
- E Jet Park, ena soli e dua na nomu rumu ni moce, valenisili kei na TV. Ena soli na kemu kakana, nomu vakayagataka na Wi-Fi ka sega ni saumi kei na veiqaravi ni sava isulu.
- Na timi e Jet Park era na tokoni iko ka solia vei iko e vuqa tale na itukutuku ni o sa yaco kina. Tiko ga kei ira dou vuvale vata se veikilai (bubble). Tovelea mo tiko vakalevu ga ena nomu rumu. Kua ni kauti ira mai na tamata ina nomu rumu se mo lakovi ira na tamata se nomu matavuvale ena nodra rumu ni otela.
- E bibi mo vakamuraia na iwalewale vinaka ni vu, suru kei na sava ni liga. Biuta ena ibenubenu na pepa ni suru sa vakayagataki oti. Savata na ligamu ena sovu ka vakamamacataka vakavinaka. Vakayagataka na wainimate ni sava ni liga (hand sanitiser) ke sega na wai kei na sovu.



- Ni o sa lako i Jet Park, kei na gauna o sega ni tiko kina ena nomu rumu, tokara na iubi ni mata ka qarauna mo vakayagataka na iwalewale vinaka ni tiko bulabula mo taqomaki ira tale eso.
- Ke sa tekivu mo vakila ni sa bibi cake na mate vei iko ni o tiko e Jet Park – ka wili kina na ivakatakilakila me vaka na katakata, vuvu, ceguleka, se mosi ni tilotilo, **mo tiko ga ena nomu rumu ka qirita na 8998 mai na talevoni ena nomu rumu;** e dua na vuniwa ni tabana ni bula ena mai raici iko.



AU NA VEITARATARA TIKO VAKACAVA KEI NA NOQU MATAVUVALE KEI IRA NA WEKAQU?

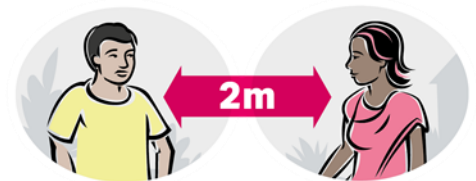
E soli tu na Wi-Fi sega ni saumi mo rawa kina ni veitaratara tiko kei ira na wekamu kei na nomu matavuvale ena text, qiri kei na video.

E vakarautaki talega na talevoni ena veirumu. O rawa ni qiri ina dua tale na rumu ena loma ni otela se mo qirita na veiqaravi ena otela ka sega ni saumi. Na qiri i taudaku ni otela ina dua na talevoni veikauyaki (mobile) se talevoni tale eso e na saumi; ena tiko na kena isau ni veiminiti e dau lavaka na otela qai gadrevi mo na sauma.



AU RAWA BEKA NI VAKAUKAUWA YAGO SE TAUBALE E JET PARK?

Io, na timi e Jet Park e ratou na vakasalataki iko ena veigauna eso mo taubale kina se vakaukauwa yago. Ni o tiko e taudaku ni nomu rumu ni otela, mo tokara tiko na matavulo ena veigauna kece, vakayagataka na wainimate ni sava ni liga ka me rua na mita na nomu yawaki iko mai vei ira na tani.



AU NA SAVATA VAKACAVA NA NOQU ISULU?

E tiko e Jet Park e dua nai walewale vinaka ni kena sava nai sulu mo taqomak kina, ratou na veiqaravi kina era na savata na nomu isulu. Mo vakamuraia na ivakasala e soli vei iko e Jet Park.

VAKASUCUMI NI GONE VEI TINANA ENA GAUNA NI TIKO VAKATIKITIKI

Ena sega ni leqataki vakalevu sara na kena rawa ni dewa vei gone na mate ke mani sucu mada ga vei tinana e tauvi COVID-19. O nomu dauniveiqaravi ni vakasucu se vuniwai e rawa ni solia e so tale na ivakasala, se o rawa ni kunea eso tale na itukutuku ena [Royal College of Obstetricians and Gynaecologists website](#).

ME BALETA E VUQA TALE NA ITUKUTUKU SE IVAKASALA

HEALTHLINE

Sega ni saumi 0800 358 5453

E veivuke ena 24/7 ka tiko talega na dauvakadewavosa

LAINI NI VEIVUKE VEI IRA NA VUVALE VAKA-ESIA

Me baleta na ivakasala raraba ena vosa vaka-English, Mandarin, Cantonese, Korean, Vietnamese, Japanese, Thai kei na Hindi. Qirita na 0800 862 342, Moniti ina Vakaraubuka mai na 9 na mataka ina 8 na yakavi se raica na asianfamilyservices.nz

ITUKUTUKU VAKADEWATAKI ENA VEIVOSA TALE E SO

Raica na arphs.health.nz/communityinfo se covid19.govt.nz/translations

NEED TO TALK? 1737

Qiri sega ni saumi se text ina 1737

Raica na 1737.org.nz me baleta na kena itukutuku



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

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Visit [1737.org.nz](#) for information