

MŌ TE HUNGA HĀEREERE KUA HOKI MAI ME TE KOWHEORI-19, Ā, E HAERE ANA KI JET PARK

Ko te whakatau kua pāngia koe e te KOWHEORI-19. E herea ana koe ki te noho mohoa ki tētahi hōtēra taratahi - Jet Park - he wāhi nui ake te tautoko mō ngā tāngata ka pāngia e te KOWHEORI-19.



Kua waea kē ngā kaimahi Hauora Tūmatanui ki a koe ki te whakarite i tō neke ki Jet Park. Ka whakaratoa ngā mea katoa e hiahia ana koe i a koe i roto i te noho mohoa, tae atu ki te āheinga ki te tiaki rata.

Nā te mea kua pāngia koe e te KOWHEORI-19, me **noho taratahi koe tae noa ki te 72 hōra i muri iho i te mutunga o ō tohumate, ā, kia kaua e iti iho i te tekau rā i muri iho i te tīmatanga o ō tohumate**. Ki te uru koe ki te hōhipera, ka whakaroahia tō noho taratahi. Ka tiro te tīma rata kei Jet Park i ō tohumate, ā, ka whakamōhio ki a koe i te wā e taea ana e koe te wehe atu.

Ko ngā mōhiohio nei hei āwhina i a koe ki te mōhio he aha te āhuetanga ina neke koe ki Jet Park. Ka whiwhi koe ki te pāka whakamihi i tō taenga mai me ētahi atu mōhiohio mō tō noho ki Jet Park.

MŌ TŌ NOHO KI JET PARK

- **Ka tonoa hoki ō hoa hāereere ki te haere ki Jet Park.** Mēnā i te tuari koe i te rūma ki te hōtēra whakahaere noho mohoa, ka tuari tonu pea t/ō hoa i te rūma me koe, ka noho rānei ki te rūma motuhake. Ina noho rātou ki te rūma ōrite ki a koe ka roa atu pea te wā taratahi me te whakapiki i te mōrearea mate. Ka kōrerorero a Hauora Tūmatanui i tēnei whakataunga nui ki a koe. Me whakamātautau anō hoki pea ō hoa hāereere, ā, ka tirohia e te tīma rata ki Jet Park i ia rā. He rerekē pea tō rātou rā wewete i tōu rā wewete.
- Kei roto i tō rūma i Jet Park tētahi rūma moe, rūma horoi, pouaka whakaata hoki. Ka whiwhi koe ki ngā kai, ka whai wāhi ki te Wai-Whai koreutu me te ratonga horoi kākahu.
- Ka tautoko te tīma o Jet Park i a koe me te hoatu mōhiohio ki a koe ina tae atu koe. Me ū ki tō mirumiru. Mēnā e āhei ana koe e noho ki tō rūma. Kaua e tonoa ētahi tāngata kia haere mai ki tō rūma, toro atu rānei ki ētahi atu tāngata, mema o tō whānau rānei, i roto i ō rātou rūma hōtera.
- He mea nui rawa kia āta whakaharatau i te maremare, tihe me te tikanga akuaku. Whiua atu ngā rauangiāngi paru. Horoia ō ringaringa ki te hopi, ā, āta whakamaroketia. Whakamahia te patuero ā-ringa mēnā kāore e wātea ana te hopi me te wai.



- Ina haere ana ki Jet Park, ā, kāore koe i roto i tō rūma, me mau i te uhi kanohi, ā, mahia te akuaku pai ki te whakahaumaru i ētahi atu.
- Mēnā e māuiui haere ana koe - tae atu ki ngā tohumate pērā i te pīwa, i te maremare, te ngāngā, te korokoro mamae rānei, **me noho tonu ki tō rūma, ā, waea atu ki 8998 i tō rūma waea;** ka haere mai tētahi ngaio hauora ki te tiro i a koe.



ME PĒHEA AU E WHAKAPĀ TONU ATU AI KI TAKU WHĀNAU ME AKU HOA?

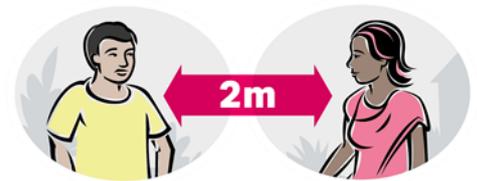
He Waiwhai koreutu nā reira ka āhei tō tūhono atu ki ō hoa me tō whānau mā te kuputuhi, waea, ataata hoki.

He ratonga waea hoki i roto i te rūma. He koreutu te waea ki tētahi atu rūma i roto i te hōtēra, ki ngā ratonga hōtēra hoki. Ehara i te koreutu te waea atu ki ngā waea pūkoro, ki ngā nama i waho atu o te hōtēra; ko tēnei pire i whakaritea i runga i ngā utu hōtēra, ā, māu e utu.



KA TAEA E AU TE WHAKAPAKARI TINANA, TE HĪKOI RĀNEI KI JET PARK?

Āe, ka tohutohu te tīma Jet Park i a koe me pēhea te haere ki te WHAKAPAKARI TINANA, te hīkoi rānei i ētahi wā tauwhāiti. Ina puta atu koe i tō rūma hōtēra me mau koe i te ārai kanohi i ngā wā katoa, whakamahia te patuero ā-ringa, ā, kia rua mita te tawhiti atu i ētahi atu tāngata.



ME PĒHEA TE HOROI I AKU KĀKAHU?

He pūnaha i Jet Park kia haumaruru te horoi i ō kākahu, nā reira ka horoia ō kākahu e mātou. Me whai koe i ngā kupu āwhina i rongu koe i Jet Park.

TE WHĀNGAI Ū I ROTO I TE MOHOATANGA

He nui ake ngā hua o te whāngai ū i ngā whakamōrea pea o te whakawhiti mēnā kua pāngia koe te KOWHEORI-19. He tohutohu anō kei tō kaiwhakawhānau, tō rata rānei, he mōhiohio hoki māu ki te [pae tukutuku o te Royal College of Obstetricians and Gynaecologists](#).

COVID-19

MŌ ĒTAHI ATU MŌHIOHIO, KUPU ĀWHINA HOKI**HEALTHLINE**

Waea koreutu 0800 358 5453

He ratonga 24/7 me ngā kaiwhakmāori e wātea ana

ASIAN FAMILY SERVICES HELPLINE

Mō te akoako whānui i roto i te reo Pākeha, Manarini, Kanatonihi, Kōrea, Whitiānema, Hapanihi, Tai me Hinitū. Waea atu ki 0800 862 342, Rāhina ki te Rāmere mai i te 9 karaka i te ata ki te 8 karaka i te pō, toro atu rānei ki asianfamilyservices.nz

NGĀ MŌHIOHIO I ROTO I NGĀ REO WHAKAMĀORI

Toro atu ki arphs.health.nz/communityinfo ki covid19.govt.nz/translations rānei

**E HIAHIA ANA KI TE KŌRERO MAI? 1737**

Waea atu mō te koreutu, tuku kuputuhi rānei ki 1737
Toro atu ki 1737.org.nz mō ngā mōhiohio

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.

A pink circular logo with a serrated edge containing the text "COVID-19" in white.

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

INFORMATION IN TRANSLATED LANGUAGES

Visit arphs.health.nz/communityinfo or
covid19.govt.nz/translations

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

NEED TO TALK? 1737

Free call or text 1737
Visit 1737.org.nz for information