

Ke he tau tagata liliu mai he tau motu kehe ne kua iloa mo e kua fakamooli kua moua he gagao COVID-19 mo e oatu ke he fale tali fenoga ko JET PARK

Kua fakamooli a koe kua moua he gagao COVID-19. Kakano he mena ia, kua mahuiga ke finatu a koe ke nofo ke he fale tali fenoga Jet Park kua taute pauaki mo e ha hā i ai e tau lagomatai kua fakatokatoka ke lata mae tau tagata kua moua he gagao COVID-19.



To fai matutakiaga e tau pulotu faahi malolō tino ke mautali a koe ke finatu ke he Jet Park. Ko e fale tali fenoga nai, fitā he fai fakatokaaga ke lata mo koe ke he haau a nofo atu ki ai, putoia ai foki e tau lagomatai mai he faahi malolō tino.

Ha kua iloa mo e fakamooli kua moua a koe he gagao COVID-19, **kua mahuiga lahi ke nofo a koe he (isolation) ato molea e 72 e tulā he kitia e tau fakamailoga mo e 10 e aho he kamata e kitia he tau fakamailoga nai.**

Kaeke kua fitā a koe he nofo atu ke he fale gagao, to lafi ki luga e loa he nofo atu haau ke he kaina isolation. Ko e tau pulotu faahi malolō tino he fale tali fenoga Jet Park ka taute e tau fuafuaaga moe tivi e tau fakamailoga gagao haau, mo e to fakailoa atu kia koe, ko e afē ka ligaliga ke fano kehe mai a koe mo e kaina isolation ia.

Ko e tau fakailoaaga nai ke lagomataiaki a koe, ke maama mo e iloa tonu e koe e tau mena kua taute pauaki ke lata mae nofo atu haau ke he Jet Park. To moua e koe e taha potaaga he tau fakailoaaga fakafeveveia (welcome pack) ka hoko atu a koe. Hahā i ai foki e falu a tau fakailoaaga mahuiga kua amanaki ke lafi ki luga ke he haau a nofo atu ki Jet Park.

MAGAAHO KA NOFO ATU A KOE KI JET PARK

- **Ko e tau tagata ne fenoga mai mo koe to ole foki ke oatu ke nonofo he Jet Park.**
Kaeke kua nonofo auloa a koe mo e taha tagata foki he fale tali fenoga managed isolation, maeke agaia a ia ke tumau ke nofo auloa mo koe he taha e poko, poke nofo atu kehe he taha poko foki. Kaeke ke tumau ke nofo a koe mo ia he taha ni e poko, to loa atu foki e nofo haau ke he fale tali fenoga isolation mo e maeke ke pikitia foki a ia ne nofo mo koe. To fai fakatutalaaga foki ni e tau pulotu faahi Malolō Tino mo koe ke lata mae matakupu mahuiga nai. To amanaki foki ke taute e tau tivi ke lata mo ia ne fenoga mai mo koe moe fuafua tumau he tau pulotu faahi Malolō Tino he tau aho oti kehe fale tali fenoga ia ko Jet Park. Ko e aho ka fakaatā a ia ne fenoga mai mo koe ke fano kehe mai mo e Jet Park maeke ke kehe mai mo e haau a aho ka fakaatā a koe ke fano ki kaina.
- Ko e fale tali fenoga Jet Park, to ha hā i ai haau a poko, poko koukou mo e puha pakafā tv. To foaki atu foki e tau kai ke lata mo koe pihia foki moe Wi-Fi nakai fai totogi mo e

tau fale unu mena tui.

- To lagomatai he kautaha Jet Park a koe ka hoko atu a koe ki ai he aho fakapā. Nofo he haau a puipuiaga fufua. Nofo i loto he haau a poko he tau magaaaho oti. Nakai fakaatā ke uiina atu foki falu tagata ke he poko haau mo e nakai maeke a koe ke finatu ke feleveia mo e falu tagata foki he tau poko ha lautolu ne nonofo he fale tali fenoga.
- Mahuiga lahi ke tumau ke koho poke tihe ke he tuli ao lima haau mo e tumau ke fakameā e tau lima. Tolo ke he tau tini veve e tau lau tisiu (tissue) kua fitā he fakaaoga. Holoholo e tau lima aki e maga moli ti fakamomō ke momō. Fakaaoga e tau vai holoholo lima pauaki (hand sanitiser) ka nakai fai maga moli mo e vai ke fakaaoga.
- Magaaho ka finatu a koe ke he Jet Park, mo e magaaho ka nakai nofo a koe i loto he haau a poko, mahuiga ke tui e pa gutu mo e pa ihu, ti mailoga ke tumau ke muiua ke he tau mahani fakameā ke puipui aki oti e tau tagata.
- Kaeke kua kamata a koe ke logona mo e kitia kua une ki mua e gagao haau he nofo atu ke he Jet Park, mo e logona e koe e tau fakamailoga tuga e tokoluga e fiva, koho, uka ke fafagu mo e mamahi e kakaia, **fakamolemole nofo i loto he poko haau ti vilo atu e numela 8998 mai he telefoni he poko haau;** to fai pulotu faahi Malolō Tino ka finatu ke fakakia a koe.



MAEKE FEFĒ AU KE MATUTAKI HAAKU A TAU MAGAFAOA MO E TAU KAPITIGA?

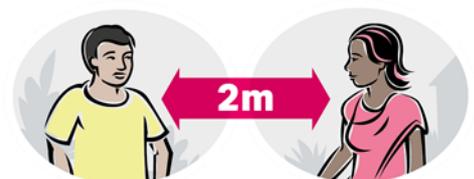
Ha hā i ai e Wi-Fi nakai fai totogi ke maeke a koe ke fakaaoga ke text, hea, poke vitio atu ke matatutaki mo e haau a tau kapitiga mo e tau magafaoa.

Ha hā i ai foki e fakaholoaga telefoni in-room service. Maeke a koe ke vilo atu e tau telefoni he falu tagata he tau poko he he fale tali fenoga nai ne nonofo ai a mutolu mo e nakai fai totogi. Ko e tau hea ke he tau telefoni uta fano (mobile) moe falu numela telefoni foki, fai totogi ke he tau minute ka fakaaoga e koe, ti ko koe ka totogi e tau hea nai.



Maeke nakai au ke fano ke faofao e tino poke fano ke laka hui he Jet Park?

E maeke, to fakailoa atu he kautaha Jet Park ko e tau magaaaho fe mo e matakavi tonu fe he Jet Park ke fano a koe ke faofao haau a tino. Ka fano a koe ki fafo he haau a poko, mahuiga lahi ke tui e pa gutu mo e pa ihu he tau magaaaho oti, fakaaoga e tau vai holoholo lima pauaki ti fakavehā mamao mai ua e mita mai he falu tagata foki.



UNU FEFĒ E HAAKU A TAU KOLOA TUI

Fai fakahologa unu koloa tui e kautaha Jet Park, ti maeke a lautolu ke unu haau a tau koloa tui. Fakamolemole munitua fakalahi ke he tau hatakiaga ha lautolu ki a koe he nofo atu he Jet Park.

FAKAHUHU TAMA KAE NOFO HE ISOLATION

Mua atu e mitaki he fagai aki e huhu he matua fifine e tama mukemuke, ti uka lahi ke fakapikitia e mukemuke haau kaeke kua moua e koe e gagao COVID-19.

To fai fakailoaaga lafi ki luga ka fakailoa atu he haau a midwife poke ekekafo magafaoa poke kumi atu e tau fakamaamaaga ke he kupega hila [Royal College of Obstetricians and Gynaecologists website](https://www.rcog.org.uk/).

KA MANAKO FAKALAUHIAHA MO E TAU FAKAILOAAGA.

HEALTHLINE

Vilo atu e numela nakai fai totogi

0800 358 5453

Hafagi a lautolu 24 e tula 7 e aho he faahi

tapu, ti ha ha i ai foki e tau tagata

fakahokohoko kupu / fakaliliu kupu ke

lagomatai a koe.

Vilo atu e numela 0800 358 5453

TAU FAKAILOAAGA KE LATA MAE TAU VAGAHAU KE FAKALILIU

Kumi atu kehe kupega hila

arphs.health.nz/communityinfo pok

covid19.govt.nz/translations



TAU PUHALA LAGOMATAI KE LATA MAE TAU MAGAFAOA ASIA

Ke lata mae tau fakatutalaaga counselling faka palagi, Mandarin, Cantonese, Korean,

Vietnamese, Japanese, Thai mo e Hindi, vilo

atu e numela telefoni 0800 862 342 Aho Gofua

ke he Aho Falaile matahola 9 he magaaho

pogipogi ke he matahola 8 he magaaho afiafi.

Maeke foki a koe ke kumi atu ke he tau

fakailoaaga he kupega hila

asianfamilyservices.nz

MANAKO KA KOE KE TUTALA? 1737

Hea atu e numela poke text e 1737

Ke lata mae tau fakailoaaga

fakalaulahi ti kumi atu e

kupega hila 1737.org.nz

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

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