

## MO TAGATA MALAGA UA TOE TALIU MAI UA AAFIA I LE COVID-19 AGA'I ATU I LE JET PARK

Ua faamaonia mai siaki ua e aafia i le COVID-19. Ua moomia nei loa ona faanfoesea oe mo le vaavaaia i se faletalimalo - Jet Park – o loo faatino ai le tele o isi fesoasoani mo tagata ua aafia i le COVID-19.

O le a vili atu le afaigaluega a le Public Health e faatulaga lou agai atu i le Jet Park. O loo saunia i lenei faletalimalo mea uma e te moomia a o faanfoesea oe, e aafia ai lou mauaina o se tausiga faafoma'i.



Talu ai ua e aafia i le COVID-19, o le a tatau ona **faanfoesea oe seia mavae le 72 itula talu ona te'ani ou āuga ma ua atoa le sefulu o aso talu ona amata alia'e āuga ia te oe**. Afai ua taofia oe i le falema'i, o le a toe faapoopo le umi e faanfoesea ai oe. O le a siaki e le vaega o foma'i o loo iai i le Jet Park āuga ua maua ai oe, ma faailoa atu le taimi e mafai ai ona e tuua le nofoaga.

E fesoasoani faamatalaga nei ia te oe e te silafia ai galuega e fai a o e nofo ai i le Jet Park. O le a tuuina atu ia te oe ni pepa o tusitusiga faafeiloai (welcome pack) pe a e taunuu e te silafia atili ai nisi faamatalaga mo lou faamautu ai i le Jet Park.

### FAAMATALAGA E UGIA I LOU NOFO AI I LE JET PARK

- **Tou te nonofo uma i le Jet Park ma isi na tou malaga faatasi mai.** Afai sa tou potu faatasi i le faletalimalo o loo puleaina ai le faanfoesea, e ono mafai pea ona tou toe potu faatasi i le Jet Park, pe faaeseese foi potu. O le tou nonofo faatasi i se potu e ono atili ai ona faaumiumi le taimi e faanfoesea ma atili ai le faatupula'ia o lamatiaga o le ono mama'i ai. O le a outou talanoaina faatasi ma le Public Health lenei faaiuga tāua. E ono moomia foi le faia o nisi siesuega faapoopo mo au uo sa tou faimalaga faatasi, ma o le a siaki e le vaega a foma'i o loo galulue i le Jet Park i aso taitasi. E ono lē tutusa aso e tou te o ese ai mai le Jet Park.
- O le a faatulaga se potumoe mo oe i le Jet Park, o loo iai le faletā'ele ma se TV. O le a saunia au taumafataga, ma e lē totogia lou faaaogāina o le Wi-Fi ma le faiga o au tagamea.
- O le a fesoasoani atu le vaega a le Jet Park ma tuuina atu nisi faamatalaga pe a e taunuu. Tausisi lava oe i lou siosiomaga lea e te iai. Taumafai ia e nofo lava oe i lou potu i taimi uma. Aua e te fai i tagata e ō atu i lou potu poo lou asiasi foi i potu o isi tagata poo potu o tagata o lou aiga o loo tou nonofo faatasi i le faletalimalo.

- E matuā tāua le tausisia o le tumamā pe a tale, mafatua ma fufulu mamā lima. Tia'i ese ni solopepa ua uma ona faaaogā. Fufulu ou lima i se fasimoli ma solo mago lelei. Faaogā se sanitiser e fufulu ai lima pe a lē maua se fasimoli ma se vai.
- A o e agai atu i le Jet Park, ma le taimi e te lē o iai i totonu o lou potu i le faletalimalo, ia fai lau puni fofoga ma faamautinoa o loo faatino mea uma e tausi ai le tumamā ina ia puipuia ai foi isi tagata.
- Afai ua amata ona e faalogoina ua e ma'i a o e iai i le Jet Park – e aofia ai āuga e pei o le fiva, tale, faigata ona mānava, pe tiga le faa'i, **faamolemole ia e nofo pea i totonu o lou potu ma vili mai le telefoni o lou potu i le 8998**; o le a iai se sui o le soifua maloloina o le a alu atu e siaki oe.



### E FAAPEFEA ONA OU MAUA PEA SE FESOOTA'IGA MA LO'U AIGA MA UŌ?

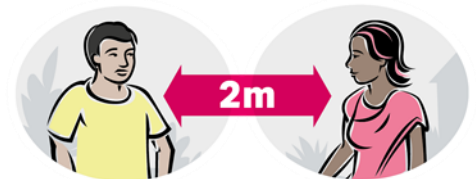
O lena e faaaogā fua le Wi-Fi e mafai ai pea ona tou fesootai ma lou aiga ma au uō e ala i lou text atu i ai, vili i le telefoni pe video call i ai.

O loo iai foi le auaunaga e te vili ai le telefoni i tagata o loo nonofo i isi foi potu o le faletalimalo. E leai se totogi o lou vili i tagata o loo nonofo i isi potu o le faletalimalo poo lou vili foi o le aufaigaluega a le faletalimalo mo se auaunaga. E iai le pili e totogi pe a e faafesootaia nisi numera i fafo atu o le faletalimalo i numera o telefoni feaveai; e iai lava tau a le faletalimalo e totogi ai e fua i minute sa faaaogā ma e tataua ona e totogia.



### PE MAFAI ONA FAI NI A'U FAAMALOSITINO PE OU TE ALU I FAFO E SAVALIVALI A O O'U IAI I LE JET PARK?

Ioe, o le a faailoa atu e le aufaigaluega a le Jet Park ia te oe le auala e fai ai ni au faamalositino pe savalivali ai i taimi ua faatulagaina. Pe a e alu ese i fafo ma lou potu o le faletalimalo, ia fai lau puni fofoga i taimi uma, fufulu ou lima i se sanitiser ma tausisia le mamao o le va e lua mita mai isi tagata.



### O LE A FAAPEFEA ONA TATĀ O'U LAVALAVA?

O loo iai se faiga i le Jet Park, mo le tatāina o au tagamea i se auala saogalemu, o le a latou tatāina ou lavalava mo oe. Faamolemole ia utagia lelei fautuaga e tuuina atu ia te oe i le Jet Park.

### FAASUSUINA O LAU PEPE IA TE OE A O FAANOFOESEA OE

E sili atu ona aogā ma malosia le faasusuina o lau pepe ia te oe, pe a faatusa i soo se lamatiaga o lou faapepesi atu o le siama pe afai ua e aafia i le COVID-19. E mafai ona faailoa

atu nisi fautuaga mai lau faatosaga poo lau GP, pe e te maua foi isi faamatalaga i le [upegā tafailagi a le Royal College of Obstetricians and Gynaecologists](#).

## MO NISI FAAMATALAGA MA FAUTUAGA

### TELEFONI MO LE SOIFUA MALOLOINA

Telefoni vili fua 0800 358 5453

O se auaunaga e 24/7 e maua ai tagata faaliliuupu

### AUAUNAGA O TELEFONI FESOASOANI MO AIGA ASIA

Mo fautuaga faalauaitete e faia i gagana Peretania, Mandarin, Cantonese, Korea Vietnamese, Iapani, Thai ma le Hinidi. Vili le 0800 862 342, mai le Aso Gafua e oo i le Aso Faraile, mai le 9am e oo i le 8pm pe tagai i le [asianfamilyservices.nz](#)

### FAAMATALAGA I GAGANA UA FAALILIU I AI

Tagai i le [arphs.health.nz/communityinfo](#) poo le [covid19.govt.nz/translations](#)

### O E FIA TALANOA I SE TASI? 1737

E vili fua pe text i le 1737  
Tagai i le [1737.org.nz](#) mo faamatalaga



## 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.

COVID-19

### 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](https://arphs.health.nz/communityinfo) or  
[covid19.govt.nz/translations](https://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](https://asianfamilyservices.nz)

#### NEED TO TALK? 1737

Free call or text 1737  
Visit [1737.org.nz](https://1737.org.nz) for information