

入住 JET PARK 的回国新冠患者

您已被确诊新冠肺炎现在，现在您需要在 Jet Park 检疫隔离酒店隔离在那里新冠患者能得到更多的支持。

公共卫生部门应当已经致电安排您入住 Jet Park。这家酒店为您提供隔离期间所需的一切，包括就医。

由于您感染了新冠病毒，因此需要**接受隔离，直至症状消失后72个小时，以及症状开始出现后至少已过去十天**。如果您住院，这将延长您的隔离时间。驻守 Jet Park 的医疗团队将检查您的症状，并通知您何时可以离开。

这些信息将有助于您对在 Jet Park 的生活有所准备。您抵达时将会收到一个欢迎资料包，其中有您入住 Jet Park 的更多信息。

您在 JET PARK 的生活

- **您的旅行同伴也将被要求入住 Jet Park。** 如果您和同伴在集中隔离酒店入住一个房间，那么他（们）可能会继续与您同住，或入住另一个房间。与您入住同一房间可能会延长他们的隔离时间，并增加他们患病的风险。公共卫生部门将与您商讨这一重要决定。您的旅伴可能还需要进行额外的检测，Jet Park 的医疗团队会每天为他们进行体检。他们被允许离开 Jet Park 日子可能与您不同。
- 在 Jet Park，您将拥有自己的卧室、浴室和电视。您将获供餐食、免费 Wi-Fi 和洗衣服务。
- Jet Park 的工作人员将为您提供帮助，并在您到达时为您提供更多信息。保持您的隔离圈尽量留在您的房间里。请勿邀请他人进入您的房间或到别的酒店房间里拜访住客或其家人。
- 保持良好的咳嗽、打喷嚏手部卫生习惯，这非常重要。扔掉用过的纸巾。用肥皂洗手并认真擦干。没有肥皂和水时，使用免洗洁手液。
- 入住 Jet Park 以及离开酒店房间时，请务必佩戴口罩、保持良好的卫生习惯以保护他人。
- 如果您开始出现更多或更严重的症状（包括发烧、咳嗽、呼吸困难或喉咙痛等症状），请留在您的房间内，**并用房内座机致电 8998**，医务人员



员将为您进行检查。

我将如何与家人和朋友保持联系？

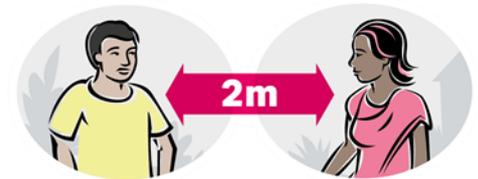
酒店提供免费 Wi-Fi，您可以通过短信、电话和视频与朋友和家人保持联系。

客房内还有座机电话。客房之间通话以及打酒店内部的服务电话都是免费的。拨打外线或手机需要付费，由您根据酒店的资费按分钟支付。



我在 JET PARK 可以锻炼或散步吗？

是的，Jet Park 团队会告诉您如何在特定时段外出锻炼或散步。离开酒店房间时，请始终佩戴口罩，使用免洗洁手液，并与他人保持两米的距离。



我怎么洗衣服？

Jet Park 有一套安全地为您清洗衣物的方式，因此您无需自己洗衣服。请按照 Jet Park 给您的指导行事。

隔离期间母乳喂养

如果您感染了新冠病毒，母乳喂养的好处大于潜在的传染病毒的风险。您的助产士或全科医生可以为您提供进一步的建议，您也可在[皇家妇产科学院网站](#)找到更多信息。

更多详情和建议

健康热线

免费电话 0800 358 5453
七天二十四小时全时服务，提供口译员

翻译成不同语种的信息

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

亚洲家庭服务帮助热线

面向英语、普通话、广东话、韩语、越南语、日语、泰语和印地语使用者的一般咨询及赌博成瘾支援，周一至周五早上九点至晚上八点间拨打 0800 862 342 或访问 asianfamilyservices.nz

需要找人谈一谈？1737

拨打免费电话 1737 或者
发免费短信至 1737
访问 1737.org.nz 以获取
信息



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