

MA'Á E KAU FOLAU FOKI MAI 'OKU NAU MA'U 'A E COVID-19 'OKU NAU Ō ATU KI HE JET PARK

Kuo sivi koe 'o 'ilo 'okú ke ma'u 'a e COVID-19. 'Oku fiema'u atu leva koe 'i he taimí ni ke ke nofo fakamavahe'i 'i ha hōtele kolonitini - Jet Park – 'a ia 'oku lahi ange ai 'a e tokoni ma'á e kakai 'oku nau ma'u 'a e COVID-19.



'E pau pē kuo 'osi telefoni atu 'a e kau ngāue ki he Mo'ui Lelei 'a e Kakai (Public Health) ke fokotu'utu'u ke ke hiki atu ki he Jet Park. Ko e hōtelé ni 'oku 'oatu ai 'a e me'a kotoa pē 'okú ke fiema'u lolotonga 'a ho'o nofo fakamavahe'í, kau ai 'a e ma'u atu 'o ha tauhi fakafaito'o.

Koe'uhí 'okú ke ma'u 'a e COVID-19, 'e fiema'u atu ke ke **nofo fakamavahe'i ke 'osi 'a e houa 'e 72 hili ha mahino ko ho ngaahi faka'ilonga ki he mahakíkuo pulia atu pea kuo 'osi ha 'aho 'e hongofulu pe lahi ange ai talu méi he fuofua hā mai 'a ho ngaahi faka'ilongá.** Kapau 'e fakatokoto koe 'i falemahaki, 'e toe fakalōloa atu 'i heni 'a ho'o nofo fakamavahe'í. 'E vakai'i 'e he timi 'i he Jet Park 'a ho ngaahi faka'ilongá pea te nau fakahā atu 'a e taimi 'e 'atā ai ke ke mavahé.

Ko e fakamatalá ni 'oku 'oatu ia ke ke 'ilo ai 'a e me'a ke ke 'amanaki atu ki ai 'i ho'o hiki ki he Jet Park. Te ke ma'u atu ha nāunau talitali (welcome pack) 'i ho'o tū'uta atú mo ha fakamatala lahi ange fekau'aki mo ho'o nofo 'i he Jet Park.

FELĀVE'I MO HO'O NOFO 'I HE JET PARK

- **'E kole atu ki ho ngaahi kaungā folau ke nau ō foki mo kinautolu ki he Jet Park.** Kapau na'á ke kaungā nofo mo ha ni'ihi 'i ho loki 'i he hōtele nofo fakamavahe'í, 'e ala hoko atu ai pē 'a ho'omo/ho'omou kaungā nofó 'i ha loki fakataha mo koe, pe 'i ha loki mavahe. Ko 'enau nofo fakataha ko ia mo koe 'i he loki tataú 'e ala fakalōloa atu ai 'a 'enau nofo fakamavahe'í pea toe lahilahi ange ai 'a e faingamālie ke nau ala puke aí. 'E talanoa atu 'a e Public Health mo koe ki he faitu'utu'uni mahu'inga ko 'ení. 'E ala fiema'u foki mo ho ngaahi kaungā folau ke fakahoko mo hanau ngaahi sivi fakalahi pea 'e vakai'i kinautolu 'e he timi fakafaito'o 'i he Jet Park 'i he 'aho takitaha. 'E ala kehe 'a honau 'aho mavahé 'o kinautolu ia méi he Jet Park meiate koe.
- 'I he Jet Park, 'e 'i ai hao loki, falekaukau mo e TV. 'E 'oatu ha'o ngaahi me'atokoni, ma'u atu mo e Wi-Fi ta'etotongi pea mo ha sēvesi fō.
- 'E tokoni atu 'a e timi Jet Park kiate koe mo 'oatu ha fakamatala lahi ange 'i ho'o a'u atú. Tauhima'u pē ki he ni'ihi 'oku mou kaungā-nofó (bubble). Nofo pē 'i ho lokí 'i he lahi taha 'e ala lavá. 'Oua na'á ke fakaafe'i ha kakai ki ho lokí pe te ke 'a'ahi atu ki ha kakai kehe pe

ngaahi mēmipa 'o ho fāmilí 'i honau ngaahi loki hōtelé.

- 'Oku mahu'inga 'a e ngāue'aki 'o e founa fakahaisini lelei ki he talé, mafatuámo e fanofano 'o e nimá. Laku ha pepa holoholo kuo 'osi ngāue'aki. Fanofano ho ongo nimá 'aki ha koa pea holoholo ke na mātu'u lelei. Ngāue'aki ha huhu'a milimili tāmata siemu ki he nimá kapau 'oku 'ikai 'i ai ha koa mo ha vai.
- Lolotonga 'a ho'o hiki ki he Jet Park, pea mo e taimi 'oku 'ikai ke ke 'i ho loki ai 'i he hōtelé, tui ha 'ufi'ufi ki ho matá pea fakapapau'i 'okú ke ngāue'aki 'a e founa haisini lelei ke malu'i ai 'a e ni'ihī kehé.
- Kapau te ke kamata ongo'i puke 'i ho'o 'i he Jet Park – kau ai 'a e ngaahi faka'ilonga ko e mofi, tale, faingata'a'ia 'a e mānavá, pe mamahi 'a e mongá, **kātaki ka ke nofo pē 'i ho lokí pea telefoni atu ki he 8998 meí he telefoni 'i ho lokí;** 'e 'alu atu ha tokotaha ngāue fakapolofesinale ki he mo'ui lelei 'o vakai koe.



'E ANGA FĒFĒ HA'Á KU KEI FETU'UTAKI MO HOKU FĀMILÍ MO E NGAHI KAUNGĀME'A?

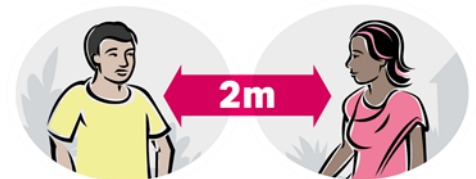
'Oku 'i ai 'a e Wi-Fi ta'etotongi koe'uhí ke ke lava ai 'o kei fetu'utaki mo ho ngaahi kaungāme'á mo e fāmilí 'i ha'amou fetohi'aki text, telefoni mo telefoni vitiō.

'Oku 'i ai foki mo e sēvesi telefoni 'i ho lokí. 'Oku ta'etotongi pē 'a e telefoni 'i he vaha'a 'o e ngaahi loki 'i he hōtelé pea mo e ngaahi sēvesi 'a e hōtelé. Ko ha telefoni ki tu'a ki ha ngaahi telefoni to'oto'o pe ko ha toe fika telefoni kehe 'oku totongi ia; 'oku totongi fakaminiti 'eni ia 'i he tu'unga totongi 'a e hōtelé 'a ia 'e fiema'u ia ke ke totongi 'eni.



'E LAVA KE U FAKAMĀLOHISINO PE LUELUE HOLO 'I HE JET PARK?

'Io, 'e fale'i atu koe 'e he timi Jet Park ki he founa 'o ha'o 'alu atu 'o fakamālohisino pe luelue 'i ha ngaahi taimi tukupau. 'I he taimi 'okú ke 'i tu'a ai meí ho loki 'i he hōtelé, tui hao fakapuli ki ho ihú mo e ngutú 'i he taimi kotoa pē, ngāue'aki 'a e huhu'a milimili tāmata siemu ki he nimá pea tauhi ke ke vā mama'o 'aki 'a e mita 'e ua meí he tokotaha kotoa pē.



'E ANGA FĒFĒ HA'Á KU FŌ HOKU VALA?

'Oku 'i ai ha founa 'a e Jet Park ke fō ai 'a e valá 'i ha founa hao, ko ia ai te nau fō ho valá ma'á u. Kātaki 'o muimui ki he fale'i 'oku 'oatu kiate koe 'i he Jet Park.

FAKAHUHU LOLOTONGA 'O HO'O NOFO FAKAMAVAHE'Í

'Oku hulu ange 'a e ngaahi lelei ia 'oku ma'u meí he fakahuhú 'i hano ala fakapipihi atu 'o e

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vailasí kapau 'okú ke ma'u 'a e COVID-19. 'E lava 'e ho'o mā'ulí pe GP 'o 'oatu ha fale'i lahi ange, pe te ke lava 'o ma'u atu ha fakamatala lahi ange 'i he [uepisaiti 'a e Royal College of Obstetricians and Gynaecologists](#).

KI HA FAKAMATALA MO HA FALE'I LAHI ANGE

HEALTHLINE

Telefoni ta'etotongi ki he 0800 358 5453
Ko ha sēvesi houa 24 'aho 'e 7 'o e uiké 'oku 'i ai mo ha kau fakatonulea

LAINÉ TOKONI KI HE NGAÁHI SĒVESI MA'Á E NGAÁHI FĀMILI 'ĒSĪÁ

Ki ha ngaahi fale'i angamaheni 'i he lea Faka-Pilitāniá, lea Mandarin, Cantonese, Korean, Vietnamese, Japanese, Thai mo e Hindi.
Telefoni ki he 0800 862 342, Mōnite ki he Falaite meí he taimi 9 pongipongi ki he 8 efiafi pe vakai ki he [asianfamilyservices.nz](#)

FAKAMATALA KUO LILIU KI HE NGAÁHI LEA FAKAFONUÁ

Vakai ki he [arphs.health.nz/communityinfo](#) pe [covid19.govt.nz/translations](#)

FIE TALANOA? 1737

Telefoni pe text ta'etotongi ki he 1737
Vakai ki he [1737.org.nz](#) ki ha fakamatala



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.

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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