

入住 JET PARK 的歸國新冠患者

您已被確診感染新冠病毒。現在，您需要在到 Jet Park 檢疫酒店隔離，那裡為新冠患者提供了更多的支持。



公共衛生人員此前已致電安排您入住 Jet Park。這家酒店 提供您在隔離期間的一切所需，包括就醫。

由於您感染新冠病毒，您需要**接受隔離**，直至**症狀消失後 72 小時、以及症狀開始日起**至少已過十天。如果您住院，這將延長您的隔離時間。駐守 Jet Park 的醫療團隊將定期檢查您的症狀，並讓您知道何時可以離開。

這些資訊將有助於您對在 Jet Park 的生活有所準備。您將在抵達時收到一個歡迎包，其中有您入住 Jet Park 的更多信息。

關於您在 JET PARK 的住宿

- **您的旅行同伴也將被要求去 Jet Park。**如果您和同伴在集中隔離酒店期間曾共用一個房間，那麼您的同伴/們或可繼續與您共用房間，或入住單獨的房間。和您同住一個房間可能會延長他們的隔離時間，並增加他們生病的風險。公共衛生人員將與您討論這個重要的決定。
您的旅伴可能還需要進行額外的檢測，並且每天由 Jet Park 的醫療團隊進行檢查。他們離開 Jet Park 的日期可能與您不同。
- 在 Jet Park，您將擁有自己的臥室、浴室和電視。酒店將提供餐點，您可使用免費 Wi-Fi 連接和洗衣服務。
- Jet Park 團隊將為您提供幫助，並在您到達時為您提供更多信息。保持您的隔離圈。盡可能待在您的房間裡。請勿邀請客人到您的房間或是到其他人或家庭成員的酒店房間。

- 保持良好的咳嗽、打噴嚏手部衛生習慣，這非常重要。扔掉用過的紙巾。用肥皂洗手並擦乾。如果沒有肥皂和水，請使用乾洗手液。
- 入住 Jet Park 以及不在酒店房間時，請務必戴口罩，保持良好的衛生習慣，以保護他人。
- 如果您在 Jet Park 期間開始感覺身體不適，（包括發燒、咳嗽、呼吸困難或喉嚨痛等癥狀），請留在房間內，**並用房內座機致電 8998**，專業衛生人員會為您進行檢查。



我如何與家人和朋友保持聯繫？

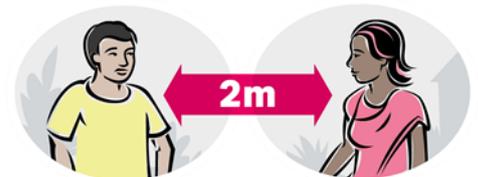
酒店提供免費 Wi-Fi，您可以透過簡訊、通話和視訊與親朋好友保持聯繫。

客房內還提供電話服務。客房之間的內部通話與呼叫旅館服務是免費的。撥打行動電話或其他號碼則要付費；您需要按照酒店通話費率付費。



我可以在 Jet Park 運動或散步嗎？

是的，Jet Park 團隊會告訴你如何在特定時間段外出運動或散步。在酒店房間外時，請隨時佩戴口罩，使用免洗洗手液，並與他人保持兩米距離。



我如何洗衣服？

在 Jet Park 有一個以安全清洗衣物的方式，因此您不用自己洗衣服。請按照 Jet Park 給您的指示行事。

隔離期間的母乳餵養

如果您感染新冠病毒，母乳餵養的好處仍大於任何潛在的傳播風險。

您的助產士或全科醫生可以提供進一步的建議，你也可以在 [皇家婦產科學院網站](#) 找到更多資訊。

有關更多資訊和建議

健康專線

免費電話 0800 358 5453

全天候 24 小時服務 (有口譯服務)

亞裔家庭服務中心專線

為使用英語、普通話、粵語、韓語、越南語、日語、泰語和印度語者提供一般諮商與賭博支援，可於周一至周五上午 9 點至下午 8 點致電 0800 862 342 或造訪

asianfamilyservices.nz

翻譯成不同語種的資訊

造訪 arphs.health/nz/communityinfo 或 covid19.govt.nz/translations

需要聊聊嗎? 1737

免費致電或發簡訊至

1737

造訪 1737.org.nz 了解更多資訊。



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