

## Sapotem ol Pacifika komuniti we oli stap kam long ol Manej Isolesen mo ol Kuarentin fasiliti

Kia orana, Noa'ia, Alo, Talofa lava, Mauri, Mālō e lelei, Tālofa, Ni Sa Bula Vinaka, Fakaalofa lahi atu, Mālō ni , tēnā koutou katoa and warm Pacific greetings.

Hemia hemi leites manej isolesen mo kuarentin infomesen mo advaes blong ol komuniti blong yumi long Pacific.

Tankyu long olgeta we oli stap kam long ol fasiliti blong yumi blong mekem wan bigfala wok blong kipim olgeta wanwan, ol famili blong olgeta, luv wans blong olgeta, wokus mo ol komuniti blong yumi i sef.

### Risen blong komunikesen

MIQ hemi no wan impoten pat nomo long ol boda mesa blong yumi blong kipim aot COVID-19 long Niu Ziland - long ol komuniti oatbrek olsem hemia, nao yia tu yumi gat wan rol blong protektem everiwan long Niu Ziland long COVID-19 blong ino spred i go mo long komuniti.

MIQ i bin stap mekem sam jenjs long ol fasiliti long Auckland mo ol nara ples blong respon long komuniti aotbrek. Ol jenj yia hemi blong alaem olgeta long komuniti we oli tes positiv blong kam long ol kuarentin fasiliti, mo ol klos kontak blong ol positiv kes long komuniti we oli no save isolet long hom, blong go long ol manej isolesen fasiliti.

Pepos blong manej isolesen hemi blong mekem sua se ol pipol i no gat COVID-19 bifo oli go bak long ol komuniti blong yumi. Pipol we oli kam long Niu Ziland oli mas stap long manej isolesen o kuarentin blong help stopem spred blong COVID-19. Spos yu gat COVID-19, o spos i gat risen se yu mait gat COVID-19, ten bae yu nid blong stap at lis 14 dei long wan kuarentin fasiliti. Yumi evriwan traem bes blong mekem eksperiens long manej isolesen mo kuarentin hemi was gud wan.

Hemia sam infomesen blong helpem yu save hao nao bae yu gat sapot taem yu stap long MIQ.

## Travel i go long MIQ

- Afta spos wan man i kasem wan notis long public helt se hemi tes positiv long COVID-19 oli mas kontiniu blong isolet long hom mo folem ol nara protokol kasem taem we oli mekem arenjmen blong transfe i go long wan kuarentin fasiliti.
- Taem oli stap wokem aot ol plan blong muv i go long kuarentin fasiliti, man i gat taem blong mekem arenjmens blong taem oli no stap long haos, for eksampol blong ol nara memba blong famili o eni pet animal we oli nid blong lukaotem olgeta. Long taem blong mekem plan, man yia i gat sapot long wan welfare tim, mo oli gat akses long wan transleita spos oli nidim.
- Tok tok wetem public helt ofisa, man yia o ol pipol we oli tes positiv mait oli save tekem sam nara famili memba e.g ol pikinini blong olgeta o wan sapot person i go wetem olgeta long kuarentin fasiliti. Hemia hemi dipen nomo long situesen blong famili.
- Helt laen mo DHBs bae oli wok wetem individual yia blong akri long wan gud taem long transfe blong olgeta.
- Ol trak we oli usum blong pikimap ol positiv keses oli gat sefti skrin blong silim ples blong ol passenja mo ples blong draeva mo ol draeva oli werem ful PPE. Everi trak oli mas wasem gud afta everi transfe.
- Ol pipol we oli stap tranferem olgata oli mas werem mask truaot long journi blong olgeta kasem taem we oli stap long rum blong olgeta long kuarentin fasiliti.

## Tekem inaf saplaes blong 14 dei

Mifala i rekomentem blong yu karem evri samting we yu nid blong usum evri dei:

- Klos - at lis inaf blong wan wik. Everi man i save wasem 2 bag toti klos long taem yu stap.
- Medisen: Plis tekem wetem yu eni medisen we yu nidim.
- Toiletris: eksampol, tutpeis mo tutbras, resa blong shef mo ol saniteri prodak.
- Ol samting blong entetenem yu wan mo eni pikinini we i stap wetem yu. Karem eni elektronik divaes we i save helpem yu passem taem long hotel rum. Bae i gat fri TV mo Wi-Fi long rum blong yu.

### Manej isolesen mo kuarentin fasiliti oli sef

- Manej isolesen mo ol kuarentin fasiliti oli sef mo i gat plante sapot i stap.
- Ol fasiliti yia oli gat wan tim blong ol helt profesenal, hotel mo kavemen wokas.
- Long ples yu stap i gat tim blong ol rejista nes we oli aveilabol 24 haoa long wan dei, 7 deis long wan wik blong sapotem yu spos yu wari long fisical o mental helt blong yu wan o famili blong yu o yu gat eni spesifik helt nid.
- Yu save gat akses tu long wan mental helt dokta long fasiliti blong yu wetem sapot blong ol rejista nes we oli stap long ples yia spos yu nidim.

### Jaj blong MIQ

- Bae yu no nid blong pem taem yu stap.
- Ol nara jajes, spos yu nidim, oli stap antanit.

### Tes blong COVID-19

- Spos yu tes positiv finis wetem COVID-19, bae yu nomo nid blong tes bakeken.
- Spos yu wan klos kontak blong wan man wetem COVID-19, bae mifala i testem yu wan wan taem blong COVID-19. Oltaem hemia samples long dei 3 mo 12 long stap blong yu.
- Yu save gat tes tu spos yu soem ol saen blong sik o spos eniwan long floa blong yu i tes positiv.

## Wanem oli provadem long wan Manej Isolesen mo Kuarentin Fasiliti?

### Welkam pak

- Evriwan we i stap long wan MIQ bae i risivim wan Welkam Pak we i gat impoten infomesen blong taem oli stap long Manej Isolesen. Hemi soem wanem oli save, mo no save mekem long 14 deis we oli stap long Manej Isolesen mo i gat sam nara infomesen we i save helpem olgeta.
- Ol infomesen yia oli transletem igo long ol Pasifika lanwis so olgeta we oli stap go long MIQ bae save gud ol infomesen blong helpem olgeta wetem stap blong olgeta.
- Ol Testing mo Konsen fom mo ol Faenol Helt Jek fom oli aveilabol long fulap lanwis.

## **Akomodesen**

- Bae oli givim wan rum long yu long wan manej isolesen fasiliti long full stay blong yu. Hemia hemi dipen tu long hamas man istap wetem yu. Ol kaliko blong bed oli givim be mait igat sam samting long haos we yu save karem i kam blong mekem yu mo kamfotebol.
- Hemi responsibiliti blong yu blong lukaotem rum blong yu mo kipim i klin mo stret. Spos yu mekem eni damej, bae oli save mekem yu pem.
- Akses long fres ea mo ples blong smok mait bi aveilabol long fasiliti blong yu. Fasiliti blong yu bae oli talem long yu spos yu nidim blong bukim wan taem blong gat akses long ol eria yia.

## **Kakae mo dring**

- Breakfast, dina mo sapa blong yu bae oli diliverem mo putum aotsaed long door blong yu. Eni ekstra kakae o dring bae yu nid blong pem. Yu save mekem deliveri oda long ol lokol stoa o ol supamaket. Hemia bae i stap long on ekspens blong yu wan.
- Yu save jusum wanem yu wantem long wan menu. Toktok wetem tim we istap long ples yu stap spos yu gat eni kwestin long kakae, alegis blong kakae o medikel kondisen we yu nidim spesel kakae. Mifala traem best blong provaidem spesel kakae, inkludim ol medikel nid mo ol kultural teis.
- Yu mas kakae long rum blong yu mo no save go long rum blong nara man o sitaon long koridor mo kakae wetem ol fren o famili blong yu. Yu no mas serem ol kakae mo dring blong yu wetem eni wan we i no stap long rum blong yu.

## **Klinim**

- Ol wokman blong fasiliti ino save kam insaed long rum blong yu, hemia blong kipim yu mo ol wokman i sef.
- Kipim rum blong yu i klin mo stret. Bae oli givim yu sam prodak blong klin so yu save klinim rum blong yu.
- Ol fres tawel mo ol bedsit bae oli givim. Laundry sevis hemi aveilabol long taem we yu stap.
- Taem yu lego fasiliti, bae rum blong yu ol spesel wokman blong klin bae oli kam klinim.

### Medikel kea

- Wan tim blong ol helt profesenal oli aveilabol oltaem long fasiliti blong yu.
- Spos yu harem nogud, kontaktem helt tim blong fasiliti blong arenjem wan helt jek.
- Ol wokman long ples yu stap oli save asistim yu wetem eni medikesen mo preskripsen rikwaemen.

### Ol rul we mifala i askem yu blong folem blong kipim sef yu mo ol komuniti blong yumi

#### Stap long rum blong yu

- **Yu mas stap long rum** blong yu anles yu gat wan medikel apoinmen, yu bin bukim wan taem blong fres ea o smok o i gat wan emejensi, eksampol wan faea o wan etkwek.
- **Yu alao nomo blong openem do long wan long olgeta risen antap o taem blong karem kakae o laundry.**
- Do blong yu i mas klos long ol nara taem.

#### Werem fes mask

- Yu mas werem nomo sinkel-yus disposepol mask we fasiliti i provaedem long yu.
- Yu mas werem wan mask bifo yu openem do blong yu blong eni risen.
- Hemia inkludim openem do blong karem kakae, laundry o ol nara item we oli lego long do blong yu, taem blong aksesem esensial medikel kea, inkludim tes blong COVID-19 o taem yu lego rum blong go long ples blong fres ea o smok. Yu mas werem wan mask tu taem yu kambak long rum blong yu.

#### Visita ino alao

- Yu no save gat eni visita long rum blong yu o go long rum blong nara man.
- Famili mo fren blong yu oli no save visitim yu long fasiliti.
- Mifala i save se hemia i taf tumas. Hemia hemi wan wei blong protektem yu mo ol nara man mo preventem spred blong COVID-19.
- WiFi long fasiliti hemi fri mo yu save yusum blong stap konek vejuali wetem famili.

### No serem

- No mas serem sigaret, laeta, vep, mobael fon, kakae o dring o ol nara personal item wetem eni wan aotsaed long rum blong yu.

### Stap long babol blong yu

- Yu mas stap long babol blong yu oltaem. “Babol” blong yu i minim se famili blong yu we mait oli stay wetem yu long rum blong yu.
- Yu save storian wetem olgeta long “babol” blong yu nomo mo stap 2 mita longwe long ol nara man.

### Smoking o veping hemi no alao insaed long rum blong yu.

- Ol dus, stim, smok mo ol nara fium mo vepa oli save aktiveitem ol smok alam long rum blong yu. Hemi wan ofens blong kosem wan fols faea alam mo blong mekem olsem bae i save risal long prosekusen.
- Wan wan MIQ fasiliti i provaedem ples blong smok mo vep.
- Taem long ol eria yia hemi limited mo, taem yu stap long we, yu mas stap 2 mita longwe long ol nara man. Ol wokman bae i talem long yu hao mo wanem taem yu save yusum ples blong smok. Everi eria blong smok.oli monitarem.
- Yu no mas gat wetem yu ol illekal drugs, ol samting blong mekem drugs mo ol tul blong mekem wetem. Spos oli kasem yu wetem illekal drugs o samting blong mekem drug, bae i save gat aksen long police.

### Kipim disten blong 2 mita

- Yu mas stap 2 mita longwe long ol nara man eksepe olgeta long babol blong yu (olgeta nomo we oli stap wetem yu long rum blong yu).

### Komplen o issu

- Spos yu wantem mekem wan komplem o resemap wan issu long team we yu stap, plis lukluk long Komplem seksen blong Welkam Pak. Spos i gat wan issu, yu save resemap wetem ol wokman long ples yu stap o Wellbeing Coordinator. Spos yu no hapi wetem respon, yu save yusum onlaen fom blong mekem wan fomol komplem anda long Kontak Mifala pej blong MIQ website: [miq.govt.nz](http://miq.govt.nz).

### Ples blong kasem sapot

- Spos yu nidim help mifala i enkarejem yu blong toktok wetem wan man. Hemia i min se wan wokman long ples yu stap, GP blong yu, o maybe wan klos fren o famili.
- Spos yu nidim help wetem ol daily aktiviti olsem blong muv olbaot, swim, mo blong putum klos, mifala i rekomentem blong yu aplea blong wan famili memba o wan sapot man blong joenem yu long manej isolesen.
- Spos yu nid blong go long wan ejen medikel apoinmen long taem yu stap, yu nid blong aplae blong wan medikel eksemesen blong karem wan apruval.
- Blong mental wellbeing helt sapot hemi aveilabol tru long wan dediketed 0800 652 535.

### Prea mo Blong tingting

- Yu save yusum spes long rum blong yu blong prea, tingting o blong konet wetem wan vejual onlaen prea sevis o komuniti blong bilif blong yu. Yu save joenem vejuali.

### Ded mo Funeral

- Hemi veri unlikely se bae yu save gat apruval blong atentem wan funeral spos yu stap long wan manej isolesen fasiliti, from risk long pablik helt hemi hae taem fulap pipol oli kam wan ples. Tingbaot blong dilem funeral kasem taem yu komplitim 14 dei isolesen period o save mekem arenjmen blong yu save wajem funeral onlaen.
- Hemi no gat eksepsen long kuarentin blong pipol wetem simtom blong COVID-19.

### Livim isolesen

- Yu nid blong stap long isolesen fasiliti long wan minimum taem blong 14 dei stat long taem we yu kasem Manej Isolesen.
- Bae wan Helt ofisa i asesem yu olsem wan lo ris bifo yu save go bak long famili mo komuniti blong yu. Hemia normally i tekem tugeta:
  - wan negativ COVID-19 tes long dei 12 mo
  - wan helt ofisa long ples yu stap hemi bin asesem yu mo yu fri long ol saen blong COVID-19.
- Mo advaes mo infomesen bae oli provaedem long wanem taem bae yu save lego manej isolesen mo transpot blong yu go hom afta.
- Spos yu no wantem tekem dei 12 tes blong COVID-19 o spos oli ting se yu no lo ris, oli save ekstentem stay blong yu mo bae yu no alao blong lego fasiliti. Yu save stap kasem long wan total blong 28 dei.

- Mifala i save ekstentem stay blong yu spos i hapen se i gat kes long fasiliti we i nidim mo investigasen long hem. Hemia blong daonem ris blong COVID-19 i kamaot long komuniti.

**Yumi evriwan i gat wan rol blong kipim Aotearoa, Niu Ziland i sef. Tankyu blong pleim pat blong yu.**