

21 February 2022

## To all Ōtautahi House Residents

Welcome to Ōtautahi House – to everyone who has arrived and those who may still be arriving. You are about to embark on a new and exciting journey. Your health and wellbeing is paramount to us. There is important information that we need you to know so you can make well-informed decisions and take wise action.

1. New Zealand is at Phase 2 of the Red Setting of the COVID Protection Framework. This means we've moved from a 'stamp it out approach', to working on slowing the spread of COVID and protecting our most vulnerable communities.
2. COVID-19 is in our communities, and we know that there is a high chance that residents of Ōtautahi House will be exposed to COVID and some of you will quite possibly catch COVID.
3. All our residents are vaccinated, and we encourage you all to get the booster once you are eligible. We know the booster helps to protect people against COVID.
4. It would be great if you can let us know if you have a pre-existing condition that may be aggravated by COVID.
5. It's also important that you continue with other COVID protections such as:
  - Scanning in using the COVID tracer app
  - Wearing a mask at all times outside of your flat
  - Washing hands regularly
  - Sneezing and coughing into your elbow or sleeve
6. As a resident of Ōtautahi House there are some other precautions that will be taken to help keep you safe and well. We are relying on you to make good decisions and choices that will help keep both you, your friends, and other residents safe.
7. In Phase 2, we will not be approving more than 1 or 2 visitors in a flat, and visitors cannot stay overnight.
8. Only vaccinated visitors are allowed onsite at Ōtautahi House and they must scan in every time they visit.
9. When we move to Phase 3, please be aware that there will be NO visitors allowed on site.

## If you are feeling unwell (see [Covid-19 symptoms](#)).

1. Get tested immediately. [Testing Centres](#) or call Healthline on 0800 358 5453.
2. Make sure you advise Ara of this test. There is a form to complete on the MyAra app [Ara COVID-19 Testing Notification form](#).
3. Advise testing staff that you are a student at Ara living in student accommodation.
4. Isolate in your room, within your flat, until you receive test results and follow all Public Health instructions.
5. Only impacted residents need to isolate.
6. Email your tutors to let them know that you are absent from class and awaiting a test result.

7. If you are well enough to continue your study, discuss with your tutor and work out a plan to continue your learning.
8. If you leave your room to access shared facilities within your flat (eg bathroom) – wear a mask and follow stringent hygiene practices.
9. When you receive your result, send a screen shot to [Ara COVID-19 Testing Notification form](#)

### If you receive a positive test result

1. You and all residents in your individual flat must isolate immediately. There is additional information about self-isolation and [instructions](#) here.
2. Self-isolation means you must not leave your flat unless you are getting tested, you move offsite to self-isolate, or it is an emergency.
3. We encourage you to let your caregivers/whānau know about your results. They will want to make sure you are safe and taking the right precautions.
4. If you can travel by a private vehicle and ensure a contactless journey that is completed within a single day, for your wellbeing and others, it is best that you travel home to self-isolate.
5. You can only return to Ōtautahi House after receiving permission from Ōtautahi House staff.
6. Email your tutors to let them know that you are isolating and see if you can still access course content and work out a plan to manage your study.
7. For those who do remain in Ōtautahi House to isolate, we will provide you with support throughout your isolation period. This will include providing details about online shopping, and laundry services and rubbish collection.
8. We will also provide you with a Wellbeing Kit, and Cleaning Kits for your flat.
9. Regular check-ins by phone will take place by Ōtautahi House staff.
10. Contact Tracers from the Ministry of Health or Ara may contact you directly to identify your close contacts and give you further advice about your isolation and testing requirements.
11. If you are seriously unwell you should call 111 immediately.
12. Follow all Public Health instructions.

Please take care of yourself and look out for each other. We are here to assist and support you. We will share COVID updates via email, on Ōtautahi House noticeboards, flyers in your flat, the Ōtautahi House Facebook page and the Ōtautahi House webpage. Please keep an eye out for these communications to stay up to date.

Ara is also sharing information on MyAra and the Ara web page.

Our counselling and health support is available across all Ara campuses by phone, video, or email. Contact Susan Woods: [susan.woods@ara.ac.nz](mailto:susan.woods@ara.ac.nz), or phone 021 246 7567. You can also access virtual health services from a wide range of wellbeing and health practitioners.

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