

COVID-19
we are united

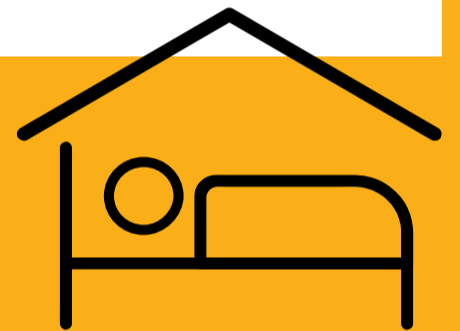
During this time be kind, take care and look out for others, especially vulnerable community members.

There are some simple things we can all do to reduce the risk of the virus spreading:



Wash hands for 20 seconds or more. Soap kills the virus on your skin, by bursting its protective bubble.

If you are sick, make sure you stay home.



Cough or sneeze into your elbow.

Avoid physical contact – hugs, kisses and hongi. Keep your distance – 2 metres away.



Make sure you self-isolate for 14 days if you have returned from overseas or had contact with someone who has COVID-19.

SYMPTOMS? If you think you have symptoms call Healthline on **0800 358 5453** or phone your local doctor. The main symptoms are: fever (38 °C), coughing, shortness of breath, sneezing or runny nose.