

# CONNECT, CARE, PREPARE

Kiwis know how to get through tough times, together.

Here are some ways you can care for yourself, your loved ones and your community:

If you do need more information about COVID-19 take care you get it from official government sources.

Try to avoid constantly checking the news for updates, this can create anxious feelings.

Maintain your daily routine, eat well, get sleep and keep doing the things you enjoy.

Focus on what you can control e.g. prepare yourself and your whānau for possible self-isolation.

Connect, be kind to those around you, give support, offer to help anyone you think might need a hand.

**IN SELF-ISOLATION?** Stay in touch with others and reach out to support services that are there to help, contact Healthline on

**0800 358 5453** or **covid19.govt.nz**

**COVID-19**  
*we are united*



NEW ZEALAND  
**RED CROSS**  
RĪPEKA WHERO AOTEAROA