

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.

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](https://www.covid19.govt.nz)**

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