Coronavirus

Help Stop the Spread



Wash your hands regularly

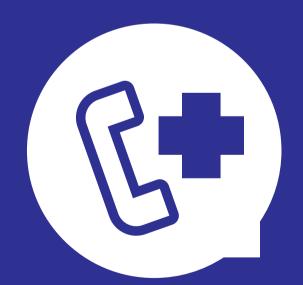


Cover coughs & sneezes



Stay at home if you're unwell

Feeling unwell? Stay home and use the phone.



Phone the FREE Coronavirus helpline for advice.

Phone ahead, **before** you visit a GP, pharmacy or hospital.

0800 358 5453

For general information visit: www.covid19.govt.nz

