

# 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](http://www.covid19.govt.nz)**