

Staying well during Level 4 Lockdown



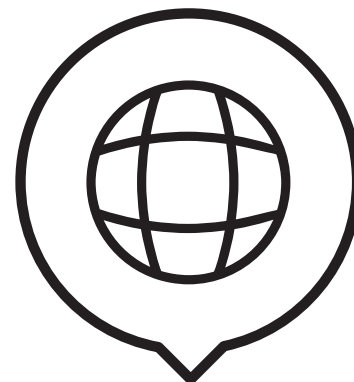
LET'S ELIMINATE COVID-19

Stay home. Wash your hands.
Don't touch your face



TAKE CARE OF YOUR HEALTH

Seek medical help as you normally would. Call your GP if you need to. Dial 111 in emergencies



BE INFORMED

but stick to credible information sources, such as www.covid19.govt.nz



BE KIND

Be kind to yourself and to others. We are all in this together and we can do it



STAY CONNECTED

Talk to your friends, family and neighbours. Phone, text or video-call



GET SOME FRESH AIR

But stay local, solitary (or only with others from your bubble) and away from other people



KEEP IT IN PERSPECTIVE

For most people, COVID-19 will feel like a cold or flu



INVOLVE YOUR KIDS

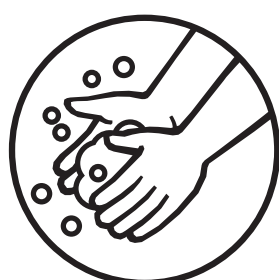
Show children how they can help, follow routines and be available to them



TAKE A BREAK

from social media and be selective about what you follow

Protect yourself and others from COVID-19



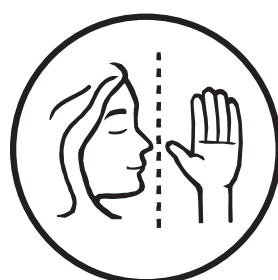
Wash your hands with soap and water often (for at least 20 seconds). Then dry.



Stay home if you feel unwell.



Clean and disinfect frequently touched surfaces and objects, such as doorknobs.



Don't touch your eyes, nose or mouth if your hands are not clean.



Cough or sneeze into your elbow or by covering your mouth and nose with tissues.



Put used tissues in the bin or a bag immediately.

NEED MORE SUPPORT? HERE ARE SOME OPTIONS:

- COVID-19 Healthline: **0800 358 5453**
- **1737**: Free phone or text 1737 for counselling

- Age Concern & 'Phone a Friend' service: **021 323449**
- Elder Abuse Helpline: **0800 32 668 65**
- Dementia Support (Alzheimers NZ): **0800 004 001**

For updates and more information visit:
APRIL 2020

www.covid19.govt.nz

TE WAIORA
Nelson Marlborough Health

Unite
against
COVID-19