

The Golden Rules for everyone at Alert Level 2

Ko nga pae tawhiti, whaia kia tata
Ko nga pae tata, whakamaua kia tina



If you're unwell, stay home so you don't spread what is making you sick. Don't go to work or school. Don't socialise. Phone your doctor or Healthline for advice: **0800 358 5453**



If you have cold or flu symptoms, call your doctor or Healthline about getting a test. If you're offered a test, take it.



Sneeze or cough into your elbow. This will keep the virus off your hands so you don't spread it to other people and make them sick too.



Wash your hands often. Use soap. 20 seconds. Then dry them. This kills the virus by bursting its protective bubble.



Clean and disinfect frequently touched surfaces and objects, such as doorknobs. Droplets from coughs and sneezes settle on surrounding surfaces.



If you are told by health authorities to self-isolate, you must do so immediately.



Wear a face covering in places where it is hard to physically distance. Non-medical grade masks are fine, or you can use a cloth covering like a bandana or scarf.



Keep track of where you've been and who you've seen to help contact tracing if needed. The NZ COVID Tracer app is an easy way to do this, or use a diary.



It's normal to feel anxious or stressed in times of difficulty. Don't be afraid to seek support – phone or text **1737** to talk with a trained counsellor for free.



Practise physical distancing wherever possible when out and about: 2 metres in public and in places like supermarkets. 1 metre in places like cafes, workplaces, restaurants, and gyms.

Or try an app or toolkit to help you look after your mental wellbeing: www.covid19.govt.nz/mental-wellbeing