

The Golden Rules for all Alert Levels

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**



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.



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.



Know what the recommendations are for face masks and face coverings. These change at different Alert Levels. Go to www.covid19.govt.nz for more information.



Know what the recommendations are for physical distancing. These change at different Alert Levels. Go to www.covid19.govt.nz for more information.



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



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