

Novel Coronavirus (COVID-19)

Protect yourself and others

www.covid19.govt.nz

	<p>Cover coughs and sneezes Cover coughs and sneezes with tissues or your crooked elbow. Throw used tissues in the bin, then wash your hands (wash your hands after wiping children's noses too).</p>
	<p>Wash your hands regularly Wash and dry your hands regularly and thoroughly (at least 20 seconds) with soap and water, or use hand sanitiser. This is especially important before handling food and after using the toilet.</p>
	<p>Use tissues when spitting If you need to spit, spit into a tissue, throw it in the bin and wash your hands afterwards.</p>
	<p>Don't share food utensils If you are sharing food, do not use your own spoon, fork, or chopsticks to pick food from the sharing plates – this can spread illness through saliva.</p>
	<p>Follow New Zealand's National Alert Level requirements New Zealand is at Alert Level 4. That means that all New Zealanders, except those working in essential services, must stay at home. You must not interact with anyone else outside your immediate household. You should only go out to places like pharmacies and supermarkets for essential supplies.</p>
	<p>Alert Level 4 and Self-isolation New Zealand is at Alert Level 4. That means that all New Zealanders, except those working in essential services, must stay at home. You must not interact with anyone else outside your immediate household. You should only go out to places like pharmacies and supermarkets for essential supplies. If you have returned from overseas, or had contact with someone confirmed with COVID-19, in the past 14 days, you are required to self-isolate for 14 days. You must not go out for essential supplies until you have completed your 14-day self-isolation period.</p>
	<p>Don't travel New Zealanders are advised not to travel at this time.</p>
	<p>Be socially responsible Show respect and kindness to others during this challenging global situation. There is no need to panic-buy at supermarkets. Travel restrictions apply to people, not products; air and sea freight deliveries will continue.</p>