

PROTECT

you and your whānau from

COVID-19



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



Wash your hands with soap and water often for at least 20 seconds.

If you feel sick, **stay at home.**



Avoid close contact with people - handshakes, hugs, communion, hongi, kava and other cultural practices.

Practice good hygiene to protect those in our community who need it most.

Have you travelled recently or been in contact with someone with COVID-19?
Please call Healthline on **0800 358 5453** or your family doctor if you have any symptoms such as a cough, fever or shortness of breath.

