

# Alert Level 3 – what you need to do to stay safe and keep well

## 1<sup>st</sup> September 2021

### 1. Stay at home in your bubble



### 2. Children learn at home; adults work at home (except for essential workers)



### 3. Keep 2 meters away from others if you have to go out for essential items e.g., supermarket, pharmacy



### 4. Wear a mask if you go out – you must do this in Alert Level 3



### 5. Get tested if you have symptoms of Covid-19 – this could be

- a cough
- a high temperature (at least 38°C)
- shortness of breath
- a sore throat.
- sneezing and runny nose.
- temporary loss of smell.

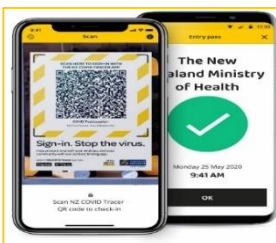


### 6. No gatherings **Except funerals, tangihanga, and weddings. 10 people only.**



Call Healthline 08003585453 or your GP for advice

### 7. Use the QR code scanner if you go out



### 8. Wash your hands often



Cough or sneeze into your elbow

### 9. You can walk around your neighbourhood



### 10. You can click and then collect essential items: buying without contact

