

COVID-19
we are united

The government has asked the whole of New Zealand to stay at home (self-isolate). This will save lives.

Being in self-isolation is the best thing we can do to stop the spread of COVID-19. You can no longer have visitors – even close friends and whānau.



Everyone must now stay at home. You can only have contact with those you live with - your 'bubble'. You can only leave home to:

- Do essential things, like buying groceries or going to the doctor
- Go to work, if you work for an essential service
- Go for a walk, or exercise and enjoy nature
- If you do leave your house, you must keep a 2-metre distance from other people at all times.

2-metre



Wash your hands!

- Soap kills the virus on your skin, by bursting its protective bubble
- Wash your hands for 20 second or more with soap or hand sanitiser
- Do it regularly – e.g. when you get home, before and after eating, spending time with sick or vulnerable people.

For more advice about staying at home visit [covid19.govt.nz](https://www.covid19.govt.nz)

STAY AT *home*

Staying at home might be a big change for some of us

Here are some simple things you can do to keep well during this time:

If you want information about COVID-19, make sure you get it from reliable government sources – [health.govt.nz](https://www.health.govt.nz) or [covid19.govt.nz](https://www.covid19.govt.nz)

Avoid constantly looking at the news for updates about COVID-19.
Try checking a reliable source of information once a day.

Control the things that you can control, e.g. maintain your routine, eat well, get sleep and keep doing the things you enjoy.

Keep connected to people who are important to you,
e.g. phone, internet, or write a letter!

Note: Remind yourself it's okay to feel stressed in this situation.
It's perfectly normal to feel like this in an abnormal situation.

Be kind to yourself and others, e.g. sing, laugh, read or watch a good movie.

SYMPTOMS? If you think you have symptoms call Healthline on **0800 358 5453** or phone your local doctor. The main symptoms are: fever (38 °C), coughing, shortness of breath, sneezing or runny nose.

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