

# Protect yourself and your workmates against COVID-19



Cover your coughs or sneezes with tissues or your elbow



Put your used tissue in the rubbish bin or in a plastic bag



Wash and dry your hands often, especially after coughing or sneezing – use soap or hand sanitiser



Stay away from others if you're unwell

Protect your family/whanau from COVID-19 (coronavirus)

This advice is from The New Zealand Ministry of Health

For more information about COVID-19 visit [health.govt.nz/COVID-19](https://health.govt.nz/COVID-19)

COVID-19 Health Advice

0800 358 5453

For international SIMs calls

+64 9 358 5453