CORONAVIRUS (COVID-19)

Protect yourself and others

SITESAFE
Te Kaitiaki o Haumaru
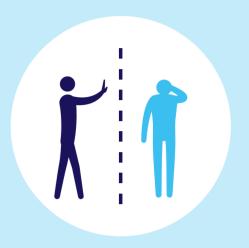
Ways to prevent spreading germs

Throw tissues in a bin or plastic bag after use

Cough or sneeze into a tissue or your elbow

Clean and disinfect surfaces and objects that people frequently touch

Avoid close contact with people who are sick, sneezing or coughing

Avoid touching your eyes, nose or mouth with unwashed hands

Stay home when you are sick

20 SEC.

Wash your hands frequently using soap and water for at least 20 seconds and then dry your hands for 20 seconds

The symptoms of COVID-19 are one or more of the following:

Cough

Fever (at least 38°C)

Shortness of breath

Sore throat

Sneezing and runny nose

Temporary loss of smell

These symptoms do not necessarily mean you have COVID-19. The symptoms are similar to other illnesses that are much more common, such as cold and flu. Shortness of breath is a sign of possible pneumonia and requires immediate medical attention.

For more information about COVID-19 visit
health.govt.nz/COVID-19

COVID-19 Health Advice
0800 358 5453

For international SIMs calls:
+64 9 358 5453