



Together we can slow the spread

There are simple steps we can take to unite against the virus and slow its spread. Everyone has a part to play. This information sheet covers the key information you need, including what help is available.

What is COVID-19?

COVID-19 is a new virus that can affect your lungs and airways. It's caused by a type of coronavirus. There are simple steps you can take to protect yourself and your family.

What are the symptoms?

- a fever (at least 38°C)
- a cough
- shortness of breath

These symptoms do not necessarily mean you have COVID-19. They are similar to other illnesses that are much more common, such as colds and flu.

If you have symptoms:

Call your GP (doctor) before you visit. If you do not have a GP call Healthline free on **0800 358 5453**.

Stay home if you are sick

To help protect the health of all New Zealanders, stay home/in your accommodation if you have any of these symptoms:

- a fever
- a cough
- shortness of breath
- sneezing or a runny nose

Wash your hands

Washing your hands kills the virus by bursting its protective bubble. Don't touch your eyes, nose or mouth if your hands are not clean.

Find out more at
Covid19.govt.nz

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How to wash your hands properly

Step 1: Wet hands with running water

Step 2: Apply enough soap to cover wet hands

Step 3: Scrub all surfaces of the hands – including back of hands, between fingers and under nails – for at least 20 seconds

Step 4: Rinse thoroughly with running water

Step 5: Dry hands with a clean cloth, single-use towel or blow drier

When should I wash my hands?

Wash your hands regularly, especially:

- After blowing your nose, coughing or sneezing
- After visiting a public space, including public transport, markets and places of worship
- After touching surfaces outside of the home
- After handling money
- Before, during and after caring for a sick or vulnerable person
- Before and after eating

Always wash your hands:

- After using the toilet
- Before and after eating
- After handling rubbish
- After touching animals and pets
- After changing nappies or helping children use the toilet
- When your hands are visibly dirty

Cough or sneeze into your elbow

Coughing or sneezing into your elbow catches the droplets and keeps the virus off your hands so you don't spread it to other people and make them sick too.

How does COVID-19 spread?

Like the flu, COVID-19 can be transmitted from person to person. Scientific evidence confirms that COVID-19 is spread by droplets. When an infected person coughs, sneezes or talks, they may generate droplets containing the virus. These droplets are too large to stay in the air for long, so they quickly settle on surrounding surfaces.

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Covid19.govt.nz

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People may get infected by the virus if they touch these surfaces or objects, and then touch their mouth, nose or eyes.

That's why good hygiene is really important – regularly wash and thoroughly dry your hands, and cough and sneeze into your elbow.

Looking after others

Kindness is an incredibly powerful way to show we are united against COVID-19.

You can make a huge difference by:

- Checking-in on any elderly or vulnerable people
- Looking after anyone that needs help
- Dropping supplies to those at home sick
- Talking to friends, whānau and neighbours to see if they need support
- Connecting with and supporting local clubs and societies

These kinds of connections and offers of help will go a long way to getting others through COVID-19.

What does self-isolation mean?

Self-isolation means staying at home/in your accommodation as a precaution.

Self-isolation is the safest, most sensible thing you can do to protect those you live with, friends and all New Zealanders.

For any assistance or advice regarding self-isolation contact Healthline free on **0800 358 5453**

Basic rules of self-isolation

Stay at home and take simple, common-sense steps to avoid close contact with other people as much as possible – like you would with the flu.

Keep yourself out of any situation where you come into face-to-face contact with others who are less than 1 metre away, especially if it lasts longer than 15 minutes.

Take particular care around the elderly and other vulnerable people.

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New Zealand Police are carrying out spot checks on those who are self-isolating, to check on people's welfare and needs.

Visa holders who do not comply with instructions from a Health Officer can be detained and deported.

If you know of anyone who should be in isolation but isn't, contact nhccselfisolation@health.govt.nz.

What is physical distancing?

Physical distancing (sometimes known as 'social distancing') is about keeping a safe distance from others.

This is only about physical distance. For your own mental health you can, and should, keep in touch with friends and family over the phone, or internet.

Avoid face-to-face contact with people less than 1 metre away, especially for longer than 15 minutes.

For anyone who doesn't need to be in self-isolation, physical distancing is an important way to unite against COVID-19.

Mental wellbeing

Media coverage or public discussion of COVID-19 may affect you. It's normal to feel stressed or anxious.

Spend time in places that feel safe and comfortable as much as possible. Reach out to your usual supports – family, friends and workmates. Stick to a routine such as having regular mealtimes, bedtimes and exercising. Tell yourself that how you are feeling is a normal reaction and will pass.

For support with grief, anxiety, distress or mental wellbeing, call or text the free 'Need to Talk?' service 24 hours a day, 7 days a week on **1737** and talk things through with a trained counsellor.

Other help and assistance

If you're not sure who to contact for help or if you need more information, call the free government helpline on **0800 779 997** (8am–1am, 7 days a week).

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