



PUBLIC HEALTH NOTICE

TĒNĀ KOUTOU

Covid-19 Coronavirus Is a Virus that affects Lungs and Airways, it is modern version of influenza that is affecting all people worldwide.

Remember the following guidelines:

- If you or someone you live with has travelled overseas in the last week, **YOU AND THEY ARE REQUIRED TO BE IN SELF ISOLATION for 14 days**
 - If you are feeling unwell, stay home
- If you have a cough – cover your mouth, use tissues, dispose of tissues immediately in a covered bin.
 - Wash and dry your hands thoroughly before you touch your face, nose, mouth
 - Wash and dry your hands thoroughly after going to the toilet
 - Wash and dry your hands thoroughly after being in public areas i.e. Kitchens, Bathrooms, Offices
- If you have a high temperature – ring the Health line on 0800 611 116 or visit their website on <https://www.health.govt.nz/your-health/services-and-support/health-care-services/healthline>
- If you are having trouble breathing – ring the Health line free on 0800 611 116 or visit their website on <https://www.health.govt.nz/your-health/services-and-support/health-care-services/healthline>

If you have all the symptoms above, ring the Health line free on 0800 611 116 or visit their website on <https://www.health.govt.nz/your-health/services-and-support/health-care-services/healthline> or see your doctor immediately and be tested as a precaution, if you live with other people, they should be tested as well.

IF IT IS A MEDICAL EMERGENCY, RING 111

For accurate and up to date information visit the following sites.

New Zealand Government: <https://covid19.govt.nz/>

Ministry of Health: <https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-novel-coronavirus-health-advice-general-public/covid-19-novel-coronavirus-questions-and-answers>

World Health Organisation: <https://www.who.int/>

REMEMBER Be respectful of your environment and the people around you. Stay Calm, Stay Focused, Stay Safe

Mauri Ora!