

COVID-19 NOTICE

Do you have shortness of breath, coughing or a fever?

DO NOT COME IN TO WORK. DO NOT VISIT THE DOCTOR. STAY HOME AND CALL

0800 358 5453

This is the dedicated Healthline for all Covid-19 concerns or questions. They will provide you with advice and instructions on what to do next. Please contact your Manager after you have spoken to the Healthline.

COVID-19 RULES

- Hand hygiene – that is, washing hands regularly with soap and water, or cleansing with hand sanitiser



- Stay at home if you have symptoms and call the Healthline number **0800 358 5453**



- Coughing or sneezing into a tissue or your elbow and then performing hand hygiene. **NO SPITTING.**

Protect yourself and others 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

COVID-19 HEALTH ADVICE
0800 358 5453

health.govt.nz/COVID-19

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

New Zealand Government

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- Clean surfaces regularly.



- Keep a two metre (approx. six feet) distance from people with COVID19 symptoms
- No gatherings which includes:
 - Attending church
 - Visiting pubs, restaurants/cafes, and other entertainment areas such as cinemas, sporting events, concerts, weddings
 - No visitors.
- When shopping, only 1-2 people can be in the vehicle
- No shaking hands, hugging or personal contact with anyone outside of your accommodation

To prevent COVID-19 it is safest to avoid physical contact when greeting. Safe greetings include a wave, a nod, or a bow.

How should I greet another person to avoid catching the new coronavirus?

The illustration shows four people demonstrating safe greetings. From left to right: a woman with her hands clasped in a prayer-like gesture, a man with his hands clasped, a doctor with his hands clasped, and a woman waving. The background is blue.

World Health Organization #Coronavirus #COVID19

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