

Simple tips to stay well



Wash and dry hands regularly. Wash hands using water and soap for 20 seconds. Then dry hands for 20 seconds



Cover coughs and sneezes with disposable tissues or clothing



Stay away from work, school or large gatherings if you are sick

Regional Public Health

HAUORA A IWI KI TE ŪPOKO O TE IKA A MĀUI
Better health for the greater Wellington region

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Keep up-to-date on the NEW coronavirus (COVID-19)

Ministry of Health website:
www.health.govt.nz/coronavirus

Check Safe Travel website before planning overseas travel:
www.safetravel.govt.nz

Free health advice – call Healthline:
General health advice:
0800 611 116
COVID-19 health advice:
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