

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



Two metres is the recommended physical distance to keep. Avoid hugging, kissing or shaking hands.

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Keep up-to-date on COVID-19 (Coronavirus)

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

Unite Against COVID-19:
www.covid19.govt.nz

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

Free health advice – call Healthline:
COVID-19 health advice: 0800 358 5453
General health advice: 0800 611 116

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