

# Guidelines for volunteers at **Alert Level 2**



Practice physical distancing of 2 metres between you and others (min. of 1 metre indoors, if that is not possible)



Wash hands often and thoroughly with soap and water, then dry



Cough and sneeze into your elbow



Regularly clean common contact surfaces such as tables, door handles, etc.



Use the NZ COVID Tracer App to keep a record of where you've been and who you've seen



Wear a face covering if you are unable to physically distance from others



Please stay at home if you feel unwell or are sick

**Regional Public Health**

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Better health for the greater Wellington region