

Coronavirus COVID-19

TOMPKINS|WAKE

If you have a fever and/or cough you should stay at home regardless of your travel or contact history.

If you have returned from an area that is subject to travel restrictions due to COVID-19 you should restrict your movement for 14 days. Check the list of affected areas on [health.govt.nz](https://www.health.govt.nz)



How to prevent



Wash

your hands well and often to avoid contamination



Cover

your mouth and nose with a tissue or sleeve when coughing or sneezing and discard used tissue



Avoid

touching eyes, nose or mouth with unwashed hands

All people are advised to:

- ▶ **REDUCE** social interactions
- ▶ **KEEP A DISTANCE** of 2m between you and other people
- ▶ **DO NOT** shake hands or make close contact where possible

If you have symptoms visit [health.govt.nz](https://www.health.govt.nz) or call **0800 358 5453**



Clean

and disinfect frequently touched objects and surfaces



Stop

shaking hands or hugging when saying hello or greeting other people



Distance

yourself at least 2m (6 feet) away from other people, especially those who might be unwell

Symptoms

- ▶ Fever (high temperature)
- ▶ A cough
- ▶ Shortness of breath
- ▶ Breathing difficulties

For daily updates visit: [health.govt.nz](https://www.health.govt.nz)