

IMPORTANT HEALTH NOTICE

IF YOU FEEL UNWELL
STAY AT HOME



**Wash
hands
with this.**



**Sneeze
here.**



1. If you feel unwell – stay at home
2. Wash your hands for 20 seconds with soap and water, and dry them well
3. If you don't have tissues handy, fire that cough or sneeze into the crook of your elbow
4. Concerned? Contact the dedicated **Healthline 0800 358 5453** for COVID-19 health advice and information

Please check the Ministry of Health website for the most up to date information:

<https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus>