


# 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



### 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

## 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**

## Symptoms

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

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