Protect yourself and others against





Mahia te hopi. Horoi ō ringa.

Wash your hands with soap and water often (for at least 20 seconds).



Whakamātihetihe te ihu ki te tuke.

Cough or sneeze into your elbow or by covering your mouth and nose with tissues.

Mēnā ka paru ō ringa, kaua e pā te kānohi.

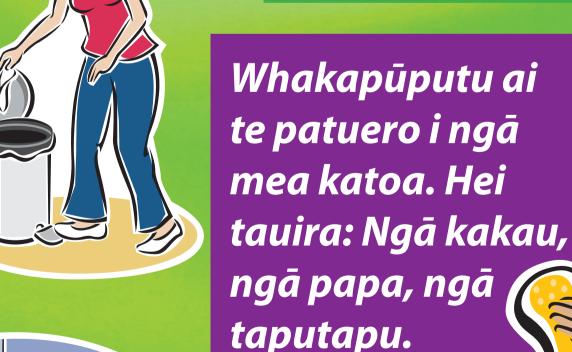
Don't touch your eyes, nose or mouth if your hands are not clean.

Rauatu te aihika ki te ipupara.

Put used tissues in the bin or a bag immediately.

Mēnā ka māuiui koe, herea ki te kainga.

Stay home if you feel unwell.



Clean and disinfect frequently touched surfaces and objects, such as doorknobs.



COVID-19
HEALTH ADVICE
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