

# Protect yourself and others against COVID-19

**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.



**Whakapūputu ai  
te patuero i ngā  
mea katoa. Hei  
tauirā: Ngā kakau,  
ngā papa, ngā  
taputapu.**

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



**COVID-19  
HEALTH ADVICE  
0800 358 5453**