

Protect *yourself and others against* **COVID-19**

***Cover your coughs or
sneezes with tissues or
your elbow***



***Put your used tissue in the
rubbish bin or in a plastic bag***



***Wash and dry your hands often,
especially after coughing or sneezing
– use soap or hand sanitiser***



***Stay away
from others if
you're unwell***



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

For international SIMs call +64 9 358 5453

health.govt.nz/COVID-19

Protect your family/whānau from COVID-19 (coronavirus)