

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**