

What you need to do if you have COVID-19



You and everyone in your home MUST NOT leave your home. This helps stop the virus spreading.



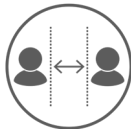
You and everyone in your home MUST NOT go to work, school, the supermarket or visit whānau or friends.



Stay two metres away from other people in your home.



Wear a mask when you go into the same room as someone who doesn't have COVID-19.



Do not share a bed or bedroom with someone who doesn't have COVID-19 if you can avoid it.

Try not to spend time in shared spaces of your home - like the bathroom and kitchen. Keep these spaces well ventilated by opening windows and doors.



You can go outside, but **you must stay on your property.** To protect your neighbours, don't speak face to face with them.



Answer all calls. Your health team will call you regularly to check how you are feeling and if you need anything.

If you or a family member becomes very unwell, has difficulty breathing or feels unsafe, immediately call 111