

WHAT'S COVID-19?

How does it affect me and my whānau?

COVID-19 is a new illness that can affect your lungs and airways. The symptoms are a cough, a high temperature, and shortness of breath. The symptoms are similar to other illnesses like a cold or the flu.

As this is a new virus, there is no vaccine available yet. However, many of the symptoms can be treated based on the person's health condition.

If you have any symptoms, have recently travelled overseas, or have been in close contact with someone confirmed with COVID-19,

please call **0800 358 5453** for advice. Interpreters are available.

People of all ages are being infected, but older people and those with medical conditions seem most likely to get seriously ill, so it's important we protect those in our community who need it most.

COVID-19

Protect our kaumātua and kuia and those in our community who need it most by **PRACTICING GOOD HYGIENE.**

Make sure you wash your hands with soap and warm water for at least 20 seconds. Don't forget to dry your hands well.



Stay home if you're feeling sick.



Avoid close contact with people.

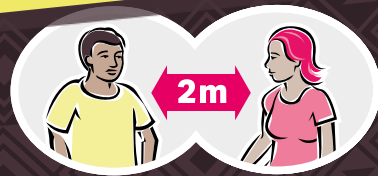
Avoid handshakes, hugs, communion, hongi, kava and other cultural practices. It's important we protect our family who need it most while continuing to respect cultural protocols.



Don't touch your face unless your hands are clean.



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



Have you travelled recently or been in contact with someone with COVID-19?

Please call Healthline on **0800 358 5453** or your family doctor if you have any symptoms such as cough, fever or shortness of breath.

Visit **[covid19.govt.nz](https://www.covid19.govt.nz)** for more information.