

How to avoid getting Covid 19

What to know

It's spread by
coughing, sneezing, touching your face,
and passed around by touching contaminated
objects

Kaumātua and those with
chest problems, cancer, diabetes,
heart disease, kidney problems and low immunity
are at high risk

But most people with COVID 19
will be OK

What to do

You are already doing
'No hongi, no kisses, no hugs'
sticking to your bubble and staying 2 metres away
from anyone else

And of course washing hands thoroughly
for one verse of Tutira Mai Nga Iwi
or two Happy Birthdays
And dry them!

Protect your whānau
Stay at home
Don't go visiting
Don't have visitors

And ... protect yourself against the Flu as well
Kaumātua and chronically ill people
Get a flu vaccine
Ring GP or Pharmacy

