

Protect yourself and others from COVID-19



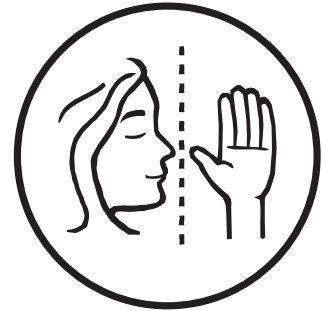
Mahia te hopi. Horoi ō ringa.

Wash your hands with soap and water often (for at least 20 seconds). Then dry.



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.



Whakapūputu ai te patuero i ngā mea katoa. Hei tauira: Ngā kakau, ngā papa, ngā taputapu.

Clean and disinfect frequently touched surfaces and objects, such as doorknobs.



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.

For updates and more information on keeping yourself safe, visit [Covid19.govt.nz](https://www.covid19.govt.nz)

[New Zealand Government](https://www.govt.nz)

Unite
against
COVID-19