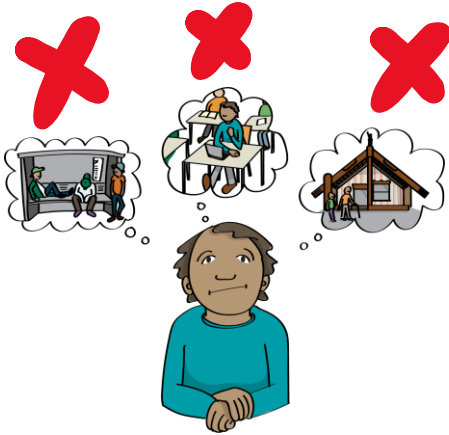
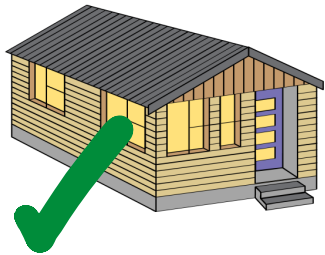


## What does Alert level 4 mean?

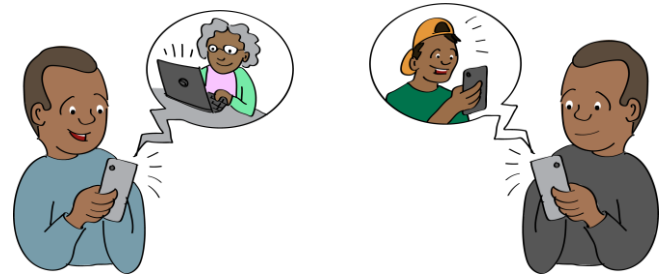
This means that Aotearoa New Zealand is in Lockdown to try to get rid of COVID 19.

- Everyone in NZ has to stay in their houses
- No one can hang out with their mates
- No one can go to the places they usually hang out



If your friend, girlfriend, boyfriend or partner does not live in your house, you can't see them. They can't come to your house. You can't go to their house.

People can keep in touch with their mates and whānau by phone, text, email.



Places like schools, movies, cafes, swimming pools are all closed. Most shops are closed too.

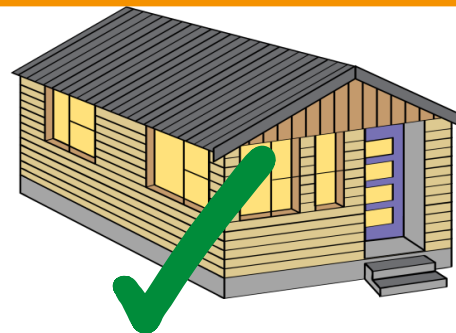
## Why does everyone have to stay in their houses?

COVID 19 can spread from one person to another person when people hang out together.

We don't want lots of people in Aotearoa to get sick. We want to stop COVID 19.

The best way to stop COVID 19 is for everyone to

- Stay at home
- Wash their hands with soap and water
- Stop touching their faces
- Stop hanging out with their mates



If you need help you can call:

- Your social worker
- VOYCE - Whakarongo Mai  
voyce.org.nz  
[0800 4VOYCE](tel:08004VOYCE) (0800 486 923)
- A Healthline counsellor – call or text [1737](tel:1737) (it's free)
- Youthline – [0800 376 633](tel:0800376633) Free text [234](tel:234)

## Where can we go at Alert Level 4?

- Hang out in the garden or backyard with people from your house
- Go for a short walk in your neighbourhood (only with people from your house)



1 person from the house can go to

- Supermarket ✓
- Pharmacy for medicine ✓



## What can we do at Level 4 Alert?

Listen to music or make music

Write raps or a diary

Play games and cards

Watch TV or movies

Study for your drivers' licence

Cook

Help out at home

Hear about your whakapapa

Workout in the yard

Read books or magazines



## Who can go to work at Alert level 4?

The only people who can go to work are people like:

- **Nurses and doctors** – to help sick people get better
- **Police** – to keep everyone safe and to make sure everyone sticks to the Lockdown
- **People who work in supermarkets** – to make sure people can get food
- **Social workers** – to help young people stay safe and well



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- **VOYCE - Whakarongo Mai**  
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## How long will Alert level 4 last?

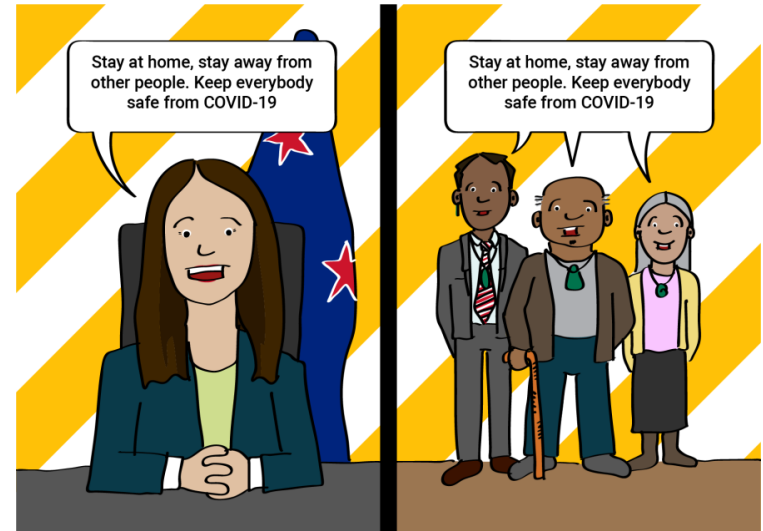
We don't know. We started Lockdown on 26 March. We need everyone to stick to the new rules so it can be over as quickly as possible.

MARCH						
Mon	Tue	Wed	Thurs	Fri	Sat	Sun
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

APRIL						
Mon	Tue	Wed	Thurs	Fri	Sat	Sun
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

You are not alone. Everyone is trying to keep our people safe.

Your social worker can tell you what this means for you. Your social worker will try to answer your questions.



**“Stay home. Save lives.  
Keep you, your whānau and your  
community safe”**

**Alert Level 4**

**Stay home – Save lives**