

Kia ora e te whānau

Thank you! You're awesome!

We all worked together. We stayed at home even though it was hard. We slowed down COVID 19.

COVID 19 isn't gone yet. Some people are still sick.

Stay at home! **Don't put nanny, koro, mum, dad at risk by breaking your bubble.** We've got to help the oldies out!



Level 3

For most people Level 3 rules are **the same as** Level 4 rules:

- stay at home
- don't hang out with our mates
- if we are sick phone the doctor or Healthline

0800 359 5453

Why do we still have to stay at home?

To stop COVID 19 we need to keep away from each other. It's easy for COVID 19 to make lots of people sick again if we all hang out together.



I don't want to get sick. I don't want others to stuff it up and we are back in level 4 AGAIN!

Level 3 rules

Stay at home

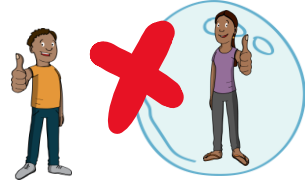
- We can't go out with our friends – even if friends ask us to
- We can't go for a drive with our friends
- We can't go to places like the gym, or the movies
- We can buy some stuff like takeaways. We have to order them by phone or online



I want to protect my family. This stuff is helping everyone stay safe. It stops them from dying.

Stay in our bubble

- We can hang out with the people who live in our house. We can go out for some exercise with them
- Look after whānau like Koro, Nannies or aunties who need extra help
- We can't go see our girlfriend, boyfriend, partner



Wash our hands with soap

- Dry our hands
- Don't touch our face
- Cough or sneeze into our elbows



If we're sick

- Stay at home.
- Phone the doctor or Healthline **0800 359 5453**

Do what the doctors and nurses tell you to do



We are not alone

We can phone our social worker if we:

- want a chat or help
- have questions like:

“Can I go and stay with my mum?”

“Will my mentor come and see me?”

- want to know about Family Group Conferences (FGCs) or court stuff
- are worried about your whānau



If we have big worries or feel stink we can phone or text places like:

- Youthline **0800 376 633**

Free text **234**

- VOYCE - Whakarongo Mai at <https://voyce.org.nz/>
0800 4VOYCE (**0800 486 923**)



We can phone the Police 111 if we think:

- someone is going to get hurt
- someone is going to hurt themselves



The Police are helping everyone in Aotearoa NZ stick to the rules



The main rule is **Stay at home Save lives**

The Police's job is to make sure that:

- everyone knows what to do
- everyone follows the rules

You will see more Police than normal.

The Police will remind people about what to do.

They will tell people if they are breaking the rules.

Me mahi tahi tātou mo te oranga o te whānau

Let's work together to keep all of our whānau well!



What about Court?

Court is still open but judges don't want people to come to court buildings while NZ is at Level 3 Alert. Court has **special rules** because they don't want people to get sick. The Judges have changed lots of court dates for people because of Alert Level 3.

Some people might still need to go into court buildings to see the Judge, but our lawyer or social worker will tell us if we need to go.

If we don't know what is happening or have questions, we can ask our social worker, FGC Coordinator or Youth Advocate (lawyer).

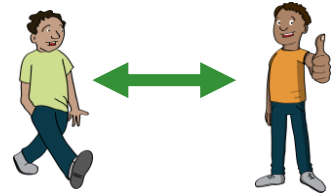


Everyone is trying to sort out court cases by email, phone, video conference, AVL (Audio Visual Link) if they can.



If we have to go to a court building follow Court's rules:

- stay away from other people
- try not to touch anything
- wash and dry our hands
- don't touch our face



How long?

March

Mon	Tues	Wed	Thur	Fri	Sat	Sun
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	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	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

May



= Level 4

Stay home Save lives

Essential workers like nurses, social workers and police can go to work.



= Level 3

Stay home Save lives

Some businesses can open. We can buy some stuff like takeaways. We have to buy the stuff online or by phone.

The Prime Minister will tell us if we:

- stay at Level 3
- move to Level 2

If lots of people break the rules, we might have to move back to level 4.