

What is COVID 19?

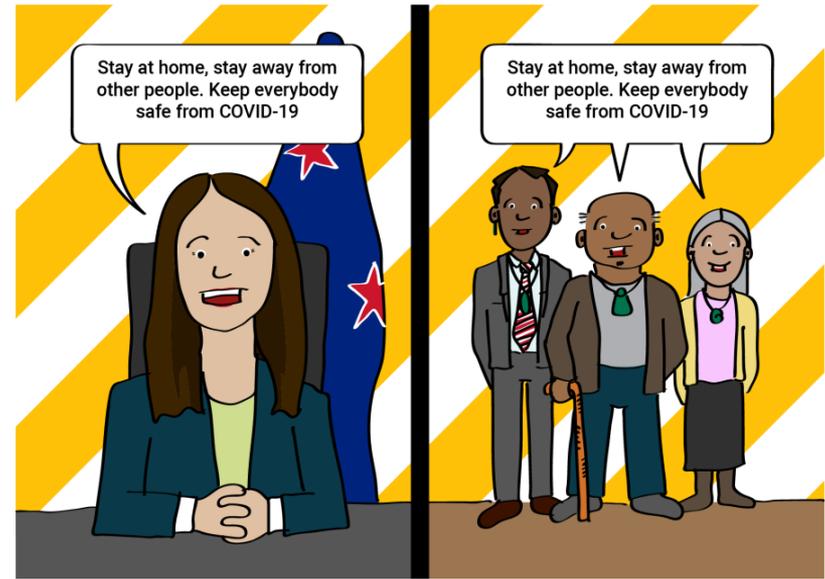
COVID 19 is a virus. It is also called coronavirus. COVID 19 is making people very sick. Some people have died.

It easy for old people, and people who have other illnesses to get COVID 19. COVID 19 is even more serious for them. Young people and children can get sick too.

We need to take special care of our koro and kuia. We need to look after all our people.

The Prime Minister, Jacinda Ardern wants to keep everyone safe and well.

She does not want people to get sick so she has made some new rules. The new rules are called **Alert Level 4**



If you need help you can call:

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



**Wash your
hands with
soap**



**Dry your
hands**



**Don't touch
your face**



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**Physical
distancing –
keep away
from others**



What is physical distancing?

Everyone in New Zealand is following a rule called physical distancing.

Physical distancing =

- You stay in the house you live in
- You can hang out with the people that live in the same house with you
- You can't go to other people's houses.
- You can't hang out at places like the bus stop

Stay away from other people. Stay away from anyone who does not live in your house



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Physical distancing – keep away from others



Go home! Keep everyone safe.

Sometimes people might forget the rules.

If people come to your house - tell them to go back to their house. Keep your whānau safe. Keep everybody safe.

How do we know if we have COVID 19?

People who have symptoms of COVID 19

- have a **cough**



- have a **fever**



- say it is **harder to breathe**



What do we do if we think we have COVID 19?

Stay in the house. Phone the GP/doctor or phone Healthline [0800 359 5453](tel:08003595453)

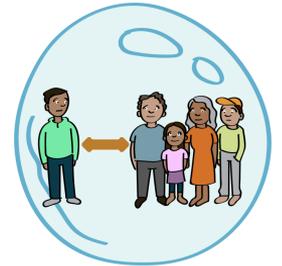
They will tell you the best thing to do.



If we get tested to see if we have COVID 19, we don't find out the test results on the same day.

We have to **stay home and wait**.

We have to **stay away from other people in our house**.



What do we do if someone in our house is sick?

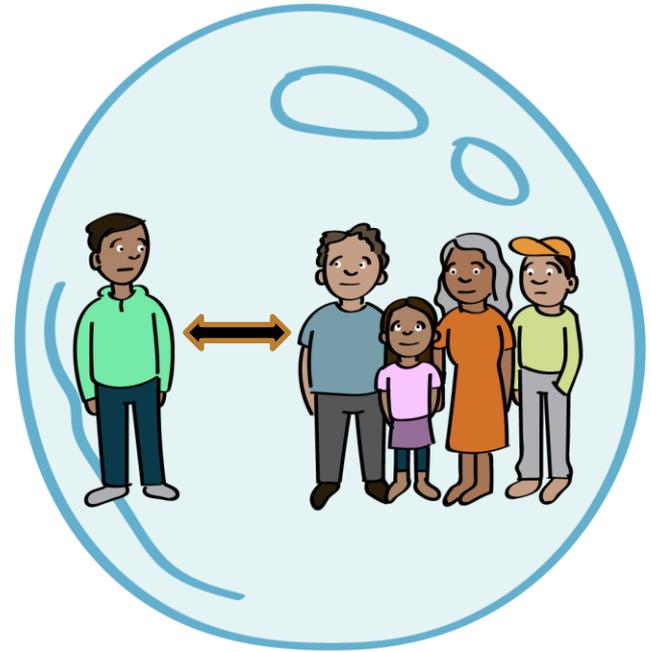
Stay away from the person if you can.

The person who is sick needs to have their own stuff like food, plates, cups, spoons, knives, forks, towels.

You need to have your own stuff. No sharing.

Stop sharing stuff like ciggies, smokes, drinks and food. We can make each other sick if we share stuff.

Clean things carefully. Wash your hands.



Stay in the house and phone the GP/doctor or phone Healthline [0800 359 5453](tel:08003595453)

They will tell you the best thing to do

