

What is COVID 19?

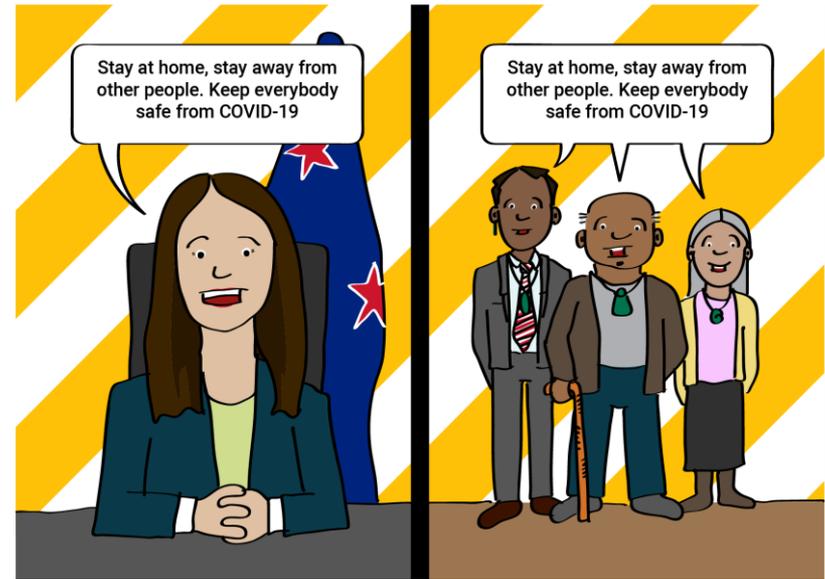
COVID 19 is a virus. It is also called coronavirus. COVID 19 is making people very sick. Some people have died.

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.

The COVID virus has changed. The new delta strain is more dangerous. We need to take special care of our koro and kuia.

The Prime Minster, Jacinda Ardern wants to keep everyone safe and well and stop delta.

She does not want people to get sick so Auckland is in **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 for
20 seconds**



**Don't touch
your face**



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**Physical distancing –
keep away from others**



**Wear a mask-
when you
have to go
out**

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)

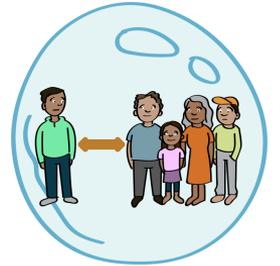
They will tell you the best thing to do.



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?

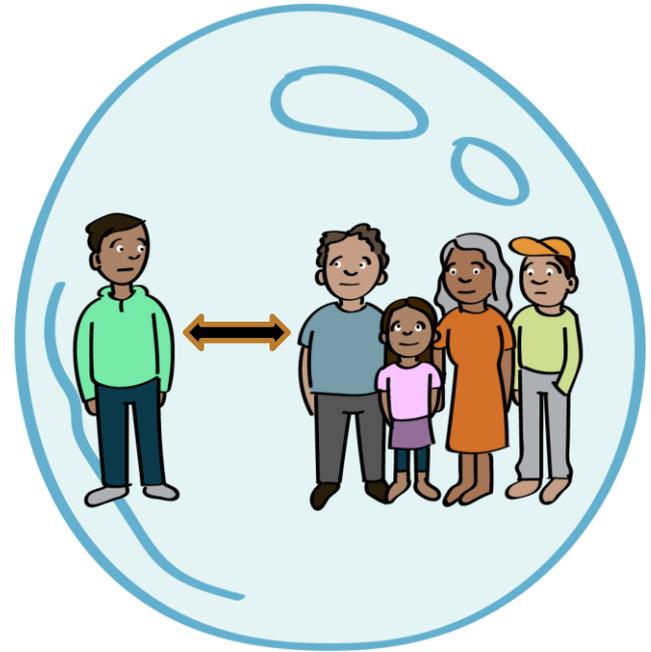
Stay away from the person if you can.

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 for 20 seconds.



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



Mask Wearing in Level 4

You must wear a mask in places where you will be near other people:

- On **buses, trains**, and at **bus stops** and **train stations**
- Any shops that can open in level 4
Supermarkets, dairy, petrol stations
- Healthcare places like **doctors, COVID testing stations** and **pharmacies**



“Delta spreads quickly and easily and can make people very sick”

Wearing a mask helps to keep you and other people safe.



“Your mask needs to cover your nose and mouth”