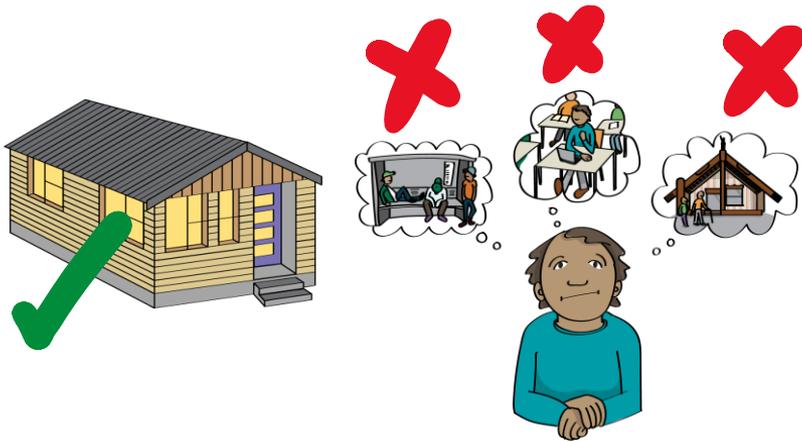


What does Alert level 4 mean?

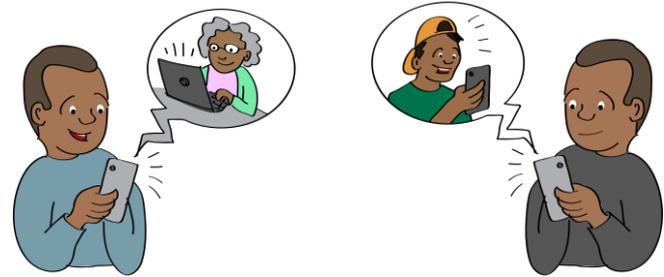
This means that Aotearoa New Zealand is in Lockdown to try to get rid of COVID 19 delta.

- 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.

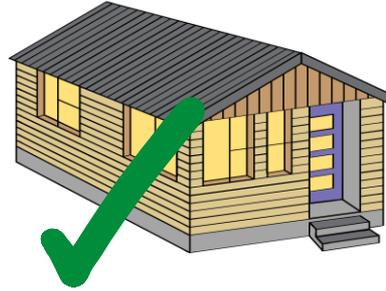
Why does everyone have to stay in their houses?

COVID 19 can spread from one person to another person when people hang out together. The delta strain of COVID 19 spreads easily.

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 for 20 seconds
- Wear a mask if you have to leave the house
- 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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[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)

How long will Alert level 4 last?

We don't know. We started Lockdown on 18 August.

Different parts of the country might change alert levels at different times.

AUGUST						
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					

We need everyone to stick to the new rules so it can be over as quickly as possible.

You are not alone. Everyone is trying to keep our people safe. We all want to stop delta in our community.

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



**“Stay home. Stop delta.
Keep you, your whānau and your
community safe”**

Alert Level 4

Stay home – stop delta

COVID Tracer App

Keeping a record of all the places you go helps when there is COVID in the community.

Use your record to check if you have been to a place where someone with COVID has been.

If you get COVID, a record of places you have been helps to track anyone who might be a close contact and need to get a test.



Keep a record of

- Where you went
- When you went there

You can use the COVID tracer app or keep a list.

New Rules For Signing In

At all alert levels you must use the COVID tracer app or sign in at places where there a lots of people.



- Resthomes and healthcare places
- Movies, theatre, casinos
- Indoor spaces like libraries and swimming pools
- Big social events, tangihana, marae gatherings, weddings
- Court, places like WINZ and community support agencies.