

Play it safe - Everyone in New Zealand is **playing it safe at level 2**. Here's what we are all doing to look after each other and stop Delta:

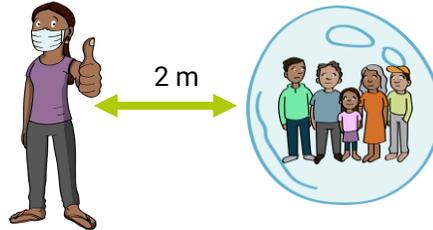
1. **Wearing a mask** when we are in public places.



2. **Staying at home if we feel sick.**



3. **Physical distancing** – staying away from people when we are out in public



4. **Contact tracing** – use the COVID tracer app or make a list of the people we see every day. If anyone gets sick this makes it easier to:

- Find all the people we've spent time with.
- Get everyone the help they need quickly.



IMPORTANT:

If we get sick or if we think we have **COVID-19** we have to phone:

- a doctor or Healthline **0800 358 5453**.



Keep in touch with your social worker.

Ask them if you need help.



What does Alert Level 2 Delta mean?

In Alert Level 2 Delta there are new rules to try and help keep everyone safe.

The scientists know more about COVID 19. The Delta strain spreads quickly and easily by something called **aerosol transmission**.

Aerosol transmission = spreading through the air

A person has COVID.
They breathe or cough.

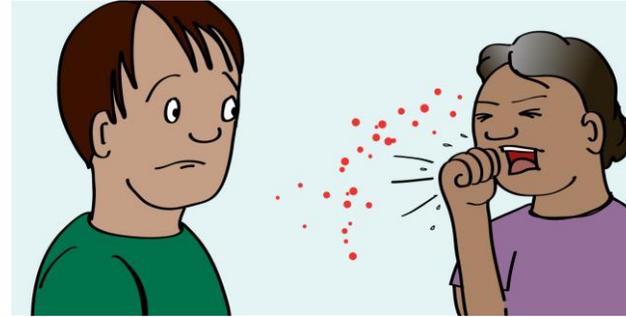
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You are near to the person
and breathe in the virus.

The new rules are to try and stop Delta spreading.

The new rules are needed to stop people getting sick and keep our whānau safe.

Keeping people safe at Alert Level 2?



Stay 2 metres
away from people
in public places.



Wear masks when
you leave the house
to keep yourself and
others safe

Mask Wearing in Level 2

There are new laws about wearing masks.

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

- On all public transport, **buses, trains, aeroplanes** and at **bus stops** and **train stations**
- At shops or places that serve people (**dairy, petrol stations, chemist, takeaways**)
- Healthcare places like **doctors, COVID testing stations** and **chemists**.
- Indoor places like **libraries, museums, gyms**
- Public areas in **courts**, government agencies (WINZ, Oranga Tamariki) and social agencies.



Wearing a mask helps to keep you and other people safe. Your mask or face covering needs to cover your nose and mouth.



“Make sure you take a mask when you leave the house”

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



“Use the COVID tracer app or keep a list of where you have been”

New Rules For Signing In

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



You must **scan** the QR code or **sign in** at

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

“Signing in at all the places you visit is the best way to keep a record of where you have been”

Schools, courses, work

People can go to schools, courses and work at Level 2 if they are well. They must wear a mask when they are travelling.

People over 12 are strongly encouraged to wear a mask at school.

Cafes, bars and clubs

At Alert Level 2 places like cafes, bars and nightclubs can open.

Nightclubs and bars are open for sitting down only.

There is no dancing in level 2.

Workers who serve customers food or drinks must wear masks.

When you visit a cafe, bar, nightclub or takeaways you must wear a mask.

You can take your mask off to eat or drink.

Keeping Fit at Level 2

In Alert Level 2 you can do sport and activities if you can do them safely.

Parks and playgrounds are open

Indoor sports places like gyms and swimming pools will be open.



You must wear a mask inside at indoor sports places.

You need to wear a mask when you work out at the gym.