

Protect

yourself and others against

COVID-19

Cover your coughs or sneezes with tissues or your elbow



Put your used tissue in the rubbish bin or in a plastic bag



Wash and dry your hands often, especially after coughing or sneezing – use soap or hand sanitiser



Stay away from others if you're unwell



**COVID-19
HEALTH ADVICE
0800 358 5453**

For international SIMs call +64 9 358 5453

health.govt.nz/COVID-19

Protect your family/whānau from COVID-19 (coronavirus)