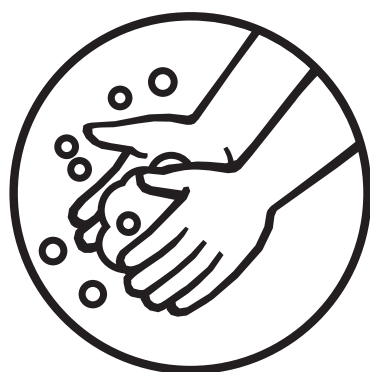




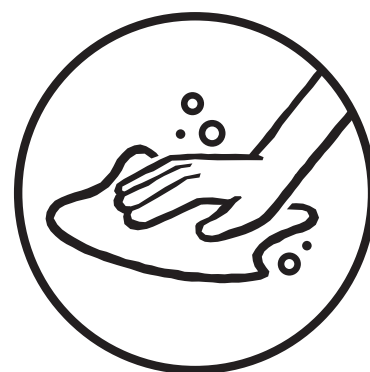
Protect yourself and others from COVID-19



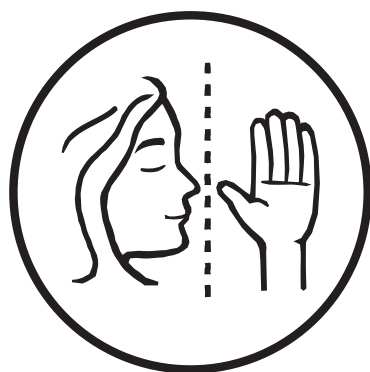
Wash your hands
with soap and water
often (for at least 20
seconds). Then dry.



Cough or sneeze
into your elbow or by
covering your mouth
and nose with tissues.



Clean and disinfect
frequently touched
surfaces and objects,
such as doorknobs.



Don't touch your eyes,
nose or mouth if your
hands are not clean.



Put used tissues
in the bin or a bag
immediately.



Stay home if you
feel unwell.

For updates and more information on keeping yourself safe,
visit **Covid19.govt.nz**

New Zealand Government

Unite
against
COVID-19