We can all slow the spread

We all need to work together if we want to slow the spread of COVID-19. Unite against the virus now.

Be kind. Check-in on the elderly or vulnerable

Make a difference by:
• checking-in on any elderly or vulnerable people you know
• dropping supplies to those at home sick.

Washing and drying your hands kills the virus

Wash often. Use soap. 20 seconds. Then dry. This kills the virus by bursting its protective bubble.

Cough or sneeze into your elbow

It keeps the virus off your hands, so you won’t spread it to other people and make them sick too.

Stay home if you are sick

Call your GP before visiting them. Or call Healthline on 0800 358 5453.

Find out more at Covid19.govt.nz

New Zealand Government

Unite against COVID-19