



MidCentral District Health Board | Te Pae Hauora o Ruahine o Tairāroa

Public Health School Update

Primary, Public and Community Health Cluster - Uru Kiriora

Issue 1. June 2020

Covid 19

At Alert Level 1, everyone can return without restriction to work, school, sports and domestic travel, and you can get together with as many people as you want.

Stay at home if you're sick

If you have cold or flu symptoms you should stay home, call your doctor or Healthline **0800 358 5453**.

The symptoms of COVID-19 are similar to other illnesses that are more common, such as colds and flu.

- a cough
- a high temperature of at least 38°C
- shortness of breath
- sore throat
- sneezing and runny nose
- temporary loss of smell.

If you have any of these symptoms it doesn't necessarily mean you have COVID-19. Stay home for 48 hours after symptoms have gone.

Wash your hands

Washing your hands continues to be one of the easiest ways to keep yourself safe. Wash your hands regularly, when visibly dirty, before and after eating and after:

- blowing your nose, coughing or sneezing
- visiting a public space,
- touching surfaces outside of the home
- touching money
- using the toilet
- caring for a sick or vulnerable person
- handling rubbish
- touching animals and pets
- changing babies' nappies or helping children use the toilet

The same principles apply for the use of hand sanitiser. Rub it into your hands for 20 seconds to ensure full coverage.

Golden Rules

1. If you're sick, stay home. Don't go to work or school. Don't socialise.
2. If you have cold or flu symptoms call your doctor or Healthline and make sure you get tested.
3. Wash your hands. Wash your hands. Wash your hands.
4. Sneeze and cough into your elbow, and regularly disinfect shared surfaces.
5. If you are told by health authorities to self-isolate you must do so immediately.
6. If you're concerned about your wellbeing or have underlying health conditions, work with your GP to understand how best to stay healthy.
7. Keep track of where you've been and who you've seen to help contact tracing if needed.
8. Stay vigilant. There is still a global pandemic going on
9. Be kind to others. Be kind to yourself.