

LET'S KEEP OUR REGION COVID-19 FREE!

Look after yourself and your whānau over the holiday season by taking time to rest and enjoy a break. It's been a hard year and we all need a bit of support from time-to-time. If you or someone you know is struggling, there is help available. Free call or text 1737 any time, 24 hours a day. You can also call Lifeline on 0800 543354 or text HELP to 4357.

We have done a great job of protecting our community from COVID-19 so let's do our best to keep it that way. For those of you staying at home or travelling over this time, please keep yourself and your loved ones safe by doing the following:

- If you are sick, please stay home. Don't travel or take part in events or activities.
- If you become sick while on holiday, contact Healthline on 0800 611 116 or your health professional who can advise whether you should be tested. If you are told to get a test, please do so; don't wait until you get home.
- Testing will be available throughout the Christmas, New Year and holiday period. If you need to get a test, call Healthline or your health professional for advice about where to get a test.
- Remember to use the NZ COVID Tracer app or write down where you've been. This is really important when you're on holiday because you may not remember all the locations you have visited. Keep your phone close to make signing in quick and easy.
- Consider packing a kit that contains hand sanitiser, a mask, cleaning products, and a booklet for contact tracing.
- Wash and dry your hands, or use hand sanitiser if unable to wash your hands. Cough or sneeze into your elbow and regularly clean well-used surfaces.
- Be aware of the current alert level and any additional measures, like physical distancing or face mask use, you might need to take to protect yourself and others.



MIDCENTRAL DISTRICT HEALTH BOARD
Te Pae Hauora o Ruahine o Tairāia

