







# Novel Coronavirus (COVID-10)

## Protect yourself



	<p><b>Cover coughs and sneezes</b> Cover coughs and sneezes with tissues or clothing, throw the tissue in the bin and wash hands afterwards (wash your hands after wiping children's noses too).</p>
	<p><b>Wash your hands regularly</b> Wash hands regularly with soap and water, or use hand sanitiser. Good hand hygiene is more important and effective than wearing a mask.</p>
	<p><b>Use tissues when spitting</b> Spit into tissues, throw them in the bin, then wash your hands.</p>
	<p><b>Don't share food utensils</b> Don't share spoons, forks or chopsticks when eating from shared plates. This can spread illness through saliva.</p>
	<p><b>Celebrations, events and crowded places</b> Do not attend events if you have been in, or transited through mainland China, Iran, northern Italy or the Republic of Korea, or have been in close contact with someone confirmed with COVID-19, in the last 14 days. Avoid close contact with people in crowded places, especially those showing signs of illness.</p>
	<p><b>Self-isolate</b> If you have been in or transited through mainland China, Iran, northern Italy or the Republic of Korea, or have been in close contact with someone confirmed with COVID-19, in the last 14 days, you should:</p> <ul style="list-style-type: none"> <li>• Isolate yourself for 14 days from the date of departure or close contact</li> <li>• Register your details with Healthline (call 0800 358 5453 or +64 9 358 5453 for international SIM).</li> </ul> <p>Visit the Ministry of Health's coronavirus webpage (<a href="http://www.health.govt.nz">www.health.govt.nz</a>) for self-isolation advice.</p>
	<p><b>Travelling overseas?</b> Check the latest travel advisories here: <a href="http://safetravel.govt.nz">safetravel.govt.nz</a>.</p>
	<p><b>Be socially responsible</b> Show respect and kindness to others during this challenging global situation.</p>

**For more information visit [www.health.govt.nz/coronavirus](http://www.health.govt.nz/coronavirus)**  
*We can all play a part in helping keep ourselves and others well*