

WHAT'S COVID-19?

HOW DOES IT AFFECT ME AND MY FAMILY?

COVID-19 is a new illness that can affect your lungs and airways. The symptoms are a cough, a high temperature, and shortness of breath. It's similar to other illnesses like a cold and the flu.

As this is a new virus, there is no vaccine available as of yet. However, many of the symptoms can be treated based on the person's health condition.

If you have any symptoms, recently travelled overseas, or have been in close contact with someone confirmed with COVID-19, please call **0800 358 5453** for advice. Interpreters are available.

People of all ages are being infected, but older people and those with medical conditions seem most likely to get seriously ill, so it's important we protect those in our community who need it most.



**NORTHLAND DISTRICT
HEALTH BOARD**
Te Pouri Hauora Ā Rohe O Te Tai Tokerau



**AUCKLAND
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Protect our elderly and those in our community who need it most by practicing good hygiene

Make sure you wash your hands with soap and warm water for at least 20 seconds.

Don't forget to dry your hands well.



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



Don't touch your face unless your hands are clean.

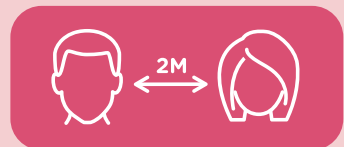


Stay home if you're feeling sick.



Avoid close contact with people.

Avoid handshakes, hugs, communion, hongi, kava and other cultural practices. It's important we protect our whaanau who need it most while continuing to respect tikanga and cultural protocols.



Call **Healthline on 0800 358 5453** if you have any symptoms such as a cough, fever and shortness of breath.

Visit <https://covid19.govt.nz/> for more information.