

Unite for the RECOVERY

The 10 Golden Rules for everyone at Alert Level 1:

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. Use the NZ COVID Tracer app as a handy way of doing this.
8. Businesses should help people keep track of their movements by displaying the **Ministry of Health QR Code for contact tracing**.
9. Stay vigilant. **There is still a global pandemic going on**. People and businesses should be prepared to act fast to step up Alert Levels if we have to.
10. People will have had different experiences over the last couple of months. Whatever you're feeling — it's okay. **Be kind to others. Be kind to yourself.**