

Alert Level 2

Unite  
against  
COVID-19

### Alert Level 2 for us, Auckland at Alert Level 3

As always, if you have cold or flu-like symptoms, please stay home and call Healthline for free on 0800 358 5453 or your doctor for advice about getting a free COVID-19 test. Let your manager know what's happening.

## POTENTIAL SYMPTOMS OF COVID-19



@SIOUXSIEW @XTOTL thespinoff.co.nz

SOURCE: WHO, CDC CC-BY-SA 4.0

FOR THE LATEST INFO PLEASE SEE [who.int](http://who.int) or [health.govt.nz](http://health.govt.nz)

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### How do I protect myself?

You should always practice good hygiene by:

- covering coughs and sneezes with disposable tissues, or cough/sneeze into your elbow – that catches the droplets and stops them getting on your hands.
- washing hands for at least 20 seconds with water and soap, and drying them thoroughly:
- before eating or handling food
- after using the toilet
- after coughing, sneezing, blowing your nose or wiping children's noses
- after caring for sick people
- after handling pets.



### **Face coverings compulsory on public transport**

Face coverings on public and passenger transport are the new normal under Alert Level Two (for the country apart from Auckland).

To help stop the spread, everyone is wearing a face covering on buses, trains, ferries, planes, taxis, and Ubers anywhere in the country.

Face coverings help keep you and others safe as they can help stop infectious droplets spreading when people speak, laugh, cough or sneeze. A bandana or a scarf can be used if you do not have a mask.

If you're using public transport, use physical distancing, wear a face covering and follow staff directions.

[The Government COVID-19 website](#) has ideas on how to make your own face covering, plus advice on using and looking after your washable face covering properly.

### **QR codes mandatory for all businesses and services**

The display of QR codes are mandatory for businesses and other venues at all Alert Levels.

A separate QR poster is needed for each unique location. Each location must display their poster in either a promHope you find the above information helpful.

