

1 April 2020 COVID-19 staff update

Hi everyone

Hope you are all well and keeping active.

Stay physically well

Keep up regular physical exercise and get some fresh air when possible. It's good so long as this is solitary or only with those you are living with (Unite against Covid-19 brochure).

Which types of exercise are okay?

Going for a walk, run or bike ride is good for your mental health.

Just remember to:

- Stay close to home. Enjoy your neighbourhood, but go no further. For example, if you live near a beach, you can go for a walk on it. But don't drive to the beach.
- Keep a 2 metre distance from others.

Which types of exercise should we avoid?

- Don't do anything that could lead to you getting lost or hurting yourself and end up requiring the help of emergency services.
- Try to avoid places that could get crowded.

Share a photo

When you are out for a walk, run or bike ride, take a photo of your neighbourhood to share with the rest of the team.

Here's a photo taken by Karen yesterday:



Latest updates from www.covid19.govt.nz

New COVID-19 modelling reports released

<https://covid19.govt.nz/latest-updates/new-covid-19-modelling-reports-released/>

Daily COVID-19 update live streams

<https://covid19.govt.nz/latest-updates/daily-covid-19-update-live-streams/>

Stay safe everyone. Please send through your photos and we can share them amongst us. Catch you all tomorrow.

Regards

Michelle Wessing

CHIEF OF STAFF