

PRRA Staff Daily Update – Monday 6 April 2020

Hi everyone – Hope you had a lovely weekend!

Updates from www.covid19.govt.nz

Further guidance has been provided on what Alert Level 4 means.



Health Notice gives guidance on Alert Level 4 rules

04 Apr 2020

The Director General of Health, Dr Ashley Bloomfield, has issued a Health Notice that provides more guidance on the rules during Alert Level 4 to ensure its success and help move New Zealand out of lockdown as soon as possible.

The notice sets out:

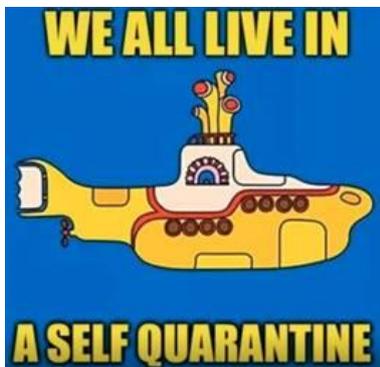
- Everyone in New Zealand is to be isolated or quarantined at their current place of residence except as permitted for essential personal movement.
- Exercise is to be done in an outdoor place that can be readily accessed from home and 2-metre physical distancing must be maintained.



- Recreation and exercise does not involve swimming, water-based activities (for example, surfing or boating), hunting, tramping, or other activities of a kind that expose participants to danger or may require search and rescue services.



- A child can leave the residence of one joint caregiver to visit or stay at the residence of another joint caregiver (and visit or stay at that residence) if there is a shared bubble arrangement.
- A person can leave their residence to visit or stay at another residence (and visit or stay at that residence) under a shared bubble arrangement if:
 - One person lives alone in one, or both, of those residences; or
 - Everyone in one of those residences is a vulnerable person.



Medical Insurance Scheme

The Agency will soon be renewing the Group Medical Scheme which provides our employees access to much broader cover including pre-existing medical conditions at a lower cost than they could achieve individually. Employees who are paying an amount on top of the Agency subsidy will continue to pay that portion directly to Southern Cross who will be in contact shortly.

Ideas for cleaning at home

Microwave cleaning: Put equal parts water and vinegar into a microwave safe bowl with a small wooden object (like a toothpick or wooden spoon) to prevent boiling. Set microwave on high for five minutes. Once it cools, open up the microwave and wipe down with a paper towel.

Oven cleaning: Three ingredients, no harsh chemicals! [Click here to view.](#)

Will catch up with you again tomorrow.

Take care everyone and stay safe!

Best regards

Michelle