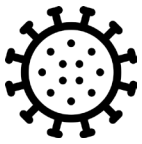


Answering your questions about COVID-19 CORONAVIRUS



What is it?

- A virus similar to the common cold and flu.
- It spreads easily if you have symptoms.
- It is a new virus. A vaccine is being developed right now.
- NZ is taking actions to make sure it is contained and doesn't spread wide into the community.



How will I recognise it?

- You will have flu-like symptoms – fever, cough, sore throat or difficulty breathing.



Could I get it?

You might get it if you have:

- a) Travelled in the last 14 days OR
- b) Been in contact with someone who has travelled in the last 14 days OR
- c) Been in contact with someone who has had Covid-19.



How can I get it?

- If you touch surfaces or food that has been coughed or sneezed on by someone who has Covid-19 and then touch your face (mouth, nose, eyes) OR
- If someone with Covid-19 coughs or sneezes within 2 metres of you.



Will it make me very sick?

- **MOST** people will have mild to moderate symptoms and fully recover at home.
- A **FEW** people will become very sick and need to go to hospital.

SEEK MEDICAL ATTENTION IMMEDIATELY IF YOU HAVE DIFFICULTY BREATHING.



Who is most likely to get very sick?

Older people and people who already have health conditions.



What do I do if I think I have it? **STAY HOME & CALL for advice**

- 1) Call the 0800 358 5453 Covid-19 Health Advice line OR
- 2) Call your GP or nurse for advice **BEFORE** going to the clinic OR
- 3) Go to your GP clinic, wait in the car and call the clinic for advice **BEFORE** going inside.



What do I do if I get it?

Follow the advice of your health professionals.



How can I protect myself and family?

- Cough or sneeze into your elbow or tissues (throw away immediately and wash hands)
- Wash hands regularly using soap and water for 20 seconds and dry or use hand sanitiser
- Avoid touching your face
- Minimise kissing, hand shaking, communal practices (kava/communion), hongi
- Clean surfaces that are touched often e.g. door handles
- Stay home if you don't need to go out
- Stay 2 metres away from other people
- Ask family members who have travelled in the last 14 days if they have flu like symptoms, if they do, ask if they have called for health advice.