

#KiaHaumaruTelwi

KĀTI TE HORAHANGA O COVID-19



HOROIA O RINGARINGA

often and thoroughly with soap and water for at least 20 seconds, make sure you dry them thoroughly.



WHAKAMAHI I TE WAI HOROMATA

containing at least 60% alcohol if regular soap and water is unavailable.



WAEA I MUA

if you are experiencing coughing, fever or shortness of breath. Free-call Healthline on 0800 358 5453.



WHAKARITE I TŌ WHARE

wipe surfaces with general household cleaner or disinfectant and keep spaces well-ventilated.



E NOHO TAKITAHANA

if you have traveled overseas in the last 14 days, or are experiencing virus-like symptoms.



NOHO PONO!

MIDCENTRAL DISTRICT HEALTH BOARD
Te Pae Hauora o Ruahine o Tairāia

Te Tihi
Reaching New Heights

THINKHauora
Connecting Communities for Wellbeing