

MAINTAIN PHYSICAL DISTANCE AND STAY CONNECTED!

WHAT IS PHYSICAL DISTANCING?

Distancing is an effective method of infection control that aims to reduce contact between people who are infected and the wider community. Some people do not show any signs of infection even if they are unwell, so it is important we all follow the guidelines whether we think we are sick or not.

KEEP YOUR DISTANCE

Maintain a **2 metre** distance between yourself and other people to reduce the chances of spreading the virus & try to avoid spaces where you are closer than 2 metres for longer than a 15 minute period.

WASH YOUR HANDS OFTEN, AND STAY HOME IF YOU ARE UNWELL.



GET CREATIVE, AND STAY CONNECTED!

Physical distancing does not mean disconnecting! Text your friends & whānau, make a group chat, host a dinner via video call, leave notes in your neighbours letterbox - do what you can to stay connected!

VISIT [COVID19.GOV.T.NZ](https://www.covid19.govt.nz) FOR THE LATEST INFORMATION

REACH OUT IF YOU NEED SUPPORT.

It is normal to feel overwhelmed or anxious so remember to reach out to your friends and whānau. Additionally, there are **FREE** services available 24/7 to support you & your whānau. Reach out, and remember we're in this together!

FREE CALL OR TEXT 1737 ANYTIME TO SPEAK WITH A TRAINED COUNSELLOR.

KIA HAUMARU TE IWI #DOITFORYOURWHĀNAU