

#DOITFORYOURWHĀNAU

# STOP THE SPREAD OF COVID-19



## WASH YOUR HANDS

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



## USE HAND SANITISER

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



## CALL IN ADVANCE

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



## PREPARE YOUR WHARE

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



## SELF ISOLATE

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



## STAY POSITIVE!





# MANAAKITANGA

*A duty to care for people.*

To stop the spread of germs and to keep our Kaimahi, Whānau, and Manuhiri safe, we are practising "no-contact" in this whare.

## HERE'S HOW WE CAN STILL MIHI TO ONE ANOTHER:



*Lifting a hand upwards  
(not outwards) and say  
"Pai Mārire!"*



*Nod your head with one  
hand on your heart.  
'Virtual' kiss or hongī.*



*Say:  
Kia Ora! Mauri Ora!  
Tēnā koe/kōrua/koutou*



*Wiri, pūkana,  
or ankle/elbow  
tap.*