Ministry of Health Guidelines:

Protecting yourself and others from COVID-19

This information applies to everyone, including vulnerable people and those at higher risk of getting COVID-19.

Golden rules for everyone at Alert Level 1

While the risk of exposure to COVID-19 is now low, there are some Golden Rules we should all follow to help prevent future spread.

1. If you’re sick, stay home. Don’t go to work or school. Don’t socialise.
2. If you have cold or flu symptoms call your doctor or Healthline and make sure you get tested.
3. Wash your hands. Wash your hands. Wash your hands.
4. Sneeze and cough into your elbow, and regularly disinfect shared surfaces.
5. If you are told by health authorities to self-isolate you must do so immediately.
6. If you’re concerned about your wellbeing, or have underlying health conditions, work with your GP to understand how best to stay healthy.
7. Keep track of where you’ve been, when and who you’ve seen to help contact tracing if needed. Use the NZ COVID Tracer app as a handy way of doing this.
8. Businesses should help people keep track of their movements by displaying the Ministry of Health QR Code for contact tracing.
9. Stay vigilant. There is still a global pandemic going on. People and businesses should be prepared to act fast to step up alert levels if we have to.
10. People will have had different experiences over the last couple of months. Whatever you’re feeling — it’s okay. Be kind to others. Be kind to yourself.

There are no physical distancing requirements at Alert Level 1. You can still play it safe by continuing to keep a distance from people you don’t know. Use your judgement. The more space there is between you and others, the harder it is for COVID-19 to spread.

Stay home if you’re unwell

Play it safe. Stay home if you’re feeling unwell. Don’t go to work, and keep unwell children home from school or early childhood education.

If you have symptoms of COVID-19, get tested.
See information about the common COVID-19 symptoms and who to contact to talk about whether you need a test.

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**Use basic hygiene**

Basic hygiene measures include: good hand hygiene, cough and sneeze etiquette, avoid touching your face, and clean surfaces.

- **Wash your hands** with soap and water often (for at least 20 seconds) and dry thoroughly. Use an alcohol-based sanitiser and rub hands together if soap and water is unavailable.
- **Cough or sneeze into your elbow** or cover your mouth and nose with tissues. Put them in a bin immediately.
- **Avoid touching your face**, including your eyes, nose or mouth if your hands are not clean. Surfaces may have infectious droplets.
- **Clean surfaces regularly**. This includes items frequently touch like door handles and phones.

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**Keep a record of where you have been**

If cases of COVID-19 are confirmed, we need to stop the spread. Keeping a record of your movements will help the Ministry of Health to do contact tracing quickly and efficiently.

It is recommended you keep a record of where you have been, when you were there and who you were with.

The Ministry of Health has created a tracing app — [NZ COVID Tracer](https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-health-advice-general-public/protecting-yourself-and-others-covid-19) which you can download for free in the Apple App Store or Google Play. We encourage people to use the app and businesses to display QR codes, as it is an easy way for people to track their movements.

You can also keep track of your movements in a number of others ways including; keeping a list in a safe place, keeping a diary, noting in your phone calendar, using another app to record your movements, or taking time-stamped photos of where you have been.


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**Immunisation**

There is currently no vaccine available for COVID-19. This is a new virus and researchers are working hard to develop one.