IMPORTANT HEALTH & HYGIENE REMINDER

In addition to getting the COVID-19 vaccine, it's important that we continue to maintain the health practices we've all become familiar with. These health practices not only help to prevent us from passing and catching COVID-19, they will also help to keep many other illnesses away such as the common cold and flu.

To help protect yourself, your whānau and our community, we must continue to take the necessary precautions to help prevent the spread of COVID-19.
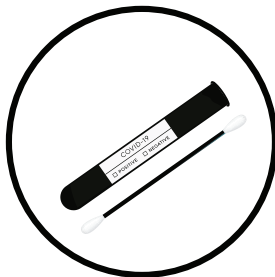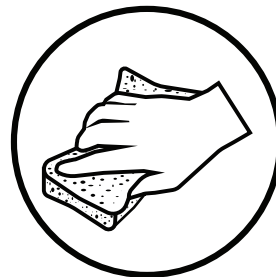
Stay home if you are sick.

Wash or sanitise your hands.

Cover coughs and sneezes.

If you have COVID-19 symptoms, get a test.

Wipe down all commonly used surfaces.

Wear a mask on all public transport if you are able.

Use the NZ Covid Tracer app to sign in to locations; turn on Bluetooth.

TE ORANGANUI

Korowaitia te puna waiora hei oranga motuhake mō te iwi