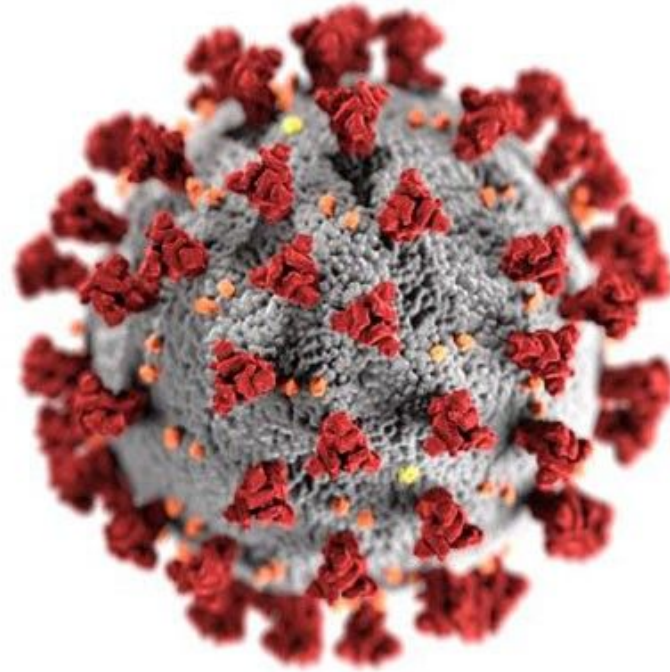


Hibernating at home





I am staying at home today.



This is because of a virus called COVID-19. It's a new illness spreading around the world.

The virus has been travelling from person to person. If many people are close together in the same place, that makes it easier for a virus to spread. More people become sick faster.



Covid19.govt.nz
Everything you need
to know in one place

**Unite
against
COVID-19**

New Zealand Government

People are smart. They are using healthy habits and working together to stop the virus from spreading.



Staying home helps stop the virus from spreading.
Staying home will help protect my community, friends and family.
Staying home protects myself from the virus.



Everyone is staying at home, not just people that are sick. I will be safe and healthy at home.



This doesn't usually happen. We are being extra careful.



Things will be different. It is okay because it's only temporary.



My friends and family are staying at home just like me.
Only essential people like doctors and nurses will still go to
work to help people that are sick.



I might not be able to go out to visit my friends and family for a while.

My friends and family may not be able to visit me for a while.



Staying home helps stop the virus from spreading.
Staying home will help protect my community, friends and family.
Staying home protects myself from the virus.



People might feel lonely staying at home.
It is important to keep in touch with my friends and family.
I can call, text or contact them using social media.



Some of my favourite places might be closed because of the virus.

All indoor and outdoor events will be cancelled, like birthday parties and religious events.

This is because they are scenarios where lots of people come into close contact.

countdown



NEW WORLD



The supermarket will be open so people can get food and drinks.



The pharmacy will be open so people can get medicine.

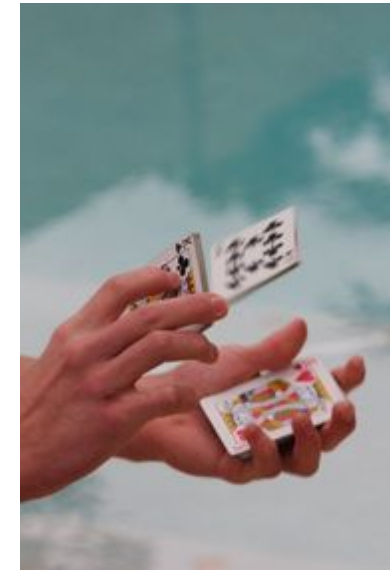


The doctors will be open for emergencies.

There are still lots of things I can do at home.

I can:

- Call family and friends
- Read a book
- Watch TV and movies
- Play games with people I'm living with
- Be creative! Make something new with what I have at home.
- Teach myself a new skill
- Do some gardening
- Listen to an audiobook
- Play with pets
- Sing
- Have a dance party
- Meditate
- Relax





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