



## Physical distancing

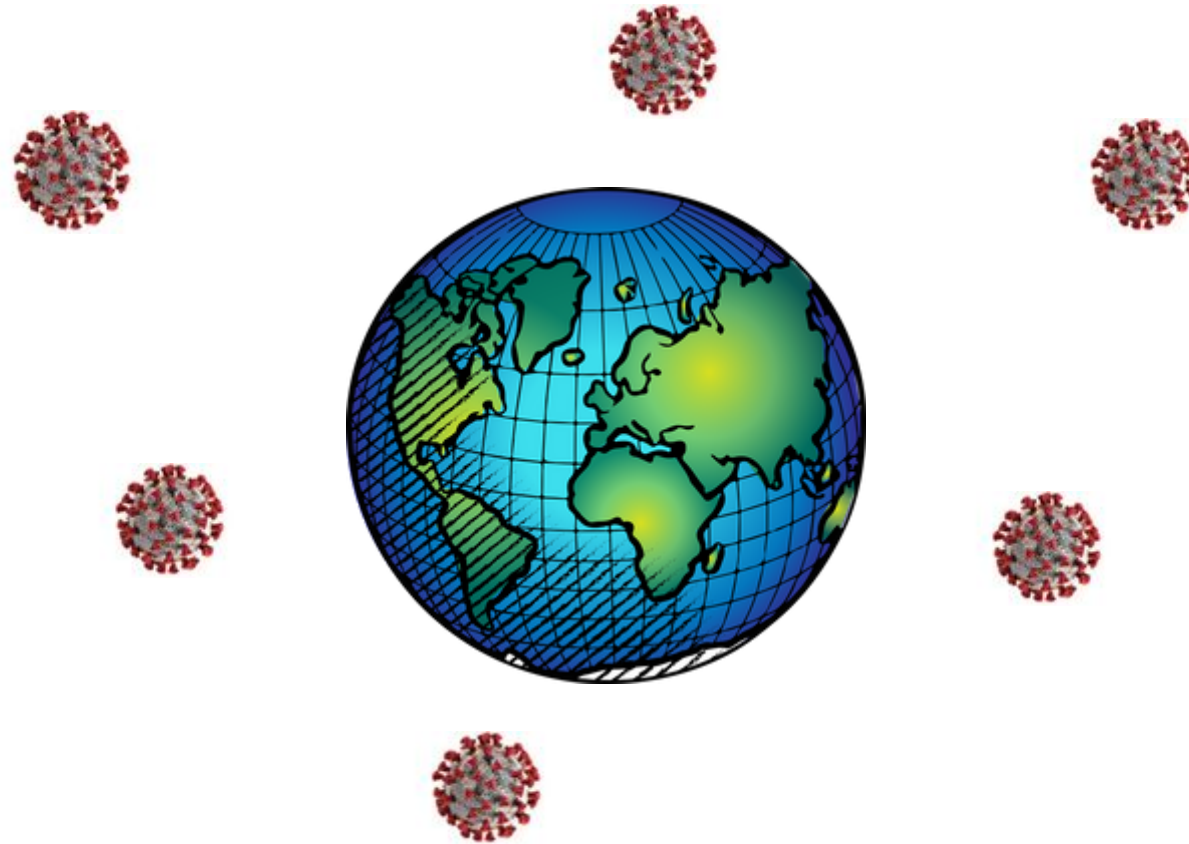
New Zealand is moving to alert level 3.



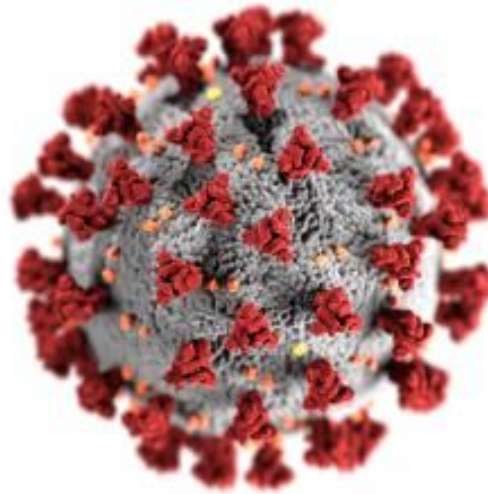
At level 3, there might be some changes.  
For example, there might be new people in your bubble, like close family members and caregivers.



Even though we are moving to alert level 3, we still need to practise physical or social distancing.



This is because of a virus called Covid-19.  
It is spreading around the world.



The virus has been spreading from person to person. There are different ways the virus can spread.

One way it can spread is when someone who has the virus touches another person that doesn't have the virus.

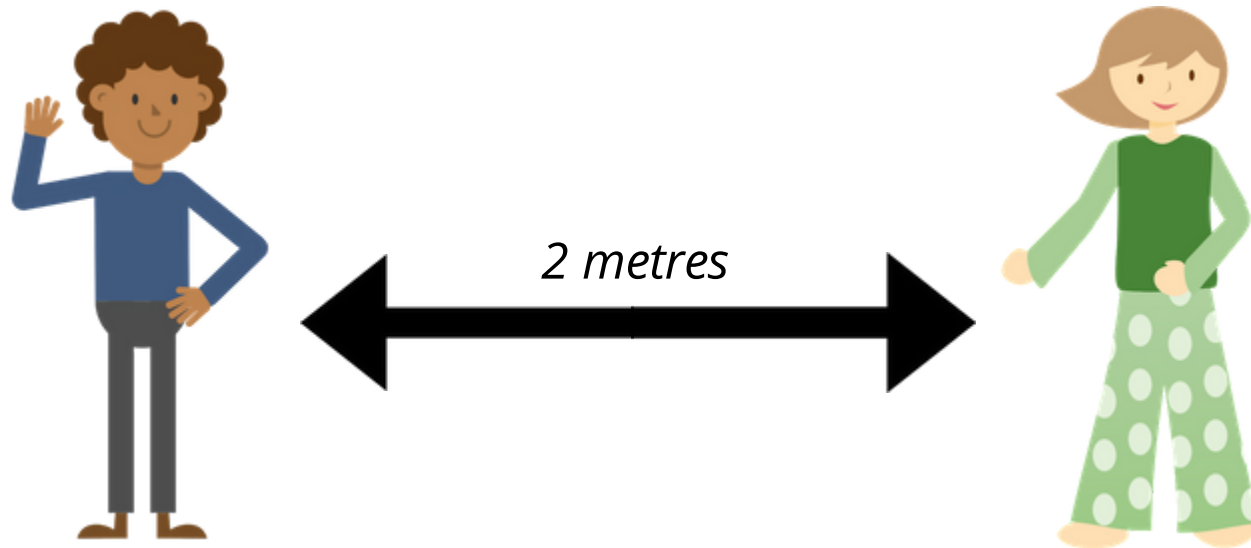


I can help fight the virus by physical distancing.

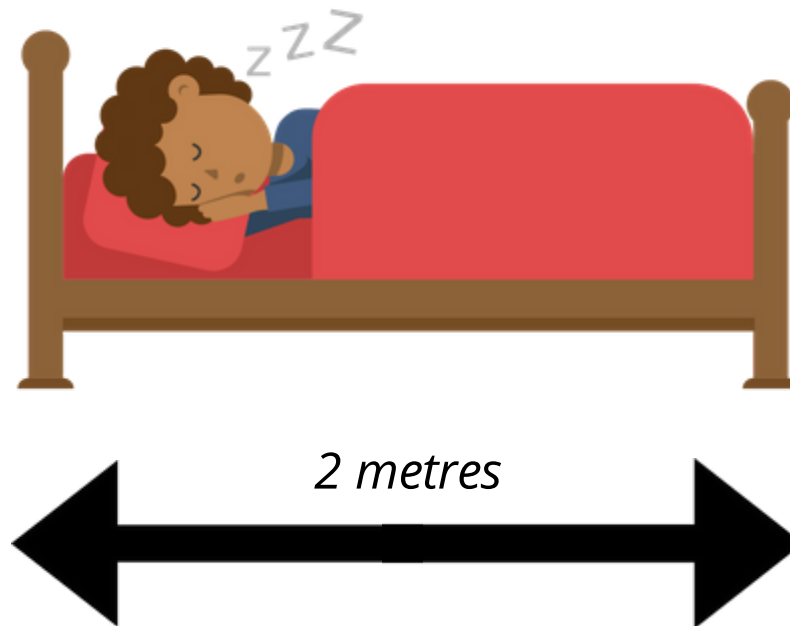
Physical distancing means that when I am outside...

I leave a 2 metre space between me and other people.

I don't have to stay 2 metres away from people that are in my bubble.



2 metres is about as long as a bed.







Before I go outside, I need to wash my hands with soap for 20 seconds.



When I am outside... I can say hi to my friends and family.

But I need to remember...

I need to leave a 2 metre space between us.



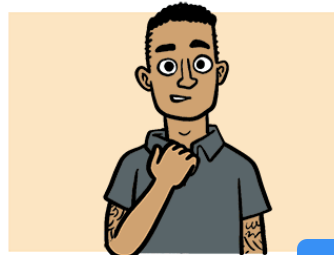
This means I shouldn't...

- shake hands
- do a special handshake
- high five
- hongis
- hug

## ALTERNATIVES TO HANDSHAKES, HUGS, HIGH FIVES AND HONGI



THE WAVE



THE HAND ON HEART



NAMASTE



NZSL: HOW ARE YOU



THE 'HI-BROWS'



THE 'ALL GOOD' NOD



THE 'EAST COAST WAVE'



THE 'WHAT A WORLD E

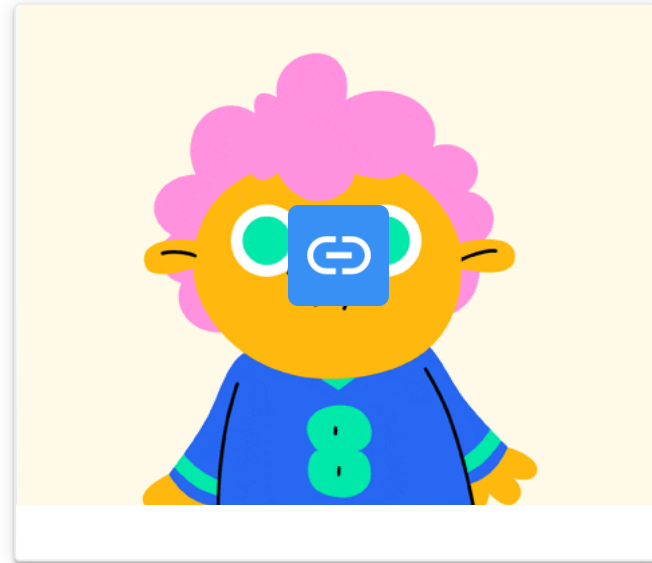
There are lots of other ways I can greet friends and family without touching them.

I could wave. I could smile. I could shout HELLO!



When I am outside...

I will try not to touch my face.



If I need to wipe or blow my nose, I will use a tissue and put it in the bin straight away.

If I need to cough or sneeze, I will do it in the inside of my elbow, not my hand.



When I come back home, I will wash my hands with soap for 20 seconds.



I am helping to fight the virus because I remembered to keep my distance from others when outside.