

Alert Level 2

Let's stay safe together

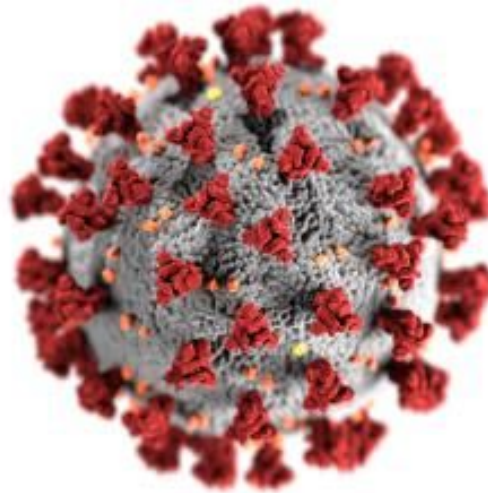


**New Zealand is at Alert Level 2.
At Level 2, there are some changes.
Things will be different,
but it's up to us to keep New Zealand safe.**





**The virus is called COVID-19. It is spreading around the world.
The virus makes people feel sick.**



**The virus has been spreading from person to person.
We have been doing an awesome job of slowing down the
spread of the virus.
This is because we are continuing to practice healthy habits.**

At Level 2, if I am sick, I should stay home until I get better.





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

When I am outside...

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 am outside...

I might see some people wearing masks or gloves.

In New Zealand, me and my family can decide whether we want to wear a mask or gloves when we are out.

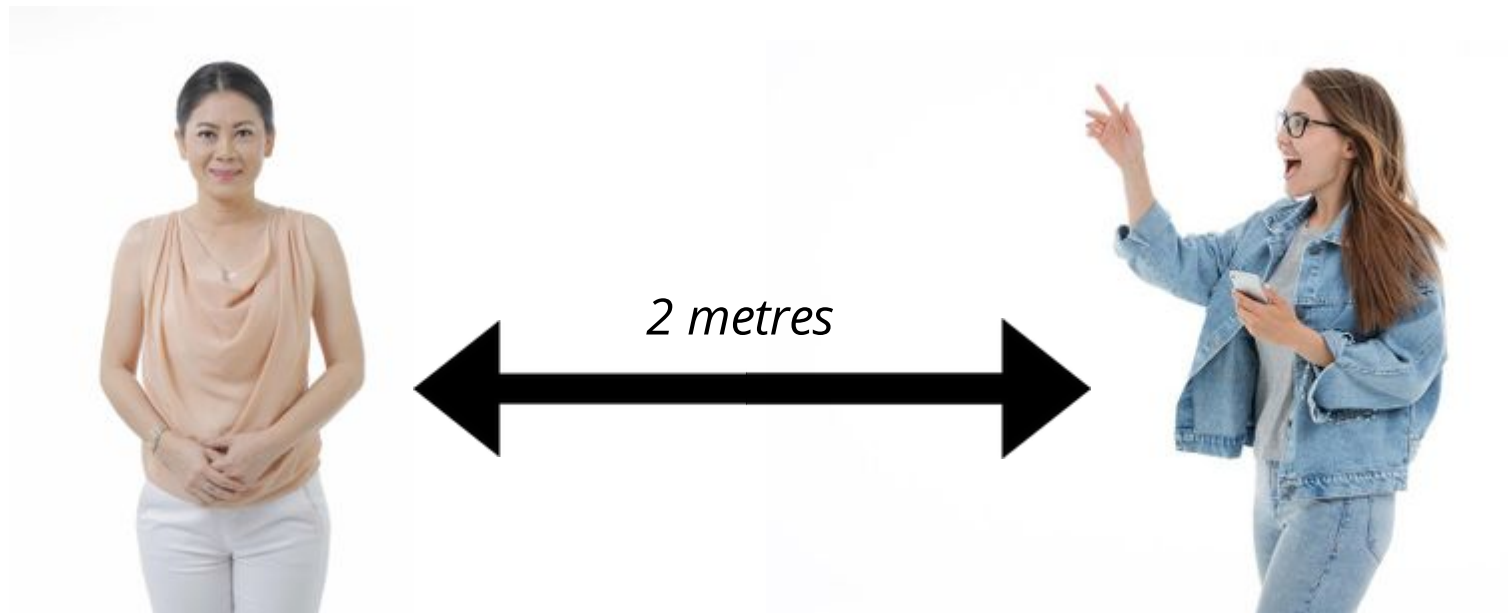
It is okay to decide to wear a mask or not wear a mask but we always need to have good hygiene.



When I am outside...

I need to keep my distance from others.

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





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

At level 2, there are some NEW things we can do.



**I don't need to stay in my bubble anymore.
It is okay to spend time with people outside my bubble.
I can spend time with as many as 10 people at a time.**

**Some NEW places will be re-opening.
Schools, restaurants, museums, libraries, cinemas, and
shopping malls.**



**It is important I remember my healthy habits when I am
outside.**

At level 2, I am helping to fight the virus because I remembered my healthy habits.

