



# Keep a 2-metre distance from others

**Outside of your home or when you are sick, keep 2 metres  
away from all other people, where possible.**  
Do not shake hands, kiss hello or hongi.

Find out more at  
**[Covid19.govt.nz](https://www.covid19.govt.nz)**

New Zealand Government

**Unite  
against  
COVID-19**



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# Clean and disinfect all surfaces and objects

**Wipe. Spray with disinfectant. Wait 20 seconds. Then clean.**  
Don't forget frequently-touched objects like door knobs, light switches, stair rails and lift buttons.

Find out more at  
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# Be kind. Check-in on the elderly or vulnerable.

**Make a difference by:**

- checking-in on any elderly or vulnerable people you know
- dropping supplies to those at home sick.

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# Cough or sneeze into your elbow

It keeps the virus off your hands, so you won't spread it to other people and make them sick too.

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# Protect yourself and others from COVID-19



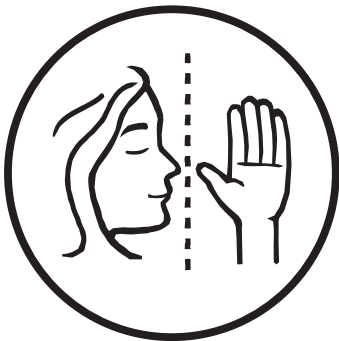
Wash your hands with soap and water often (for at least 20 seconds). Then dry.



Cough or sneeze into your elbow or by covering your mouth and nose with tissues.



Clean and disinfect frequently touched surfaces and objects, such as doorknobs.



Don't touch your eyes, nose or mouth if your hands are not clean.



Put used tissues in the bin or a bag immediately.



Stay home if you feel unwell.

For updates and more information on keeping yourself safe, visit [Covid19.govt.nz](https://www.covid19.govt.nz)

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# Protect yourself and others from COVID-19



## Mahia te hopi. Horoī ō ringa.

Wash your hands with soap and water often (for at least 20 seconds). Then dry.



## Whakamātihetihe te ihu ki te tuke.

Cough or sneeze into your elbow or by covering your mouth and nose with tissues.



## Mēnā ka paru ō ringa, kaua e pā te kānohi.

Don't touch your eyes, nose or mouth if your hands are not clean.



## Whakapūputu ai te patuero i ngā mea katoa. Hei tauira: Ngā kakau, ngā papa, ngā taputapu.

Clean and disinfect frequently touched surfaces and objects, such as doorknobs.



## Rauatu te aihika ki te ipupara.

Put used tissues in the bin or a bag immediately.



## Mēnā ka māuiui koe, herea ki te kainga.

Stay home if you feel unwell.

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# We can all slow the spread

We all need to work together if we want to slow the spread of COVID-19. Unite against the virus now.



Be kind. Check-in on the elderly or vulnerable

**Make a difference by:**

- checking-in on any elderly or vulnerable people you know
- dropping supplies to those at home sick.



Washing and drying your hands kills the virus

**Wash often. Use soap. 20 seconds. Then dry.**

This kills the virus by bursting its protective bubble.



Cough or sneeze into your elbow

**It keeps the virus off your hands**, so you won't spread it to other people and make them sick too.



Stay home if you are sick

**Call your GP before visiting them.**  
Or call Healthline on **0800 358 5453**.

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# Stay home if you are sick

**Call your GP before visiting them.**  
Or call Healthline on 0800 358 5453.

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# Stop!

We want to keep you and others safe...

**If you are unwell and have any of these symptoms:**

- fever
- cough
- shortness of breath
- sneezing or a runny nose

**then please don't enter this building.**

**Instead of coming inside:**


For updates and more information on keeping yourself safe, visit [Covid19.govt.nz](https://www.covid19.govt.nz)

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# One at a time in our store please

We are currently operating a strict 'one-in, one-out' policy while we are at Alert Level 4.

For your own safety, please be sure to **keep 2 metres apart**, especially while you queue outside.

Also, please kindly note that we are not allowed to sell any food that has been prepared on our premises.

Thank you for your patience and understanding during this difficult time.

## #BeKind

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# Washing and drying your hands kills the virus

**Wash often. Use soap. 20 seconds. Then dry.**  
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