

Protect yourself against coronavirus

Cover your mouth and nose with a tissue when you cough or sneeze



Put your used tissue in the rubbish bin or in a plastic bag



Wash and dry your hands often, especially after coughing or sneezing – use soap



Stay away from others if you're sick



Free health advice when you need it
Healthline
0800 611 116

health.govt.nz/coronavirus

Protect your family/whānau from coronavirus

 **MINISTRY OF HEALTH**
Kaitiaki Takekōwhiri