

Unite
against
COVID-19



Government information on: Staying at home – what it means

What you must do

NZ is currently at Level 3, but will move to COVID-19 Alert Level 4 at 11.59 pm on Wednesday 25 March.

This means New Zealanders not working in essential services must stay at home and stop all interactions with others outside of your household.

We know that this is a big ask. Eradicating the disease is vital to protect people's health and ensure our health system can cope and look after New Zealanders who become sick.

You may go for a walk or exercise and enjoy nature, but keep a 2 metre distance from people at all times. You can take your children outside.

Food will always be available – production will continue, distribution will continue, supermarkets will continue. You will always have access to food.

Medicines will always be available.

Healthcare for those that need it will be available.

Your usual financial support, like benefits, will continue as normal.

Remember, whatever you do must be solitary. We're asking that you only spend time with those who you are in self-isolation with, and keep your distance from all others at all times.

We need your support to protect New Zealand and eradicate COVID-19.

Enforcement measures may be used to ensure everyone acts together, now.
From Covid19 website. Accessed 24 March 2020.

IMPORTANT NUMBERS

111 Fire, ambulance, police emergencies needing immediate assistance
105 Police - for reporting incidents not requiring an immediate response
0800 CRIMESTOPPERS for reporting crime (anonymous)
0800 611 116 For medical advice or information 24/7
0800 787 797 Alcohol Drug Line 24/7
0508 828 865 Suicide Crisis Helpline
0800 543 354 Lifeline
0800 111 757 Depression Helpline: free text 4202
0800 688 5463 Outline
0800 376 633 Youthline
0800 764 766 National Poison Centre
07 8666 920 Colville Social Service Collective
07 8666 618 Colville Community Health Centre
07 8666 615 Colville School
07 8666 805 Colville General Store
07 8668 319 Colville Bay pre school

PĀNUI

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Newsletter for the Northern Coromandel



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