



# COVID-19 (Novel Coronavirus)

If you have any COVID-19 related concerns please call Healthline for advice before you travel. If you are well, then it is safe to continue to use public transport. To help limit the spread of any virus, those who are unwell should stay at home. If you must travel and you're unwell, private transport is best.

The Ministry of Health is leading this response. To assist with this response, all New Zealanders, and visitors to New Zealand, are asked to take certain measures. The risk of a widespread outbreak is low, but the Ministry of Health is monitoring the situation closely.

These measures help to protect you, your whanau, colleagues, and fellow passengers from COVID-19, and other respiratory illnesses such as seasonal influenza (the flu).

### What to do:

- If you are unwell you should seek advice from Healthline before you travel. Call 0800 358 5453.
- If you have been asked to self-isolate, please do so.  
Information on how to do this is available on [www.health.govt.nz](http://www.health.govt.nz).
- Avoid close contact (within 2 metres) with people with cold or flu-like illnesses.
- Cover coughs and sneezes with disposable tissues or clothing. Place tissues in a rubbish bin if possible.
- Wash hands for at least 20 seconds with water and soap and dry them thoroughly:
  - before eating or handling food;
  - after using the toilet;
  - after coughing, sneezing, blowing your nose or wiping children's noses; and
  - after caring for sick people.
- You do not need to wear a mask if you are well.
- It is important to remember that, in autumn and winter, most people displaying symptoms such as cough, sore throat, tiredness, or sneezing are suffering from a cold or other respiratory illness, not coronavirus.
- Always get your information from official sources such as the Ministry of Health and Healthline 0800 358 5453.