

# 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.**

Find out more at  
**Covid19.govt.nz**

New Zealand Government

**Unite  
against  
COVID-19**