

TE ARAWA

COVID-19

RESPONSE

Factsheet COVID-19 and Self-isolation

COVID-19 is a new virus which can affect your lungs and airways. It is caused by a type of coronavirus. It can cause serious harm and death and we know that it spreads quickly between people and can be caught from some surfaces.

- Like colds and flu, COVID-19 can be spread from person to person by droplets when an infected person coughs, sneezes or talks. The droplets are too big to stay in the air for long, so they quickly settle on surrounding surfaces. People can get infected by the virus if they are in the path of the droplets, or if they touch those surfaces then touch their mouth, nose or eyes.
- There are simple steps you can take to protect you and your whānau
- It's critical to use good hygiene, regularly wash and thoroughly dry your hands, and use good coughing and sneezing practices (like using your elbow, not your hands and getting rid of tissues). Washing hands with soap breaks down the surface coating of the virus and damages it so that it can't spread.
- To help combat the spread of COVID-19, the New Zealand Government has introduced a four-level warning [system](#)
- As at Monday 31 March, 2020, New Zealand is at Level 4
- Level 4 means everyone who is not providing essential services must stay at home and not spend time with anyone you don't live with under the same roof. This is called self-isolation. This includes no contact with close friends and whānau if they do not live with you.
- If you are concerned about people breaking Level 4 restrictions, you can report this to the Police at [105.police.govt.nz](https://www.police.govt.nz).
- All kōhanga, kura, wānanga and other education providers are closed. The school holidays have been brought forward (commencing on Saturday 28 March) and most schools will start back in an online capacity for Term 2 on Wednesday 15 April
- Essential services will remain open - this means food, medicine, healthcare, energy, fuel, rubbish collection, internet and financial support, along with Police and other emergency services
- Some other products are available to purchase online, including heaters, blankets, household appliances etc – the shops will not be physically open
- All indoor and outdoor events are banned, including hui, tangi (see separate [tangihanga factsheet](#)), parties, kapa haka, wānanga, barbeques, group exercise classes, etc. This includes tamariki playing with each other if they do not live in the same house
- New Zealand will remain at Level 4 for at least four weeks

- The Government has made this decision in an effort to protect the motu and its people from COVID-19. Ultimately this decision has been made to save lives, especially the lives of older people and people who have existing health problems (eg diabetes or other illnesses)
- During your time in self-isolation you can go for a walk or exercise outside, but you still need to keep a 2 metre distance from people at all times. This is also important if you go to the supermarket or other essential service place.
- You can take tamariki and mokopuna outside, but it is important for them to follow the same rules – it's important to note that playgrounds are closed
- Due to being at Alert Level 4, fishing and hunting are not permitted during this time. At this time, as a country we simply do not have the resources to be able to respond to emergencies and accidents in our forests and on our waters. We need the health sector 100% committed to COVID-19 support right now.
- Flutracking is an online survey which asks you if you have had a fever or cough in the last week to help track COVID-19 in New Zealand – register online at <https://info.flutracking.net/>.
- For the most up to date information on cases in our rohe, please view the Ministry of Health's [website](#).
- The Government has set up a dedicated [COVID-19](#) web page which has all of the information you might need
- Some of this information is also available in [Te Reo Māori](#)
- The Government is working on financial support options for people who are affected by New Zealand's COVID-19 response. If you're not sure what assistance may be available, don't know who to contact for help, or would just like more information, you can call the free government helpline on 0800 779 997 (8am – 1am), 7 days a week
- Things are changing extremely quickly right now, so some official websites (for example WINZ) might not always keep up with the latest announcements – please check back on this website regularly and on the [Facebook](#) page to get all the latest information