

The banner features a dark red background with white geometric patterns of nested triangles on the left and right sides. The text 'TE ARAWA' is at the top, 'COVID-19' is in a yellow box in the middle, and 'RECOVERY' is at the bottom.

# TE ARAWA COVID-19 RECOVERY

## **When will we go to Level 1?**

New Zealand moves to Level 1 from midnight Monday 8 June.

That means the limitations will be lifted on events, retail, businesses and public transport – but the borders will remain closed.

## **What will Level 1 look like?**

Life in Level 1 will largely mean we are back to normal, with essentially all restrictions lifted, apart from border controls.

Everyone will be able to return without restriction to work, school, sports and domestic travel, and you can get together with as many people as you want. However, people are asked to keep taking basic hygiene precautions – including washing your hands often and coughing or sneezing into your elbow. Contact-tracing will still be encouraged.

There will still be controls at the New Zealand borders for the meantime for those returning to Aotearoa.

## **Can large events go ahead under Level 1?**

Yes, there is no limit of group sizes during Level 1, so even large events like concerts and major sports events can go ahead. The government is working with organisers to make sure people who go to events can be contact-traced if needed.

## **Will bars and clubs go back to normal?**

Yes, there won't be any restrictions on hospitality businesses such as pubs, restaurants, cafes and bars. Social distancing will not be required and people will be able to dance, do karaoke, bingo and other social activities. Businesses will still need to put up QR codes so people can 'check in' on contact tracing apps, and we all need to keep track of where we have been, especially if there's a big group of people.

## **What restrictions do we still need to follow under Level 1?**

Here are the 10 'golden rules' of Level 1:

1. Stay home if you are sick
2. Wash your hands
3. Call Healthline or your doctor if you have symptoms
4. Sneeze or cough into your elbow, wash your hands and keep things clean
5. If a health official says you need to isolate, you have to do it
6. Keep track of where you've been and who you've seen
7. Businesses should display QR codes for contact tracing
8. If you are worried about underlying conditions, talk to your doctor
9. Stay vigilant – COVID-19 is still in the world
10. Look after each other and yourselves, be patient.

### **I have a relative who has a medical condition – is it safe for them under Level 1?**

It's best for them to talk to their doctor about the ongoing precautions they should take. And if you feel unwell, you should still stay at home.

### **Is it safe for kaumatua and kuia to go back to their normal activities?**

Yes, but it is important that everyone protects each other's health by staying away from others when they are sick, washing hands regularly and coughing and sneezing into elbows. If you have an older relative with an underlying condition, they should talk to their doctor about what is safe for them.

### **What about kisses, handshakes and hongi?**

There are no official guidelines on personal contact in Level 1, and you can greet friends and whānau however you want to. It is still important to wash your hands regularly and stay at home if you are sick.

### **Will there be any changes to the border restrictions under Level 1?**

Not at this stage.

### **How long will Level 1 last?**

We don't know yet. The Government will update us on how long we can expect to be at Level 1 when we get there.

### **Will Level 1 mean we can go back to how things used to be?**

Unfortunately, no. We still need to make sure we look after our own and each other's health and take precautions. We also need to support whānau whose jobs and lives have been affected by this crisis. Please look after each other and help where you can. If someone needs help, call 0508 TE ARAWA (832 7292).