

TE ARAWA

COVID-19

RESPONSE

Level 1 FAQ's

What does Level 1 look like?

Life in Level 1 largely means we are in our “new” normal, with essentially all restrictions lifted, apart from border controls and mask wearing being mandatory on public transport.

Everyone can go to work, school, sports and domestic travel without restrictions, and you can get together with as many people as you want. However, keep taking basic hygiene precautions - including washing your hands often, coughing or sneezing into your elbow and keeping track of where you've been and who you've seen.

There will still be controls at the New Zealand borders for the meantime for those returning to Aotearoa, although there is quarantine-free travel between New Zealand and Australia for residents of those countries.

New Zealand has a 4-level COVID-19 Alert System. Each Alert Level tells us what measures we need to take – you can view the Levels [here](#).

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 games can go ahead.

It's now even easier for anyone holding a private event to get a QR code poster as well and you can also get a QR code for your vehicle. You don't need a business number or driver licence.

QR codes are not a legal requirement for private events and social gatherings like weddings, birthdays or other events, but it means your manuhiri can quickly and easily log it in their digital diary, which keeps us all safe.

Will bars and clubs go back to normal?

Yes, there aren't any restrictions on hospitality businesses such as pubs, restaurants, cafes and bars. Social distancing is not required and people can dance, do karaoke, bingo and other social activities. Businesses still need to put up QR codes so people can 'check in' on the 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 and sanitise your hands frequently
3. Call Healthline or your doctor if you have symptoms

4. Sneeze or cough into your elbow
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 health 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 home if you are sick.

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

The government announced a quarantine-free travel bubble between Australia and New Zealand starting at 11:59pm on Sunday 18th April.

The New Zealand Government is confident the bubble between the two countries is low risk and there will be stringent controls in place for returning citizens and manuhiri.

How long will Level 1 last?

Until New Zealand is comfortable that the threat of COVID-19 has passed. Vaccination is the next key tool to assist with this.

Does 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. Please look after each other and help where you can.