Protect yourself against coronavirus

Cover your mouth and nose with a tissue when you cough or sneeze

Put your used tissue in the **rubbish bin** or in a plastic bag

Wash and dry your hands often, especially after coughing or sneezing – use soap

Stay away from others if you're sick

Free health advice when you need it

Healthline
0800 611 116

health.govt.nz/coronavirus

Protect *your family/whānau from coronavirus*

MINISTRY OF HEALTH
MANATŪ HAUORA

New Zealand Government

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