

# Unite Against COVID-19

**BE KIND**

**STAY HOME**

**STAY SAFE**

## Who can be in your bubble?

A single person can have one other person in their bubble. Three or four people who live alone, each in their own single person home CANNOT form a bubble

- **Please do not form a bubble with more than ONE neighbour.**
- A person can leave their home to visit/stay at another home under a shared bubble arrangement if one person lives alone in one or both, of those homes.
- Every New Zealander must isolate or quarantine at their current place of residence except as permitted for essential personal movement.
- Outdoor exercise is to be done in a place that is easily accessed from home and two-metre physical distancing must be maintained.
- A child can leave the home of one joint caregiver to visit or stay at the home of another joint care-giver if there is a shared bubble arrangement.

## Staying at home

Everyone must now stay home, except those providing essential services.

- Only make physical contact with those you live with.

If you're not unwell, you can leave your house to:

- access essential services, like buying groceries, or going to a bank or pharmacy
- go to work if you work for an essential service
- go for a walk, or exercise and enjoy nature.

## Stop having visitors in your home

Don't invite or allow social visitors, such as friends, family and whānau, to enter your home. If you want to speak to someone who is not a member of your household, use the phone or other means of contact. It is okay for friends, family, whānau or delivery drivers to drop off food and supplies. They should leave these at the door.

## Shopping safely

Here are some simple tips to follow when you go to the supermarket:

- shops will be doing their best to limit the number of shoppers – helping you keep 2 metres away from others
- be kind to essential workers, and others you're sharing the shop with
- come prepared with a list so you can get in and out as quickly as possible
- if at all possible, only send one person from your household to do the whole shop. You may need to take young children with you if there is no carer available.
- keep 2 metres away from others, including staff – they need to keep safe too!
- use a contactless card if you can, not cash
- bag groceries away from others if you can
- only touch what you want to buy
- if you like, take a soapy towel in a small container to wipe down trolley or basket handles etc
- take out produce when you get home, and rinse first in soapy water, then in clean water to remove any soap residue
- wipe down packaged goods with a soapy clean towel, then dry
- wash your hands before and after you shop.

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### Exercise

Walks and other activities like cycling or scootering are fine, provided you keep a 2-metre distance from anybody outside of your household.

Stick to simple outdoor exercise. Stay close to home. Enjoy your neighbourhood but go no further.

If you do leave your house, you must always keep a 2-metre distance from other people who are not part of your household. If an area is too crowded to keep to a 2-metre space between you and others, go home. Don't stop and chat, smile and wave instead.

### Vulnerable People

Vulnerable people include those over 70; people with medical conditions; people undergoing a treatment for cancer and blood and pregnant women

If you are vulnerable stay at home and ask others to pick up supplies for you. Ask them to leave these at the door, rather than come in. Stay at least 2 metres away from people who are unwell. If your health care provider advises you to wear a mask when in public areas because you have a particularly vulnerable immune system, follow that advice.

### Welfare Line

You can call **0800 24 24 11** for welfare assistance.

This helpline is run by Christchurch City Council and operates 24 hours a day, seven days a week. It is a one-stop shop for vulnerable people who may be having trouble accessing essentials such as food and medication during the COVID-19 lockdown

### Food Deliveries

Christchurch City Mission are providing food parcels to individuals and they are operating some services by phone. Call 0800 787 855.

Raewood Fresh at Tower Junction are delivering shopping to vulnerable people who live within a 10-minute radius of the store. You can call with your order and payment on 03 341110.

### Health

Anxiety/Mental Health 1737 - If you need to talk to anyone about how you're feeling, there is help available through the National Telehealth Service. For those who are feeling anxious, overwhelmed or needing someone to talk to. Call or text 1737.

Healthline 0800 358 5453 - Healthline can provide you with health advice. Their line is currently very busy so please be patient. You can also call your doctor or other healthcare provider if you are feeling unwell and want medical advice.

### COVID -19 Information

This information was sourced from the national COVID-19 website

For more information go New Zealand Government website <https://covid19.govt.nz/>

If you are concerned that there is Suspected COVID-19 L4 isolation breaches  
<https://www.police.govt.nz/105support>