



**BOPDHB**  
**Coronavirus**  
**(COVID-19)**

# LEVEL 2 REMINDERS



COVID-19 is still out there. Play it safe.



Wash your hands. Wash your hands. Wash your hands.



Keep your distance from other people in public.



Sneeze and cough into your elbow, regularly disinfect surfaces.



If you're sick, stay home. Don't go to work or school. Don't socialise.



If you have been told to self-isolate you must do so immediately.



If you have symptoms of cold or flu call your doctor or Healthline 0800 358 5453 and get advice about being tested.



Keep a track of where you've been and who you've seen.

Physical distancing is important to help protect you and others from COVID-19, which spreads via droplets from coughing and sneezing.

It is important to be aware of your physical distancing. When you know the people around you well and can recall who they are (in case needed for contact tracing purposes), you should maintain a distance of at least 1 metre.

When you don't know the people around you – such as out in public or at a supermarket – you should maintain a distance of at least 2 metres as an extra precaution.

Physical distancing from others when out in public will continue to be important at Alert Level 2.