

"On a Great Learning Adventure"

NORSEWOOD & DISTRICTS' SCHOOL

*Coronation Street
P.D.C. Box 3,
Norsewood, 4943.
Phone/fax (06) 3740870
Principal - Alec Thomson
Principal@norsewood.school.nz*

16 March 2020

Dear Parents and Caregivers,

COVID-19

As you will be aware, over the weekend it was announced New Zealand now has 8 confirmed cases of Covid-19. The Government has put in place strict conditions for those people who are entering New Zealand as of 1am today, that they **MUST** self-isolate for 14 days.

While these measures will support the slowing of COVID-19 in New Zealand, it is unrealistic to expect they will prevent further cases.

Prevention remains a high priority

Our students, staff and community have a very large role to play in preventing the spread of COVID-19 through:

- Awareness - know the symptoms and where to get good information
- Vigilance - stay away if you are ill
- Good hygiene - hand washing and drying, cough and sneeze into the crook of your arm.

The Ministry of Health website remains the best source of information on COVID-19, but we will endeavor to keep you informed with up-to-date information also.

Please see the reverse of this notice for more information.

Kind Regards

Alec Thomson
Principal

COVID-19

Coronavirus



Help protect yourself and your whānau with simple tips like washing and drying your hands thoroughly with soap and water.

Your health is in your hands.

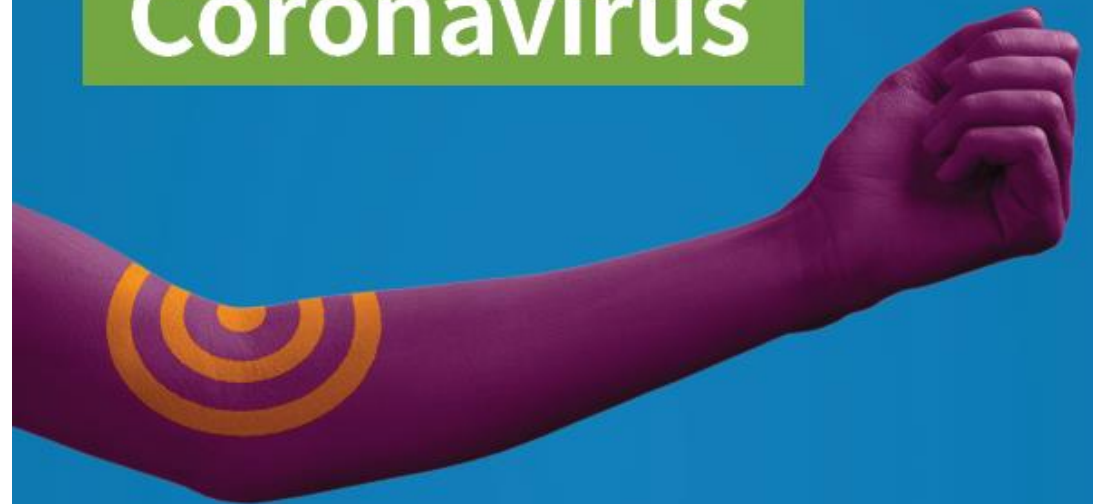
For more info and tips on staying well visit health.govt.nz/covid-19



New Zealand Government

COVID-19

Coronavirus



Help protect yourself and your whānau with simple tips like coughing or sneezing into your elbow.

Your health is in your hands.

For more info and tips on staying well visit health.govt.nz/covid-19



New Zealand Government

COVID-19 CORONAVIRUS

How is COVID-19 spread?

March 2020

What is COVID-19?

COVID-19 is a new illness that can affect your lungs and airways. It's caused by a type of coronavirus. There are simple steps you can take to protect you and your family/whānau.



How is it spread?

COVID-19, like the flu, can be spread from person to person. When a person who has COVID-19 coughs, sneezes or talks, they may spread droplets containing the virus a short distance, which quickly settle on surrounding surfaces.

You may get infected by the virus if you touch those surfaces or objects and then touch your mouth, nose or eyes.

That's why it's really important to use good hygiene, regularly wash and thoroughly dry your hands, and use good cough etiquette.

What can I do to stop COVID-19 spreading?

- Cough or sneeze into your elbow or by covering your mouth and nose with tissues.
- Put used tissues in the bin or a bag immediately.
- Wash your hands with soap and water often (for at least 20 seconds).
- Try to avoid close contact with people who are unwell.
- Don't touch your eyes, nose or mouth if your hands are not clean.
- Avoid personal contact, such as kissing, sharing cups or food with sick people.
- Clean and disinfect frequently touched surfaces and objects, such as doorknobs.
- Stay home if you feel unwell and call Healthline on 0800 358 5453.

Call Healthline 24/7 on 0800 358 5453 if you need to speak to someone.

Visit [health.govt.nz/covid-19](https://www.health.govt.nz/covid-19) for more information.

COVID-19 CORONAVIRUS

How to protect yourself and others

March 2020

What is COVID-19?

COVID-19 is a new illness that can affect your lungs and airways. It's caused by a virus called coronavirus. There are simple steps you can take to protect you and your family/whānau.



Symptoms of COVID-19

The symptoms of COVID-19 are:

- a cough
- a high temperature (at least 38°C)
- shortness of breath.

These symptoms do not necessarily mean you have COVID-19. The symptoms are similar to other illnesses that are much more common, such as cold and flu. However, infections with mild symptoms such as cold-like symptoms or no symptoms are likely, but it's not known how common this is.

How to protect yourself and others

- Cough or sneeze into your elbow or by covering your mouth and nose with tissues.
- Put used tissues in the bin or a bag immediately.
- Wash your hands with soap and water often.
- Try to avoid close contact with people who are unwell.
- Don't touch your eyes, nose or mouth if your hands are not clean.
- Clean and disinfect frequently touched surfaces and objects, such as doorknobs.
- Stay home if you feel unwell and call Healthline on 0800 358 5453.

Call Healthline 24/7 on 0800 358 5453 if you need to speak to someone.

Visit www.govt.nz/covid-19-novel-coronavirus for more information.