

## Key messages for use with your community

The greater Wellington region will stay at Alert Level 2 for a further 48 hours so more testing can occur and to provide reassurance we don't have COVID-19 in our community. The rest of New Zealand is at Alert Level 1 (not Alert Level none).

Anyone who was in Wellington over last weekend is asked to [check the locations of interest again](#) to make sure they weren't at the same place at the same time as the confirmed case, and to adhere to the Alert Level 2 restrictions wherever they are in the country.

It is important that you get tested if you have any symptoms similar to cold or flu – don't assume it is "just" a cold.

We are also asked to continue to be vigilant. Situations with COVID-19 can move very quickly and the global pandemic is not going away with 2.5 million new cases and more than 64,000 deaths in a week being reported by the [World Health Organisation in their 22 June Situation Report](#).

At all times, staying away if unwell and seeking advice about getting tested, remains a priority for us all. Please contact your GP or Healthline if you have any COVID-19 symptoms including aches and pains.

We will support learning from home for anyone required to stay away, so please get in touch with us if you have any concerns.

A reminder of the symptoms to look for. You or your child may have **one or more** of the following:

- a new or worsening cough
- fever (at least 38°C)
- shortness of breath
- a sore throat
- sneezing and runny nose
- temporary loss of smell.

Some people may present with less typical symptoms such as **only**:

- fever
- diarrhoea
- headache
- muscle pain
- nausea/vomiting
- confusion/irritability.

Symptoms can take up to 14 days to show after a person has been infected. The virus can be passed onto others before they know they have it – from up to two days before symptoms develop. So the sooner you seek advice, the quicker health authorities can respond.

A face covering helps stop droplets spreading when someone speaks, laughs, coughs or sneezes. This includes someone who has COVID-19 but feels well or has no obvious symptoms. Face coverings are particularly useful when physical distancing is not possible from people you don't know, such as in supermarkets and stores.

Face coverings are not required when at school or on school transport, however they must be worn on public transport and domestic flights for anyone aged 12 and over. Go to [the covid19.govt.nz website for more information about requirements and exemptions](https://www.covid19.govt.nz/requirements-and-exemptions).

A reminder there is a lot of [information about COVID-19 available in different languages](#). Please get in touch if you need any help accessing information in your first language.

Thank you all for continuing to play your part in keeping COVID-19 out of our community. We will be doing the same through our regular cleaning, monitoring for signs of illness, continuing to encourage good hygiene practices and supporting you to check in using the NZ COVID Tracer app.