

# Alert Level 3

## If you are unwell

- If you are sick, stay home. Do not go to work or school. Do not socialise.
- If you have cold, flu or COVID-19 symptoms call your doctor or Healthline on 0800 358 5453 and get advice about being tested.
- If you have been told to self-isolate you legally must do so immediately.

## When to wear a face covering

At Alert Level 3, the risk of COVID-19 being present in the community is higher. You legally must wear a face covering:

- on public transport
- on domestic flights
- if you are a taxi or ride-share driver. While it is not compulsory for passengers to wear them, we strongly encourage you to.

You're strongly encouraged to wear a face covering when you are outside your home and in a place where it is hard to keep your distance from other people.

## Keep track of where you have been

Use the NZ COVID Tracer app. This helps with rapid contact tracing if it is required. Businesses **AND NOW CHURCHES** legally must display the NZ COVID Tracer QR code poster.

**Physical distancing** Keep your distance when outside your home. You should keep a distance of at least:

- 2 metres in public and retail stores, like supermarkets
- 1 metre in controlled environments, like workplaces and schools.

## Travel between regions is heavily restricted at Alert Level 3

## Gatherings and events at Alert Level 3

Gatherings of up to **10** people can go ahead, but only for:

- Weddings, funerals and tangihanga.

Physical distancing and public health measures legally must be maintained at such events and the Covid Tracer App must be used.

**Public venues** Public venues legally must close at Alert Level 3. This includes libraries, museums, cinemas, food courts, gyms, pools, playgrounds and markets **and Churches**