

# Coronavirus – what you need to know



While we are still learning more about this new virus – we do know the risk of the virus spreading in New Zealand is very low

## How worried should I be?



- Your chances of catching the coronavirus in New Zealand are very low.
- It is highly unlikely you will catch the virus
  - walking down the street,
  - in a supermarket or
  - on public transport.
- Coronavirus is slightly more infectious than the flu – you are only likely to catch it if you are close to someone with the virus. Most people catch the virus from someone at home, a close workmate or someone they spend time with.
- People will not be moving around the community if they are suspected of having the virus – they will be in isolation. Their family and anyone they may have infected will also be asked to stay at home.

## How serious is coronavirus?



- People are being infected, mainly in China, but only a very small number have died.
- Most people have a mild illness.
- People of all ages are being infected, but older people and those with medical conditions seem most likely to get seriously ill.

## How do I protect myself and my family?



Everyone should protect themselves from the virus, as you would for the flu –

- Washing your hands regularly, or using hand sanitiser, is the best way to avoid this illness.
- As with other illnesses, do not go to work or school if you are sick.
- Cover coughs and sneezes with tissues or clothing, and wash hands afterwards
- Avoid being close to people who are sick
- Wear a mask only if you are coughing and sneezing.
- Washing your hands often and covering coughs and sneezes will do more to protect you from the virus than a mask.
- If you are sharing food, use utensils to serve the food and keep your personal spoon, fork, or chopsticks separate to avoid transmission through saliva.

## Where can I find more information?



Information is updated on the Ministry of Health website.

You can also call your local doctor or Healthline on 0800 611 116.