Information about Alert Level 4

August 2021

## At Alert Level 4

### Stay at home

* Do not leave the house unless it is for essential personal movement like going to the supermarket.
* Work and study from home. All schools and universities are closed.
* Some businesses can continue to operate, but there are severe restrictions on these. Only supermarkets, dairies and petrol/service stations can open their retail premises to the public. Other workplaces can only open if:
* there is only one worker in the premises (or household bubble), OR
* workers cannot work from home, and
* they are operating safely, and
* they are classed as an Alert Level 4 service.
* No public gatherings can be held. This includes sports games, weddings, funerals and tangihanga. You must not physically interact with anybody outside of your household bubble.
* Travel between regions is only permitted under special circumstances. Anyone attempting to travel across the regional boundaries should expect to be stopped and asked for proof of essential travel.
* All public venues must close. This includes libraries, museums, cinemas, food courts, gyms, pools and markets.
* Low-risk exercise and recreation activities are limited to your local area – for example, you may walk or run close to your home. Now is not the time to take up new activities.

### Get vaccinated if you have an appointment

* You still can get your vaccine if you have already booked your appointment in.
* All health services remain open at Alert Level 4, we encourage as many people to get their first or second dose of vaccine as planned.

### Keep track of where you have been

* If you leave the house for essential personal movement, use the NZ COVID Tracer app, a COVID-19 tracer booklet, or written notes. This helps with rapid contact tracing if it is required.
* Go to the closest park for exercise or supermarket to shop, not your favourite one.
* If you leave the house, we recommend you wear a face covering. You must wear one if you are taking public transport.

### Get tested if you have COVID-19 symptoms

If you have cold, flu or COVID-19 symptoms, call:

* Healthline for free on [0800 358 5453](tel:08003585453),
* your doctor or nurse, or
* your iwi health provider.

### Physically distance

* Stay at least 2 metres away from people in other household bubbles when leaving the house for essential personal movement.
* It is important to protect everyone in your household bubble. Do not visit anybody who lives outside of your household bubble. Do not allow any other guests into your household bubble.
* There may be extended bubbles where there are shared care and custody arrangements.
* Anyone who feels unwell must immediately self-isolate from others in their bubble.

### Wash and dry your hands often

* It is important that you use basic hygiene measures, including washing your hands, coughing or sneezing into your elbow and cleaning surfaces regularly.

### In an emergency

* Healthcare services, emergency services, utilities and goods transport will continue operating. Employers in those sectors must continue to meet all health and safety obligations.
* If there is an emergency (for example, fire, earthquake or tsunami), follow normal emergency procedures. Emergency requirements override COVID-19 Alert System requirements, but where possible physical distancing should be maintained.

### End