

COVID-19 Alert Level 1: Forestry operations

Alert Level 1 – key points for forestry

1. There's no further requirement for physical distancing
2. If people are unwell, they should stay at home
3. Sneeze and cough into your elbow
4. Maintain hygiene protocols: hand washing and cleaning shared surfaces
5. Maintain contact tracing

Alert Level 1 – Golden rules

6. If you're sick, stay home. Don't go to work. Don't socialise.
7. If you have cold or flu symptoms call your doctor, or Healthline on 0800 3585453, and get tested.
8. Wash your hands. Wash your hands. Wash your hands.
9. Sneeze and cough into your elbow.
10. Regularly disinfect shared surfaces.
11. If you are told by health authorities to self-isolate you must do so immediately.
12. If you're concerned about your wellbeing, or have existing health conditions, work with your GP to understand how best to stay healthy.
13. Keep track of where you've been and who you've seen to help contact tracing if needed. Use the NZ COVID Tracer app as a handy way of doing this.
14. Businesses should help people keep track of their movements by displaying the Ministry of Health QR Code for contact tracing.
15. Stay vigilant. There is still a global pandemic going on. People and businesses should be prepared to act fast to step up Alert Levels if we have to.

Be kind to others. Be kind to yourself. People will have had different experiences over the last couple of months. Whatever you're feeling — it's okay. Text or call 1737 if you need support. Wellbeing resources are available on Safetree website <https://safetree.nz/resources/talking-topics-health-cards/>