

## COVID-19 CORONAVIRUS information for guests

The purpose of this document is to provide guidance for guests/residents of shared accommodation on preventing the spread of COVID-19.

### About COVID-19 (novel coronavirus)

COVID-19, like the flu, can be spread from person to person. When a person who has COVID-19 coughs, sneezes or talks, they may spread droplets containing the virus a short distance which quickly settle on surrounding surfaces.

- Coronaviruses can make humans and animals sick. Some coronaviruses, such as COVID-19 can cause illness similar to the common cold or much more serious illnesses.
- Symptoms include fever, head cold, loss of sense of smell, cough, sore throat, fatigue and shortness of breath.
- The virus is most likely to spread from person to person through:
  - direct contact with a person while they are infectious
  - contact with droplets when a person with a confirmed infection coughs or sneezes
  - touching objects or surfaces that were contaminated by droplets (like those from a cough or sneeze) from a person with an infection and then touching your mouth, nose or eyes

### Preventing spread of virus

#### Clean your hands

- This is the most important hygienic measure for preventing infection spread. Best practice is to wash hands vigorously rubbing with soap and running water for at least 20 seconds. Dry thoroughly ideally with a single use hand towel for at least 20 seconds.
- Hand hygiene is critical:
  - After going to the toilet.
  - After cleaning toilets and bathrooms.
  - After handling potentially soiled clothes and bed linen.
  - After handling cleaning accessories such as cloths, buckets and mops.
  - After removing gloves.
  - Before and after every break.
  - Before preparing or delivering food.
- Use alcohol gel in addition to regular hand washing. If using hand sanitiser, cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose and mouth with unwashed hands.

#### Keep Your Distance

Keep a 2 meter distance between people. Physical distancing is important to help protect you and others from COVID-19.

**If you feel unwell and have had contact with a recent overseas traveller or confirmed or probable case, or are displaying COVID symptoms, call Healthline on 0800 358 5453 and stay isolated from other people. Visit [health.govt.nz/covid-19](https://www.health.govt.nz/covid-19) for more information.**