

Resource 7: COVID-19 information for residents/tenants and visitors

This guidance prepared by Community Housing Aotearoa (CHA) applies to activity permitted and/or advised under all the Government's Alert Levels in response to the COVID-19 pandemic.

This document provides guidance for residents and tenants living in shared accommodation, and their visitors, to prevent the spread of COVID-19.

About COVID-19

Like the flu, COVID-19 can spread from person to person. When someone with COVID-19 coughs, sneezes, or talks, they may spread droplets containing the virus a short distance and these droplets then settle on surfaces.

- Coronaviruses can make humans and animals sick. Some coronaviruses, such as COVID-19, can cause illness like the common cold or much more serious illnesses.
- Symptoms of COVID-19 include fever, head cold, loss of sense of smell, cough, sore throat, feeling tired, shortness of breath.

If you have these symptoms, **PLEASE TELL THE ACCOMMODATION MANAGER.**

IF YOU ARE NOT A RESIDENT, PLEASE DO NOT VISIT.

The virus is most likely to spread from person to person through:

- face-to-face contact with someone who has COVID-19 who coughs or sneezes;
- touching objects or surfaces that had virus droplets (like those from a cough or sneeze) from a person with COVID-19 and then touching your mouth, nose, or eyes.

Preventing spread of COVID-19

Clean your hands. This is the most important thing you can do to prevent spread of the virus.

- Wash your hands, rubbing with soap and running water for at least 20 seconds.
- Dry your hands well, with a single use hand towel for at least 20 seconds.

Hand hygiene is particularly important:

- 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 hand sanitiser in addition to regular hand washing. When using hand sanitiser, cover all parts of your hands and rub together until they feel dry.

Do not touch your eyes, nose, or mouth with unwashed hands.

Keep Your Space

Keep 2 metres away from other people. Maintaining this physical distance 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 someone who is a confirmed or probable case of COVID-19, or who is displaying COVID-19 symptoms, please call Healthline on **0800 358 5453** and stay isolated from other people. Visit www.health.govt.nz/covid-19 for more information.

Important COVID-19 information is also available in a number of other languages:

<https://covid19.govt.nz/communities/translations/>

Resources about COVID-19 are available in New Zealand Sign Language

<https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-novel-coronavirus-resources/covid-19-novel-coronavirus-new-zealand-sign-language>