

The Anglican Diocese of Nelson



Traffic Light System: Fact Sheet 1

Individual Protective Measures - Advice

Current as at 07 April 2022

Government advice

For the most up to date government advice go to www.covid19.govt.nz . The Healthline dedicated Coronavirus number is Ph. 0800 358 5453.

Get vaccinated & boosted

Vaccination is effective at minimising the harmful effects of COVID-19. Nelson Diocese strongly recommends vaccination to everybody.

Wear a quality (medical grade or better) mask

Masks are required indoors on flights, public transport, taxis, retail, public venues at red level.

Physical Distancing

There is no longer any requirement to be a certain distance from others at church gatherings, although some distancing is encouraged. The church must assess the capacity limits of spaces. (Total number of people allowed in a defined space) - based on the size of the space. For example, if a space is 80 m², then services at Red can only accommodate 80 people (excluding staff). For spaces of 200m² or greater, the maximum number who can attend is 200 (excluding staff).

Practice good hand-washing

Hand washing is one of the most effective methods of stopping the spread of COVID-19 and other viruses. Wash hands for at least 20 seconds with water and soap and dry them thoroughly:

- before eating or handling food,
- after using the toilet,
- after coughing, sneezing, blowing your nose or wiping children's noses,
- after caring for sick people.

Get a test! Stay at home

People who are sick or unwell with cold, flu or Covid-19 symptoms should stay at home. If someone in your bubble is showing these symptoms, then take a RAT test to check that you aren't infected.

Coughing and Sneezing

Cough and sneeze into your bent elbow or a disposable tissue. Dispose of the tissue immediately.

Avoid hand shaking, hugging, or hongis

Avoid unnecessarily touching people from outside your bubble at Orange & Red settings.

Avoid touching eyes, nose and mouth

Avoid touching your eyes, nose and mouth, and wash your hands using proper hand-washing practices after touching your eyes, nose and mouth.