

# The Anglican Diocese of Nelson



## Traffic Light System: Fact Sheet 1

### Individual Protective Measures

*Current as at 11 January 2021*

#### Government Advice

For the most up to date government advice go to [www.covid19.govt.nz](http://www.covid19.govt.nz) . The Healthline dedicated Coronavirus number is Ph. 0800 358 5453.

#### Get Vaccinated

Vaccination is currently around 87% effective at preventing COVID-19 Delta infection. Nelson Diocese strongly recommends vaccination to everybody.

#### Wear a quality mask

Masks are required on flights (at green), and on flights, public transport, taxis, retail, public venues at orange and red levels. Masks are encouraged elsewhere at orange, and whenever you leave the house at Red. Mask wearing at church is addressed in the FAQs. (Mask advice in relation to Omicron has been added at the end of this Fact Sheet.)

#### Physical Distancing

There is no longer any requirement to be a certain distance from others in church services/gatherings, although this is recommended by the Ministry of Health. However, there is a requirement to assess the total number of people allowed in a defined space in both VP and non-VP gatherings, based on the size of the space. For example, if a space is 80 m<sup>2</sup>, then VP services at Red can only accommodate 80 people (excluding staff). For spaces of 100m<sup>2</sup> or greater, the maximum number who can attend at VP services at Red is 100 (excluding staff). Similar calculations apply at non-VP services at all traffic light levels. Please see **Part B Protection Framework Chart** for maximum allowed attendance at non-VP services/gatherings.

For gatherings in homes, the above calculation based on room size is not required. In non-VP gatherings in a home at Green 100 people are permitted, at Orange 50 people are permitted, and at Red 25 people are permitted.

#### 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 get a test and stay at home until they receive a negative result and are well. Symptoms include fever, sore throat, cough, runny nose, vomiting / diarrhoea, loss of taste and smell.

If someone in your bubble is showing these symptoms then you should also stay at home until they get a clear test.

**Contact tracing**

Use your Contact Tracer App wherever you go so you will be alerted if you become a close contact. (Switch on Bluetooth and you will be better protected if you randomly come near to someone else infected with COVID who also has Bluetooth turned on in their App)

You might also keep a record of people you meet with.

**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 – especially 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.

**Advice for over 70s and people with health issues**

People aged over 70 or who have a health issue that puts them at greater risk if they catch COVID-19 (e.g., asthma, diabetes, chronic lung conditions) are especially encouraged to attend Vaccine Passport services only - at all levels of the TLS, although this choice is left to individual parishioners.

## Notes on Omicron & Face Coverings

Omicron is vastly more infectious than previous COVID variants. There is therefore a need for better face coverings if mixing with others is required and you don't want to catch or spread the virus. Now is the time to prepare for the arrival of Omicron – It may only be days or weeks away. Big outbreaks occur – even amongst vaccinated people.

1. **Know how to wear your face mask correctly.** Revise here:  
<https://covid19.govt.nz/prepare-and-stay-safe/keep-up-healthy-habits/wear-a-face-covering/how-to-wear-a-face-covering-safely/>
2. **Test any cloth or disposable ones you use:**
  - Is a drop of water on the outside absorbed? Yes = Fail
  - Can you blow out a candle while wearing the mask? Yes = Fail
3. I recommend that you **upgrade to quality masks** for use when Omicron is doing the rounds – especially for shopping etc and when in larger groups.
  - **PM2.5 filters** can be inserted into well fitted cloth masks to bring them up to a high standard of protection. (These are suitable for up to 12 hours of use, before requiring replacement.) TradeMe has cloth masks with PM2.5 filters at very reasonable prices. (Around 30 cents each for the replacement filters in bulk)
  - **N95, KN95, KF94** ratings are all highly effective if worn correctly. (There are MOH/TradeMe approved suppliers on TradeMe.) (Around \$1 each)
4. **The following from the Wall Street Journal is sobering:**  
(I presume that a multi-layered cloth mask that includes a PM 2.5 filter will rate better than a standard surgical mask and will be somewhat close to an N95 if it is very well fitted... but many are not!)

### Why Cloth Masks Might Not Be Enough as Omicron Spreads

Time it takes to transmit an infectious dose of Covid-19

		PERSON NOT INFECTED IS WEARING			
		Nothing	Cloth mask	Surgical mask	N95
PERSON INFECTED IS WEARING	Nothing	15 min.	20 min.	30 min.	2.5 hours
	Cloth mask	20 min.	27 min.	40 min.	3.3 hours
	Surgical mask	30 min.	40 min.	1 hour	5 hours
	N95	2.5 hours	3.3 hours	5 hours	25 hours

It will take 25 hours for an infectious dose of Covid-19 to transmit between people wearing non-fit-tested N95 respirators. If they're using tightly sealed N95s—where only 1% of particles enter the facepiece—they will have 2,500 hours of protection.

Note: Results published in Spring 2021. The CDC expects the Omicron variant to spread more easily.  
Source: ACGIH's Pandemic Response Task Force

## 5. Re-using masks?

We are told by some that disposable masks may be reused up to 10 times if washed... (Gentle hand wash... not in the machine...) Check cloth masks as they get older too... they will become less effective over time... Do they still repel water etc? **Never wear a damp mask!**