

## Alert Level 3 factsheet:

### People at risk

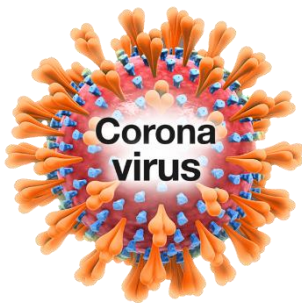
23 April 2020



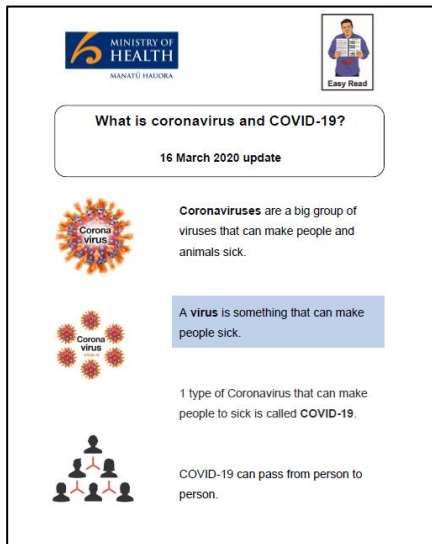
New Zealand has 4 Alert Levels:

- Alert Level 1
- Alert Level 2
- Alert Level 3
- Alert Level 4

Unite  
against  
COVID-19



The different Alert Levels tells us what we must do to keep everyone safe from the Covid-19 virus.



There is an Easy Read factsheet called:

## What is coronavirus and COVID-19?

You can find this factsheet on the COVID-19 website:



<https://covid19.govt.nz/communities/accessible-information/easy-read/>

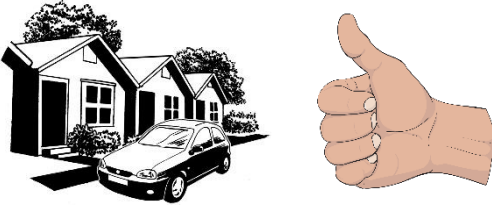


**New Zealand is moving to Alert Level 3.**

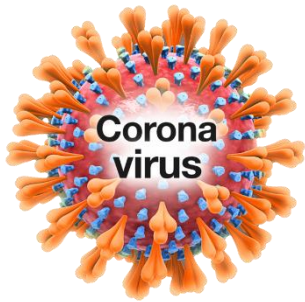


This factsheet will tell you how people who are more at risk of getting sick with COVID-19 can keep safe at Alert Level 3.

## People at risk



We are moving to Alert Level 3 because staying home at Level 4 has made things **a bit** safer.



But some people may still get COVID-19 at Alert Level 3.



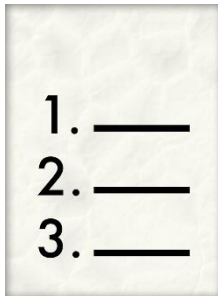
Just like in Alert Level 4 some people are more likely to get very sick if they get COVID-19.

These people are more **at risk** than others.

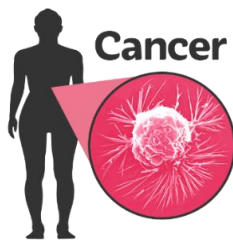
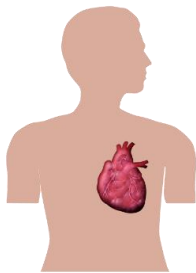


## People who are **at risk**:

- are over 70 years old
- have other health conditions.



Here are some of the health conditions that make people more likely to get very sick if they get COVID-19:



- kidney disease
- heart disease
- liver disease
- cancer
- diabetes.

You may also be at risk if:



- you are pregnant
- your body is not able to fight off germs very well
- you are taking medicine that makes it harder for your body to fight off some illnesses – like medicine for cancer.



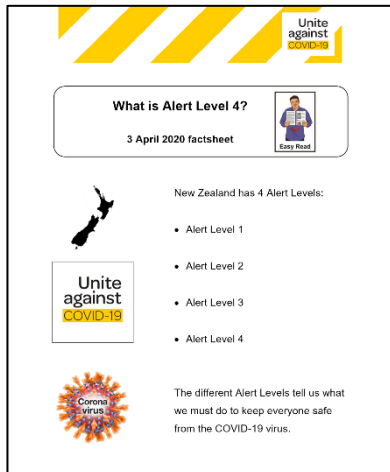
If you have any of these health conditions **you need to be extra careful – even at Alert Level 3.**



You need to protect yourself against COVID-19.



If you are **at risk** you will need to keep following the **Alert Level 4 rules** to keep yourself safe.



There is an Easy Read factsheet that has all the **Alert Level 4 rules** called:

### What is Alert Level 4?

You can find this factsheet on the COVID-19 website:



<https://covid19.govt.nz/communities/accessible-information/easy-read/>



If you are not sure if you have 1 of these conditions you can contact:

- your doctor
- Healthline.



They can help you think about what you are ok to do at Alert level 3.



The phone number for Healthline is:

**0800 661 116**



It will not cost you any money to call Healthline.



Healthline is open all the time – day and night.

# How do I get food if I cannot go out?

If you are a person who is **at risk** you should:

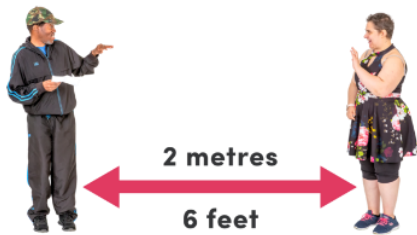


- not go to the shops
- buy your shopping online
- have your shopping delivered to you.



You can also ask someone you trust to get food for you.





Remember that you must **stay 2 metres away** from them unless they are:

- the people you live with
- your support workers.



If you get your food delivered the delivery person should **not** come inside your house.

They should leave the food by your door so you can get it when they have gone away.

# People that I live with can go out or go to work. What should I do?



If you are **at risk** you need to be more careful than other people.



You may want to follow the rules of Level 4 even if the people in your bubble are following the rules of Level 3.

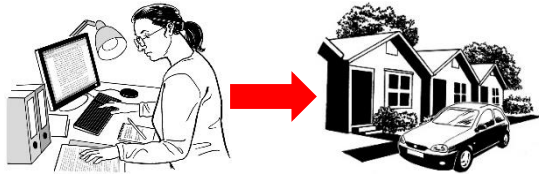


You should try to:

- stay at home all the time



- ask other people to help you.



Work from home if you can.



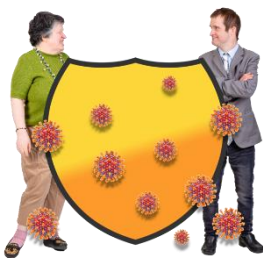
Talk to the people in your bubble about how to keep everyone safe if:



- you go back to work
- someone in your bubble is going back to work.



If you go back to work talk to your boss about how to keep safe:

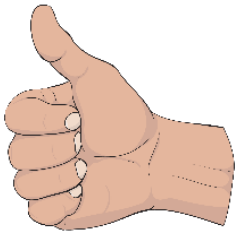


- at work



- on the way to work.

# Can I exercise?



Yes!

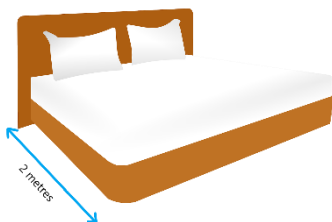


Exercise is important for your:

- body
- mental health – this means how you feel.



When you go outside remember to stay 2 meters away from other people.



2 metres is about as long as a bed.



You also need to:

- wash your hands before you leave home
  
- wash your hands when you come back home.

## How can I get information about COVID-19 if I do not have the internet?



You can listen to **Radio NZ** on your radio.



You can also watch **Channel 1** at **1 o'clock** every afternoon.



This information has been translated into Easy Read by the Make It Easy service of People First New Zealand Inc. Ngā Tāngata Tuatahi.



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- [Changepeople.org.nz](http://Changepeople.org.nz)



- [Photosymbols.com](http://Photosymbols.com)



- Sam Corliss



- Steve Bolton