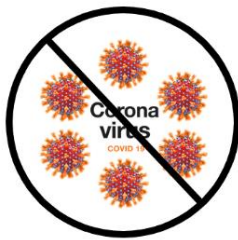


## What to do if you feel unsafe in your bubble



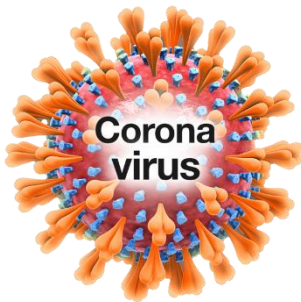
Everyone in New Zealand has been asked to stay at home.



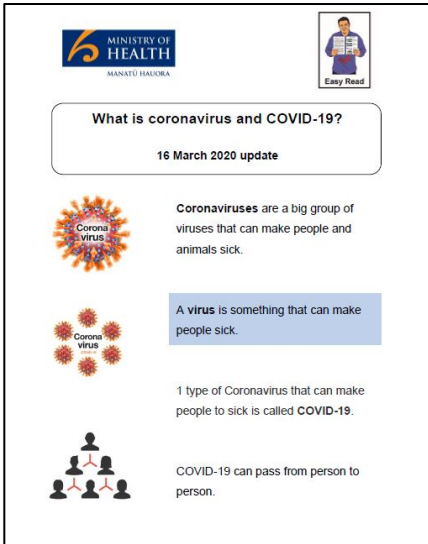
This is to stop **COVID-19** from spreading to more people.



**COVID-19** is a virus that can make people sick.



It is also called coronavirus.



There is an Easy Read factsheet called:

## What is coronavirus and COVID-19?

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

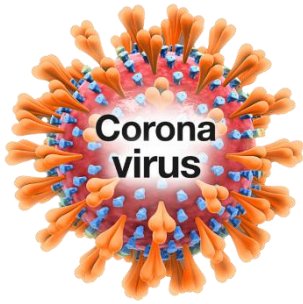


<https://covid19.govt.nz/communities/accessible-information/easy-read/>



New Zealand has 4 Alert Levels:

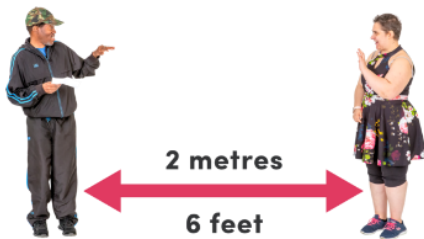
- Alert Level 1
- Alert Level 2
- Alert Level 3
- Alert Level 4.



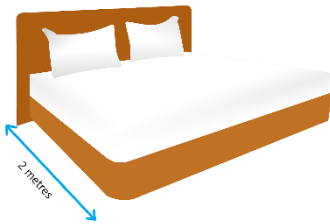
The different Alert Levels tell us what we need to do to keep everyone safe from the COVID-19 virus.



Each Level has rules about what we can see.



Everyone has been told to stay 2 metres away from people who are not in their **bubble**.



2 metres is about as long as a bed.



A **bubble** means the people you can see in that Level.



Your bubble could be:

- the people you live with
- your support workers
- close family
- a friend who lives alone.



The size of your bubble may change when we are in the different Alert Levels.



**Some people in your bubble may make you feel unsafe.**



**It is okay to ask for help if you:**

- are in danger



- know someone else is in danger.



**If you feel unsafe right now:**

- call **111** or
  
- use the **111** text service if you are registered for it.



You should also call the Police by dialling **111** on your phone if you think someone may be:



- hurt
- hurting themselves.



Call the Police **even if you are not sure.**



There are helplines you can call if:

- you need to talk to someone about feeling unsafe
- it is not an emergency.



You can call the **It's Not Okay** family violence information line on:

**0800 456 450**



You can also call the **2SHINE** national help line on:

**0508 744 633**



You can also call the **People First New Zealand helpline**.



The People First New Zealand **helpline** is:

**0800 20 60 70**



You will be asked to leave a message with your:

- first and last name
- phone number.



It will not cost you any money to call this number.





You can also email People First  
New Zealand on:

**[ask@peoplefirst.org.nz](mailto:ask@peoplefirst.org.nz)**



A People First worker will call or  
email you back.



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



The ideas in this document are not the ideas of People First New Zealand Ngā Tāngata Tuatahi.



Make It Easy uses images from:

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



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



- Sam Corliss



- Steve Bolton