

**Unite  
against  
COVID-19**

# **NZC GUIDELINES FOR TRAINING FACILITY USE UNDER COVID LEVEL 1**

## **BY ENTERING THIS FACILITY YOU AGREE TO DO THE FOLLOWING:**

- **KEEP TRACK OF WHERE YOU HAVE BEEN BY COMPLETING CONTACT TRACING WITH THE QR CODE ON THIS POSTER.**
- **IF YOU'RE SICK, STAY HOME. DON'T GO TO WORK OR SCHOOL. DON'T SOCIALISE.**
- **IF YOU HAVE COLD OR FLU SYMPTOMS CALL YOUR DOCTOR OR HEALTHLINE AND MAKE SURE YOU GET TESTED.**
  - A. IF YOU TEST NEGATIVE FOR COVID-19, PLEASE DO NOT RETURN TO WORK UNTIL 48 HOURS AFTER SYMPTOMS**
  - B. IF YOU ARE TOLD BY HEALTH AUTHORITIES TO SELF-ISOLATE YOU MUST DO SO IMMEDIATELY.**
- **IF YOU'RE CONCERNED ABOUT YOUR WELLBEING OR HAVE UNDERLYING HEALTH CONDITIONS, WORK WITH YOUR GP TO UNDERSTAND HOW BEST TO STAY HEALTHY.**
- **SNEEZE AND COUGH INTO YOUR ELBOW, AND REGULARLY DISINFECT SHARED SURFACES.**
- **WASH YOUR HANDS. WASH YOUR HANDS. WASH YOUR HANDS.**