

## **Level 2 – So what does this look like for the country?**

### **What you need to know**

Alert Level 2 live life as normal. You can still go to work and school, but you should:

- keep your distance from other people in public
- wash your hands
- sneeze and cough into your elbow
- keep a track of where you have been and who you've seen
- wear a mask if you can.

People at higher risk of severe illness from COVID-19 are encouraged to take additional precautions when leaving home.

### **Personal movement**

At Alert Level 2, you can leave home, but you should follow public health measures and consider others around you.

### **Physical distancing**

Keep your distance when out and about:

- 2 metres in public and in retail stores, like supermarkets and clothes shops.
- 1 metre in most other environments like workplaces, cafes, restaurants, and gyms.

### **Masks**

At Alert Levels 2 the risk of COVID-19 being present in the community is higher. You should wear masks in situations where physical distancing is not possible, like on public transport or in shops.

### **Travel and transport**

You can travel, but make sure you do it in a safe way.

You can travel to other regions that are at Alert Level 2. You should not travel to regions at a higher Alert Level.

You should:

- keep records of what travel services you use and who you have been in contact with
- keep your distance from groups of people you don't know
- minimise the number of places you stop on the way to your destination.

## **Tips for minimising risk while travelling:**

- If you can, try to avoid travelling on public transport at peak times. Consider alternative ways of travelling, like cycling or walking.
- While waiting for public transport avoid standing close to strangers and avoid sitting next to someone you don't know when on board. Follow the instructions from your transport operators.
- Maintain good hygiene – wash your hands often, sneeze or cough into your elbow.
- Keep track of your journey, including where and when you boarded and where you're sitting.
- If you can, try to take public transport at off-peak times.
- Avoid sitting or standing next to someone you don't know.
- If you're flying or taking other forms of transport that involve bookings, follow the physical distancing instructions from your transport operators.
- You must not travel if you are displaying symptoms of COVID-19, awaiting a test, or if you need to self-isolate.

## **Work involving close personal contact**

For some businesses, close personal contact is required to deliver a service. This includes:

- hairdressers
- home help providers.

These businesses can operate if they have public health measures in place like:

- keeping contact tracing registers
- keeping customers 1 metre apart, including while they're waiting
- good hygiene practices
- disinfecting surfaces in between customers.

## **Exercise, sport and recreation**

You can do your usual exercise and recreation activities, provided you can do them safely.

This includes activities that were restricted previously, including:

- walking, biking and hunting on public conservation land
- swimming at a public swimming pool, but there will be restrictions
- going to the gym, but there will be restrictions
- boating and motorised water sports.

Community sports are limited to groups of 100 in a defined space. A sports field can have multiple defined spaces by keeping:

- people in groups of up to 100
- groups separate either through consistent 2m physical distancing when outdoors or barriers.

These groups are prevented from intermingling or sharing common facilities at the same time.

## **Gatherings, events, and public venues**

Events at home and outside of your home can have up to 100 people:

- weddings
- family events
- religious services
- funerals and tangihanga
- private functions, like a birthday at hired premises.

Play it safe — keep surfaces clean, wash your hands, and maintain safe physical distancing where possible.

A person in charge of a social gathering, should ensure records are kept for contact tracing purposes, except where every person in a gathering knows each other. This includes in your home, community hall, or other space.

You should not participate in any gatherings if you have COVID-19 symptoms or if you need to be in isolation for any reason.