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

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:


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:

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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