Alert Level 3 factsheet:

Staying in your bubble

October 2020

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 must do to keep everyone safe from COVID-19.
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:

This factsheet is about staying in your bubble at Alert Level 3.
Making your bubble bigger in Level 3

Your bubble means the people you can see during COVID-19.

Your bubble can include:

- the people you live with
- your support workers
- close family
- another person who lives alone.

These people:

- **do not** need to live in the same house as you
- **must** live close to you.
Your bubble should only include:

- people who live in the same house as you

  and

- people who live in 1 other house

  and

- your support workers.
Looking after your bubble in Level 3

It is important to look after your bubble.

Do not make it too big.

During Alert Level 3 you have to stay 2 metres away from any people who are not in your bubble.

2 metres is about as long as a bed.
You should not spend much time talking to people who are not in your bubble even if they are 2 metres away.

This means:

- you can have a short talk to your neighbours if they are 2 metres away
- you should not sit on your driveway talking to your neighbours for a long time.
Make sure the people you are letting into your bubble are not letting a lot of people into their bubbles.

Keep your bubbles small.

Make sure you are:

- safe
- healthy.

Make sure everyone in your bubble is:

- safe
- healthy.
If someone in your bubble gets sick they will need to stay away from everyone else.

This means they need to be by themselves away from the other people in their:

- house
- bubble.
If you are **at risk** of getting very sick if you get COVID-19 you should keep your bubble small.

There is an Easy Read factsheet called:

**Alert Level 3 factsheet – People at risk**

It has more information about who is at risk of getting very sick with COVID-19.

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

What things can I go to in Level 3?

In Alert Level 3 you should only leave your house to:

- go to work

- get things you need like:
  - food
  - medicine

- go to events like:
  - funerals and tangihanga
  - wedding ceremonies.
Weddings cannot have parties in Level 3.

In Alert Level 3:

- there can only be 10 people at an event

- you must stay away from other people that are not in your bubble

2 metres is about as long as a bed.

- you will need to wash your hands a lot.
Can I go to religious events at Level 3?

No.

The only events you can go to at Alert Level 3 are:

- wedding ceremonies
- funerals and tangihanga.

Many religious events are happening on the internet instead.
If I stay away 2 metres away – can I meet with my friends in Level 3?

No.

You still need to keep in contact with your friends by:

- phone

- using video chats like:
  - FaceTime
  - Zoom.
Can I go to a support group in my local area at Level 3?

No.

You can only be close to the people in your bubble.
How can I get information about COVID-19 if I do not have the internet?

You can listen to Radio NZ on your radio for updates about COVID-19.

Most days there are updates on the TV on Channel 1.
If you need help to understand any of the information in this fact sheet you can 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.

The People First New Zealand helpline is free to call.

This means it will not cost you any money to call the helpline.
You can also email People First New Zealand on
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
- Photosymbols.com
- Sam Corliss
- Steve Bolton

All images used in this Easy Read document are subject to copyright rules and cannot be used without permission.