

STREET REACH

Message to people who are sleeping rough about self-isolation during COVID-19

If you have symptoms of the COVID-19 virus, are over 70 years old, or have any health issues we can support you to self-isolation while alert level 4 is active.

Our Street Reach Outreach team can help you get somewhere to stay immediately. We will help you get there, and will provide support for you.

Merge Cafe is closed, but every day at 10am our Street Reach Team will be outside the cafe for you to talk to.

You can also reach us at
outreach@lifewise.org.nz

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What is COVID-19?

COVID-19 is a new illness that can affect your lungs and airways. It's caused by a virus called coronavirus. There are simple steps you can take to protect you and your family/whānau.

Symptoms of COVID-19

- a cough
- a high temperature (at least 38°C)
- shortness of breath

These symptoms do not necessarily mean you have COVID-19. The symptoms are similar to other illnesses that are much more common, such as cold and flu.

How to protect yourself and others

- Stay two metres away from other people
- No physical contact with others, including hugs and hongi
- Cough or sneeze into your elbow or by covering your mouth and nose with tissues
- Put used tissues in the bin or a bag immediately
- Wash your hands with soap and water often
- Try to avoid close contact with people who are unwell
- Don't touch your eyes, nose or mouth if your hands are not clean
- If you are unwell, you can call Healthline on 0800 358 5453

Source: [Health.govt.nz](https://www.health.govt.nz) and Ministry of Health NZ

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