

## **COVID-19 ADVISORY**

## We Are At Alert Level 2

New Zealand moved to Alert Level 2 at 11:59pm on Wednesday 13 May.

## **Play It Safe**

We have more freedom of movement at Alert Level 2, but it's up to each of us to keep ourselves and the rest of New Zealand safe.

These are the most important things that you can do:

- COVID-19 is still out there. Play it safe.
- Keep your distance from other people in public.
- If you're sick, stay home. Don't go to work or school, don't socialise.
- If you have symptoms of cold or flu, call your GP or Healthline about being tested.
- Wash your hands. Wash your hands. Wash your hands.
- Sneeze and cough into your elbow.
- · Regularly disinfect surfaces.
- Keep a track of where you've been and who you've seen.

## Remember: Alcohol-Based Hand Sanitisers Are Flammable!

To be effective, hand sanitisers must contain at least 60 percent alcohol. However, this also makes the product flammable. Alcohol vapours can ignite if exposed to an ignition source, e.g. light switches, cigarette lighters, open flames, extreme heat, etc

- Always ensure the sanitiser has fully evaporated and your hands are completely dry.
- Avoid touching any surface until the gel/liquid has fully dried.

The good news is that most hand sanitisers also contain emollients to keep your skin soft and reduce any damage. Important, because dry and damaged skin can increase the risk of bugs entering through cuts in the skin.

Or you could simply choose to wash your hands frequently, with hot or cold water, for at least 20 seconds - sing 'Happy Birthday' twice! Then apply moisturiser.

Visit WorkSafe NZ for more information: WorkSafe NZ Covid-19 Guidelines

For any chemical safety queries, please don't hesitate to contact us.