

Courtenay Medical wishes to advise that we are well prepared following the latest developments with the spread of Corona virus. Please see the information below as obtained from the Ministry of Health.

What are the signs and symptoms of COVID-19?

Symptoms of COVID-19 are similar to a range of other illnesses such as influenza and do not necessarily mean that you have COVID-19. Symptoms include:

- Fever
- Coughing
- Difficulty breathing. Difficulty breathing is a sign of possible pneumonia and requires immediate medical attention.

If you have these symptoms and have recently been to a country or area of concern, or have been in close contact with someone confirmed with COVID-19, please contact Healthline or your doctor immediately on **0800 358 5433** or **+64 9 358 5453** for international SIMS

Countries and areas of concern fall into two categories.

Category 1

Category 1a

Mainland China
Iran

Category 1b

Northern Italy
Republic of Korea

People who travel to New Zealand from or via (excluding airport transit) those countries listed in category 1 should self-isolate for 14 days following departure from the Category 1 country and register with Healthline on **0800 358 5453**

Category 2

Hong Kong
Italy (other than northern Italy)
Japan
Singapore
Thailand

People who have travelled from or via countries lists in category 2 (excluding airport transfer) should be aware of COVID-19 symptoms. They do not have to self-isolate if well. They should self-isolate if they

develop any symptoms of concern. and ring Healthline on **0800 358 5453** if they develop symptoms within 14 days of departing the Category 2 country.