

# Reducing the spread of COVID-19

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Government  
Health & Safety Lead

This resource has been designed to help you understand the most important infection prevention control measures used to manage the spread of COVID-19 (including the Delta variant). Links will take you to official websites to find out more about how to do things right.

COVID-19 is a viral infection that is transmitted through direct and indirect contact with the virus. Infection Prevention Control (IPC) measures will help minimise the impact and eliminate the virus in New Zealand. For some more information on basic practices, check out the resource [Stop the Spread](#) and the Ministry of Health website [Ministry of Health NZ](#).

## Physical Distancing



- COVID-19 spreads mainly between people who are in close contact with each other. You can be infected when aerosols or droplets containing the virus are inhaled, or come directly into contact with your eyes, nose, or mouth.
- Ensure you are familiar with the current physical distancing requirements under each Alert Level by keeping an eye on [www.covid-19.govt.nz](http://www.covid-19.govt.nz) and adhere to signage displayed in your workplace and other locations.

## Record Keeping and Contact Tracing



- COVID-19 can spread very quickly through the community and a person can spread the virus when not 'symptomatic'.
- Being able to effectively identify and break chains of transmission allows NZ to eliminate the virus.
- Keeping a record of where you have been supports this.
- Use the [COVID Tracer App](#) with [Bluetooth functionality on](#), as this allows contact tracing to occur more effectively.

## Face Coverings



- COVID-19 is also spread through droplets when someone speaks, laughs, coughs or sneezes.
- Masks and face coverings help reduce risk by creating a barrier for these droplets, but do need to be worn correctly to be effective. Find out how [here](#).
- Face coverings are now mandatory in some situations, to keep up to date with what these are, visit [Face Coverings COVID-19](#).

## If Sick – Stay Home & Get Tested



- A person infected with COVID-19 has the potential to spread the virus to anyone around them.
- Being aware of the COVID-19 symptoms and staying at home limits the exposure and keeps others safe.
- Being tested allows contact tracers to break the chain of transmission.
- Check out how to book a COVID-19 test [here](#).

## Good Hygiene Practices



- COVID-19 can also be transmitted by touching your eyes, nose or mouth with hands that have been contaminated with the virus (including while taking off your mask).
- Good hygiene is one of the most effective ways to prevent infection. Check out some of the guidance on [cleaning and disinfecting](#).
- Washing your hands effectively is crucial. Check out this resource on [Cleaning your hands](#).

## COVID-19 Vaccinations



- Because COVID-19 is a new and evolving virus, a healthy person's immune response is slower and people generally become more unwell.
- Getting a COVID-19 vaccination can prevent you from getting COVID-19 or can help you to have no symptoms, fewer or milder symptoms, and a faster recovery.
- This can reduce the likelihood of passing the virus on to others. Check out some [information on vaccinations](#).

Find out more at  
[Covid19.govt.nz](http://Covid19.govt.nz)

New Zealand Government

Interested in learning more about how COVID-19 is spread?  
Check out the World Health Organisation website [here](#).

Unite  
against  
COVID-19