

Year 9 Lockdown Workbook

This is Free Please Take This Home to your Year 9 Child

Kia ora, Talofa lava, Kia ora, Fakaalofa lahi atu, Kia orana, Ni sa bula Vinaka, Namaste, Malo e lelei, Kam na Mauri, Ia orana, Talofa koutou, Taloha ni, Sa-laam, Hello, and Warm Greetings to you.

Hopefully lockdown is going OK for you, and also for those who live with you.

If you are worried or concerned about something or anything please text or phone our Leonie Johnson, our Guidance Counsellor, on 021 871 094

She and our amazing Health & Wellbeing Team are on-call to you, and can help with all sorts of things.

This workbook is in two parts.

The first part is about our school MANA values, and we are asking that you complete this part first. You can write into the booklet itself.

When school re-opens, please bring it back to school for marking and recording for your Junior Diploma.

The second part is a whole lot of activities from different curriculum areas that you can choose from. You can choose any order, but you will need to write this in your own exercise book or on your own paper please.

Again, please bring this work back with you when you return to school.

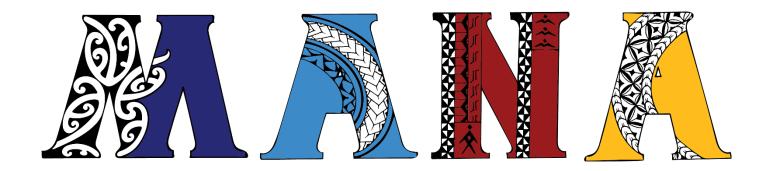
Some of you will also have Google Classrooms for some of your classes. Please join these if you can. Our school website has more information about learning in lockdown.

Please look after yourself and those around you. Remember the importance of this lockdown and why we are all doing it. Please keep yourself and others safe by regular handwashing or sanitising; safe sneezing, wearing a face-mask when you are out.

If you or someone you know has symptoms, please encourage them to get a Covid test. Take care,

Mr McMillan, Tumuaki•Principal





OUR JCHS VALUES

Name: _____

Tutor Group:

We Care

We Contribute





We Learn



Living our Values at James Cook High School

At James Cook High School, there are several things that really matter to us. While we want all of you to work hard to gain excellence in your studies, we also believe that everyone here can strive to be an excellent human being \bigcirc

In order to explain and reflect what that means, there are several core Values that we uphold here at JC – we call this the $M \land N$ philosophy.

You will complete activities about each of the four Values:

- Manaaki
- Atawhai
- Nanaiore
- Ako

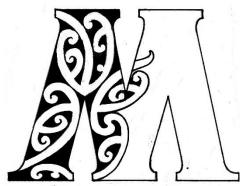
This workbook is worth **3 JC9 Credits**, and it is one of the compulsory Citizenship units from this year in order to complete your JC9 Diploma.

Lockdown is the perfect opportunity to complete this booklet!!

Use your own ideas and the JC Code to complete the different sections – it's fine to discuss your ideas with others, the key is learning about our Values

JC Scholars have





<u>Manaaki</u>

English Language Equivalent: _____

Do you know a word for this Value in any other languages?

What does this word/Value mean to you? Like what do you think it means, how would you explain it to someone who asked you?

Explain one way you show **Manaaki** (Care) at school – what's one thing you do that demonstrates or reflects this Value?

Write 'True' of 'False' next to each of these statements, based on your own understanding/opinion:

Statement	T/F
Caring for and supporting someone is only important when there's	
something in it for me	
You have to be really intelligent in order to show manaakitanga	
If you don't bother showing care for someone in the first place then	
you don't get stuck having to help them	
I'll show care and support for someone in things that I like, but give	
up easily in things I don't	
I'll manaaki someone if I think other people are watching me	
Giving care and support to my peers and friends, even when it is	
tough, is one of the best feelings you can have!	
I'm more likely to manaaki someone if they've supported me before	

In the diagram below, circle or highlight which statements show Manaaki. Discuss your choices with the people around you, to see how others understand Manaaki and how we show it \bigcirc

Look after friends

Listen to people

Tell lies if our friends ask us to

Try new things to improve our learning

Respect other people's rights

Do everything our friends do

Speak up against bad behaviour

Help others out before taking caring of ourselves

Use the six sections of the JC Code to complete these activities! Either your paper copy, or the electronic version on the JCHS website.

JC Scholars show Manaaki for Being Here by

JC Scholars show Manaaki for Being On Time by

JC Scholars show Manaaki for Learning by

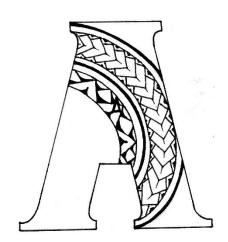
JC Scholars show Manaaki for Our School Community by

JC Scholars show Manaaki for Representing by

JC Scholars show Manaaki for Our JC Whānau by

JC Teachers and Staff show Manaaki by:

If you could suggest some ways that JC Teachers and Staff could show more or better **Manaaki**, what would those be? In other words, what are some ways that Teachers and Staff could do better at showing and using this Value?





English Language Equivalent: ____

Do you know a word for this Value in any other languages?

What does this word/Value mean to you? Like what do you think it means, how would you explain it to someone who asked you?

Explain one way you Atawhai (Contribute) at school – what's one thing you do that demonstrates or reflects this Value?

Write 'True' of 'False' next to each of these statements, based on your own understanding/opinion:

Statement	T/F
It's only worth contributing to someone or something if you get	
something in return	
Atawhai is only to be done by people who plenty of money to spare	
Time and effort are the most valuable things you can contribute	
I'll Atawhai and contribute if I get recognised for it in front of	
others	
An act of tautoko (support) is an awesome way of contributing	
People who Atawhai are likely going to lose out or get ripped off, so	
it's better not to bother	
You have to contribute your time, effort or money to something if	
someone older tells you to	

What are three barriers to <u>Atawhai</u>, things that can stop you contributing positively:

- •
- •
- •

What are some things you think you (and your friends 0) can do to help overcome those barriers:

- •
- •
- .

Use the six sections of the JC Code to complete these activities! Either your paper copy, or the electronic version on the JCHS website.

JC Scholars Atawhai to Being Here by

JC Scholars Atawhai to Being On Time by

JC Scholars Atawhai to Learning by

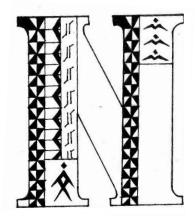
JC Scholars Atawhai to Our School Community by

JC Scholars Atawhai to Representing by

JC Scholars Atawhai to Our JC Whānau by

JC Teachers and Staff Atawhai by:

If you could suggest some ways that JC Teachers and Staff could Atawhai more, or in better ways, what would those be? In other words, what are some ways that Teachers and Staff could do better at showing and using this Value?





English Language Equivalent: _____

Do you know a word for this Value in any other languages?

What does this word/Value mean to you? Like what do you think it means, how would you explain it to someone who asked you?

Explain one way you Nanaiore (Endeavour) at school – what's one thing you do that demonstrates or reflects this Value?

Write 'True' of 'False' next to each of these statements, based on your own understanding/opinion:

Statement	T/F
The ability to Endeavour or try hard is something you're born with -	
you either have it or you don't	
You have to be really intelligent in order to show Nanaiore	
If you don't bother trying then there's no chance you'll be	
embarrassed in front of others	
I'll endeavour and make effort in things that I like, but give up	
easily in things I don't	
My teachers appreciate me endeavouring and making effort, even if	
I don't get things right first time	
If Nanaiore doesn't work, then it's better to just give up rather	
than wasting more energy	
Earning success through effort and Nanaiore feels way better than	
just being given it	

One of the biggest issues or barriers in Nanaiore is COMMUNICATION. Which of these words/phrases are barriers to you communicating when you are making, or want to make an effort:

Stutter	Quiet Voice	Sense of shame	
Mocking			
Don't Want Atte	ntion	Struggle with English	No one Listens
Don't Want to L	ook Dumb	It Never Worked Before	Scared/Fear

Which word/phrase from the box above would you most like help with to overcome?

Who do you think could help with that?						
Friends	Teacher	Dean	Prefect	Counsellor	Youth Worker	Whānau
And who	can support	you to m	ake the effort	to ask for th	nat help? 😊	
Friends	Teacher	Dean	Prefect	Counsellor	Youth Worker	Whānau

Use the six sections of the JC Code to complete these activities! Either your paper copy, or the electronic version on the JCHS website.

JC Scholars show Nanaiore towards Being Here by

JC Scholars show Nanaiore towards Being On Time by

JC Scholars show Nanaiore towards Learning by

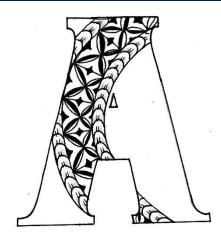
JC Scholars show Nanaiore towards Our School Community by

JC Scholars show Nanaiore towards Representing by

JC Scholars show Nanaiore towards Our JC Whānau by

JC Teachers and Staff show Nanaiore by:

If you could suggest some ways that JC Teachers and Staff could show more or better **Nanaiore**, what would those be? In other words, what are some ways that Teachers and Staff could do better at showing and using this Value?



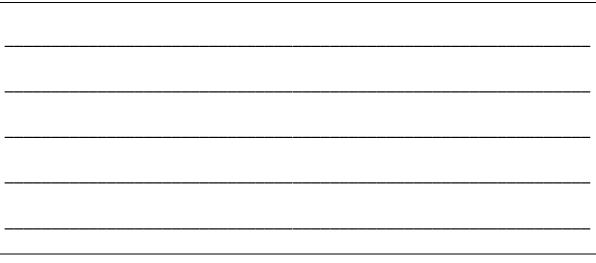


English Language Equivalent: _____

Do you know a word for this Value in any other languages?

What does this word/Value mean to you? Like what do you think it means, how would you explain it to someone who asked you?

Explain one way you Ako (Learn) at school – what's one thing you do that demonstrates or reflects this Value?



Write 'True' of 'False' next to each of these statements, based on your own understanding/opinion:

Statement	T/F
You have to be intelligent and good at schoolwork in order to ako	
One of the best ways to improve your learning is by being willing to	
learn in the first place	
It's easier to ako when you believe that your teachers believe in you	
I'm happy to learn in things that I like, but give up easily in things I	
don't	
Ako is something I have to do on my own	
My learning has not been successful unless I reach Excellence level	
If I trust my teachers and what they're helping me to do, my ako will	
improve	

One of the keys to learning is taking academic risks – getting out of our comfort zone and trying things we haven't done before. And this can make us feel vulnerable, nervous and even a little scared – all of which are normal emotions! 😊

But there are ways to deal with these so we can improve our <u>ako</u> experience. Fill in the chart below using the options in the box, identifying things we can do by ourself and those which can see us getting help from friends and whānau ⁽²⁾

Asking for Help	Trying something ne	w Extra reading
Admitting I don't know w	hat to do Tutoring f	rom a prefect/senior scholar
Ask the teacher to explai	n it a different way	Accepting mistakes are OK
Using a Growth Mindset	Trusting the advice of my teacher(s)	

By Myself	With help from friends and whānau

Use the six sections of the JC Code to complete these activities! Either your paper copy, or the electronic version on the JCHS website.

JC Scholars gain Ako for Being Here by

JC Scholars gain Ako for Being On Time by

JC Scholars gain Ako for Learning by

JC Scholars gain Ako for Our School Community by

JC Scholars gain Ako for Representing by

JC Scholars gain Ako for Our JC Whānau by

JC Teachers and Staff gain Ako by:

If you could suggest some ways that JC Teachers and Staff could gain more or better Ako, what would those be? In other words, what are some ways that Teachers and Staff could do better at showing and using this Value?

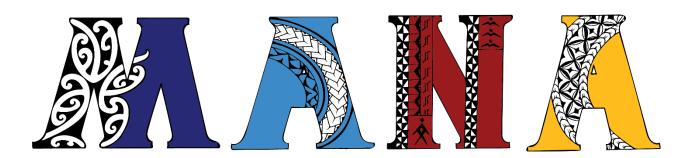
We're all about

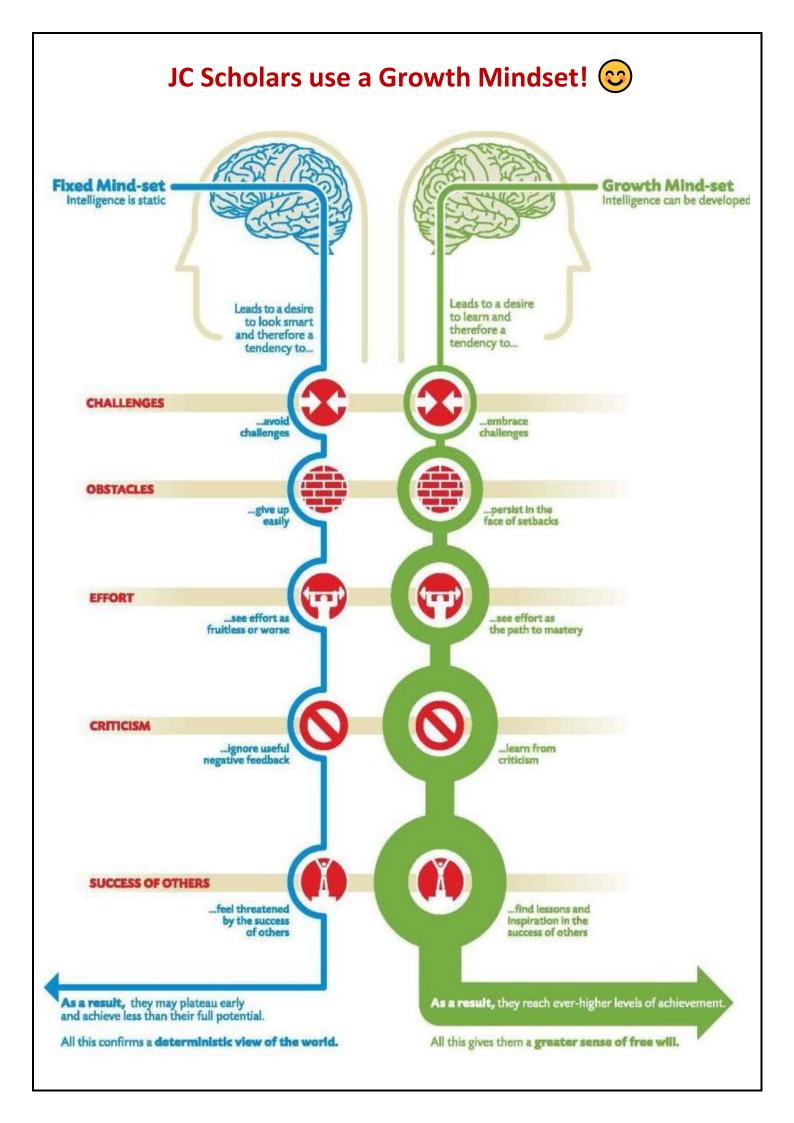




JUNIOR SCHOOL ACTIVITY BOOK

Home Learning Tasks for JC Scholars August 2021





Welcome to the JC Junior School Activity Book!

This booklet contains a collection of Home Learning Tasks for our Year 9 and Year 10 JC Scholars, drawn from several different Learning Areas. These tasks are designed to help you maintain your learning, keep engaged with your subjects – and to bust a bit of boredom during lockdown!

It is up to you which work you do – there is a wide selection in this booklet so there should be something to interest everyone.

There are instructions provided for the activities from each Learning Area. Read these carefully so you know what it is you are being asked to do.

You will need to complete the work tasks in an exercise book or on paper – this booklet is <u>**not**</u> a write-on workbook! It just contains the tasks and instructions, <u>**not**</u> spaces for actually completing the work.

You can earn credits towards your 2021 JC Diploma by completing the tasks in this booklet! The explanations about this are found on the instruction pages for each Learning Area – read them carefully! These are bonus credits to help you reach your targets – they're not compulsory, but perhaps they offer a little bit more motivation to complete these activities?!

We are proud of you for making the effort to do some of this work as Home Learning – you're developing great work habits and taking positive steps to get better every day. Congratulations on your excellent attitude 😊

Make sure you keep this booklet somewhere safe – and remember to bring in any completed work to your teachers when we return back to school.

Stay safe, take care, be kind.



ENGLISH





English Instructions

Below you will see a Thinking Keys grid about Superheroes.
In that grid there are 6 different activities for you to attempt – the instructions for each activity are in the grid squares.

You will need to complete the activity tasks in an exercise book or on paper – this booklet is <u>not</u> a write-on workbook! It just contains the tasks and instructions, <u>not</u> spaces for actually completing the work.

This activity is worth 3 JC Diploma credits. In order to earn those credits, you need to correctly complete <u>any</u> 5 of the 6 available tasks in the grid. These credits could be at Achieved, Merit or Excellence level, depending on the effort and quality of the work you do – so give it your best shot 😊

Make sure you keep this booklet somewhere safe – and remember to bring in your completed work to your teacher when we return back to school so that it can be marked and graded.

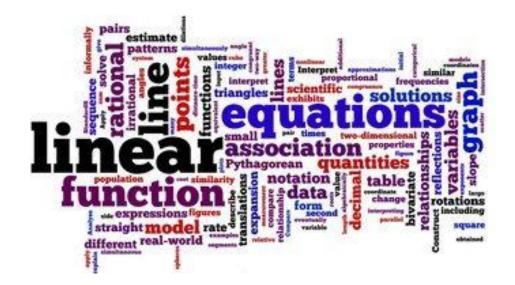
We are proud of you for making the effort to do this – you're developing great work habits and taking positive steps to get better every day. Congratulations on your excellent attitude 😊

JC Scholars do great work, develop great habits and build for success!

The Different Uses	The Commonality	The Forced Relationship
If you could employ a superhero for a day who would it be and what would you make them do? Explain your choice	In today's world of Covid-19 what kind of superhero does the world need?	Who would be the best duo if 2 superheroes had to work together? Why?
The Ridiculous	The Interpretation	<u>The Picture</u>
Choose a famous celebrity and turn them into a superhero. What powers would they have and what would they look like?	Write a character profile for your superhero: Name; Age; Occupation; Appearance; Personality; Fears; Leisure/Hobbies; Family; Ambition; Past/Secrets	Write a film review of your favourite superhero movie. Why should we watch it? What made it better than other movies? What do you think the message of the movie was?

<u>Thinker's Keys:</u> Superhero Scenario

MATHS





Maths Instructions

Below you will see a **Thinking Keys** grid about **Measurement**. In that grid there are 6 different activities for you to attempt – the instructions for each activity are in the grid squares.

You will need to complete the activity tasks in an exercise book or on paper – this booklet is <u>not</u> a write-on workbook! It just contains the tasks and instructions, <u>not</u> spaces for actually completing the work.

This activity is worth 3 JC Diploma credits.

In order to earn those credits, you need to correctly complete <u>any</u> 5 of the 6 available tasks in the grid. These credits could be at Achieved, Merit or Excellence level, depending

on the effort and quality of the work you do – so give it your best shot $oldsymbol{\odot}$

Make sure you keep this booklet somewhere safe – and remember to bring in your completed work to your teacher when we return back to school so that it can be marked and graded.

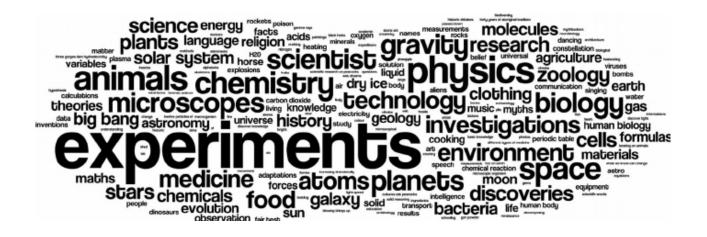
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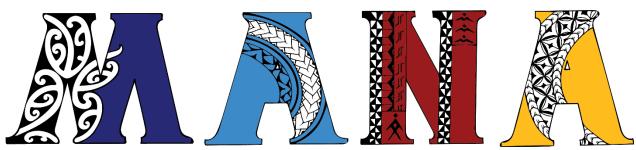
JC Scholars do great work, develop great habits and build for success!

The Different Uses	The Interpretation	The Brick Wall
List 10 different items at home that could be used to measure length, weight, time or volume (capacity).	Tai is measuring the length and width of his vegetable garden. What are different reasons why he might be doing these measurements?	To find the area of a rectangle we multiply the length and width. Are there other ways to find the area of a rectangle?
The Ridiculous	The Question	The Alternative
"We should get rid of all clocks and watches. There is no need to measure time." Argue for this idea. What are your thoughts? Provide a reason.	The area of a rectangle is 24cm ² . What could the length and width be?	You are painting your bedroom. You want to measure the walls of your bedroom to see how much paint you need to buy, but you haven't got a tape measure. What other things could you use to estimate the size of the walls?

Thinker's Keys: Measurement

SCIENCE





Science Instructions

Below you will see a **Thinking Key** grid about **Climate Change**. There are 6 different activities for you to attempt – the instructions for each activity are in the grid squares.

You will need to complete the activity tasks in an exercise book or on paper – this booklet is <u>not</u> a write-on workbook! It just contains the tasks and instructions, <u>not</u> spaces for actually completing the work.

This activity is worth 3 JC Diploma credits.

In order to earn those credits, you need to correctly complete <u>any</u> 5 of the 6 available tasks in the grid.

These credits could be at Achieved, Merit or Excellence level, depending on the effort and quality of the work you do – so give it your best shot 😊

Make sure you keep this booklet somewhere safe – and remember to bring in your completed work to your teacher when we return back to school so that it can be marked and graded.

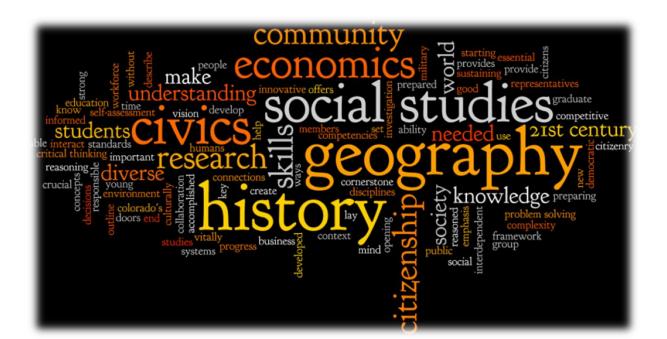
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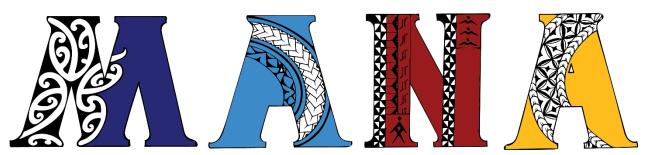
JC Scholars do great work, develop great habits and build for success!

The Ridiculous	The Forced Relationship	The Question
All petrol cars should be scrapped immediately & only electric vehicles be sold. Argue for this idea.	Your house lights are out, you need to make a homemade torch to see in the dark. The only stuff available are lemons, aluminium foil and a few torch light bulbs. Explain how by using pictures and words.	"The sun's energy can be harnessed for billions of years." Write 5 questions linked to the above statement.
The Brick Wall	The Commonality	The Alternative
Fossil fuels are more and more seen as a "dirty" source of energy Discuss why you agree or disagree.	Find common points between solar energy and chocolate.	Work out 3 ways to make cars stop at intersections without using traffic lights.

Thinker's Keys: Climate Change

SOCIAL STUDIES





Social Studies Instructions

Below you will see a **Thinking Keys** grid about **Governments**. In the grid there are 6 different activities for you to attempt – the instructions for each activity are in the grid squares.

You will need to complete the activity tasks in an exercise book or on paper – this booklet is <u>not</u> a write-on workbook! It just contains the tasks and instructions, <u>not</u> spaces for actually completing the work.

This activity is worth 3 JC Diploma credits.

In order to earn those credits, you need to correctly complete any 5 of the 6 available tasks in the grid.

These credits could be at Achieved, Merit or Excellence level, depending

on the effort and quality of the work you do – so give it your best shot \bigcirc

Make sure you keep this booklet somewhere safe – and remember to bring in your completed work to your teacher when we return back to school so that it can be marked and graded.

We are proud of you for making the effort to do this – you're developing great work habits and taking positive steps to get better every day. Congratulations on your excellent attitude 😊

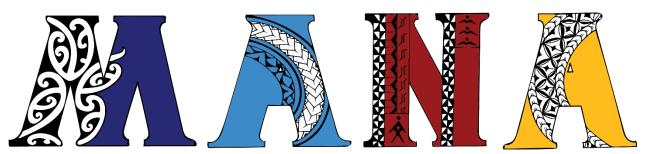
JC Scholars do great work, develop great habits and build for success!

The Ridiculous	The Question	The Different Uses
How well do you think our country would be run if you and your friends were in charge?! Give reasons for you answer 😏	Write FIVE questions you would like to ask the Prime Minister. (Make sure are a couple about the job she does!)	Identify 5 ways in which high school students could influence government policy (not just about education, but anything!)
The Interpretation	The Brick Wall	The Alternative
Give some reasons why the government cannot make sure that students have 95% school attendance.	List at least 3-5 strategies or ideas the Government could introduce that would make high school students like you want to be at school.	Education is not just about what the government can do for us; it's also about what we can do for ourselves. List 2-3 steps you could take to get a better education without having to rely on the government to help.

Thinker's Keys: Governments

HEALTH & PHYS ED





Health and PE Instructions

In this section, you will see an Activity Grid about Hauora.
In that grid there are 4 different activities for you to attempt – the instructions for each activity are in the grid squares.

You will need to complete the activity tasks in an exercise book or on paper – this booklet is <u>not</u> a write-on workbook! It just contains the tasks and instructions, <u>not</u> spaces for actually completing the work.

You are allowed assistance from your family members, and the internet to help you achieve this. Read each task, if there is a resource or link required, it will be attached. You can complete them in any order if you wish.

This activity is worth 3 JC Diploma credits.

In order to earn those credits, you need to correctly complete:

- <u>any</u> 2 or more of the available tasks in the grid for Achieved.

- <u>any</u> 3 or more of the available tasks in the grid for Merit.

- <u>all 4</u> of the available tasks in the grid for Excellence.

Make sure you keep this booklet somewhere safe – and remember to bring in your completed work to your teacher when we return back to school so that it can be marked and graded.

We are proud of you for making the effort to do this – you're developing great work habits and taking positive steps to get better every day. Congratulations on your excellent attitude 😊

JC Scholars do great work, develop great habits and build for success!

Hauora Activity Grid

TAKING CARE OF OURSELVES	DECK OF CARDS - FITNESS	HAUORA POSTER	
Research the 5 ways to wellbeing (use the	Participate in a deck of cards fitness challenge. The	Design a poster on A4 or	
website wellplace.nz to help you if you need).	aim is to flip one card over at a time. Each suit	A3 paper, otherwise using	
Attempt to complete 1 small thing for each of	represents an exercise (eg, squats, pushups, sit-ups,	PowerPoint/Word etc	
the ways to wellbeing over 5 days. For example:	lunges, star jumps). The number on the card	based on Hauora and the	
• Be Active: Today I went for a walk with my	represents how many times you complete that	4 dimensions - draw or	
family.	exercise. Challenge yourself through all 52 cards.	use pictures to create a	
Keep a journal diary recording what you do 🎯	Set a time limit for more of a challenge.	visual poster.	
	Encourage the whānau to join in.		

IMPOSSIBLE CHALLENGES

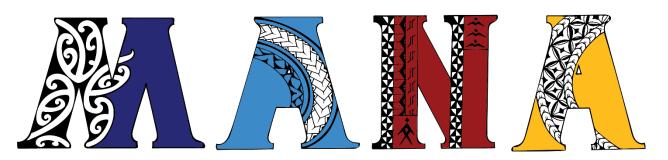
The following challenges are almost impossible, give them a go and reflect or discuss with someone else what made them hard. - Sit in a straight-back armless chair, keeping your back against the back of the chair and your feet flat on the floor. Fold your arms across your chest. Keeping your feet flat and your back straight, stand up.

- Place an object on the floor about 50 cm from a wall. Stand with your back against the wall, feet together and heels against the wall. Try to pick up the object on the floor without moving your feet or bending your knees.

- Stand against a wall with your right side facing the wall, then put your right foot and cheek against the wall (you may need to move your right arm backwards). Lift your left foot off the floor for 5 seconds.

PERFORMING ARTS





Performing Arts Instructions

In this section, you will see a **Thinking Keys** grid about Celebrations. We all have celebrations throughout our lives -consider an occasion when you have been to or been a part of a celebration event. In that grid there are 6 different activities for you to attempt – the instructions for each activity are in the grid squares.

You will need to complete the activity tasks in an exercise book or on paper, or as a voice or video recording – this booklet is <u>**not**</u> a write-on workbook! It just contains the tasks and instructions, <u>**not**</u> spaces for actually completing the work.

This activity is worth 3 JC Diploma credits. In order to earn those credits, you need to correctly complete <u>any</u> 5 of the 6 available tasks in the grid. These credits could be at Achieved, Merit or Excellence level, depending on the effort and quality of the work you do – so give it your best shot 😳

Make sure you keep this booklet somewhere safe – and remember to bring in your completed work to your teacher when we return back to school so that it can be marked and graded.

We are proud of you for making the effort to do this – you're developing great work habits and taking positive steps to get better every day. Congratulations on your excellent attitude 😊

JC Scholars do great work, develop great habits and build for success!

Thinker's Keys: Celebrations

The Alternative	The Alphabet	The Question
Design a costume for a celebration event with items from the environment.	Using each letter of the alphabet, name celebration foods.	Write five questions that give the answer: For a celebration.
The Interpretation	The Brick Wall	The Commonality
Explain this: "Dancing is creating a sculpture that is visible only for a moment" <i>Erol Orzan</i>	Dance, Drama and Music should not be taught in New Zealand schools to all students. Discuss why you agree or disagree.	List ten different types of celebrations. List ten different children's TV programmes. Compare and find anything that is common.



James Cook High School students do great work, develop great habits and build for success with your JC9 Diploma.

You earn it by gaining JC Credits for completing work in all your different subjects this year.

JC9 Diploma Target: Pass 75% of the credits available this year

Year 9 Scholars who are focused on their Diploma:

• Work towards the best possible grades

Let's Do This!

- Ask teachers for help and trust their guidance
- Act with MANA and live our school values
- Are in the right place at the right time, all day, every day!

The JC10 Diploma we're Driving Success!

James Cook High School students do great work, develop great habits and drive for success with your JC10 Diploma.

You earn it by gaining JC Credits for completing work in all your different subjects this year.

JC10 Diploma Target: Gain 100 credits

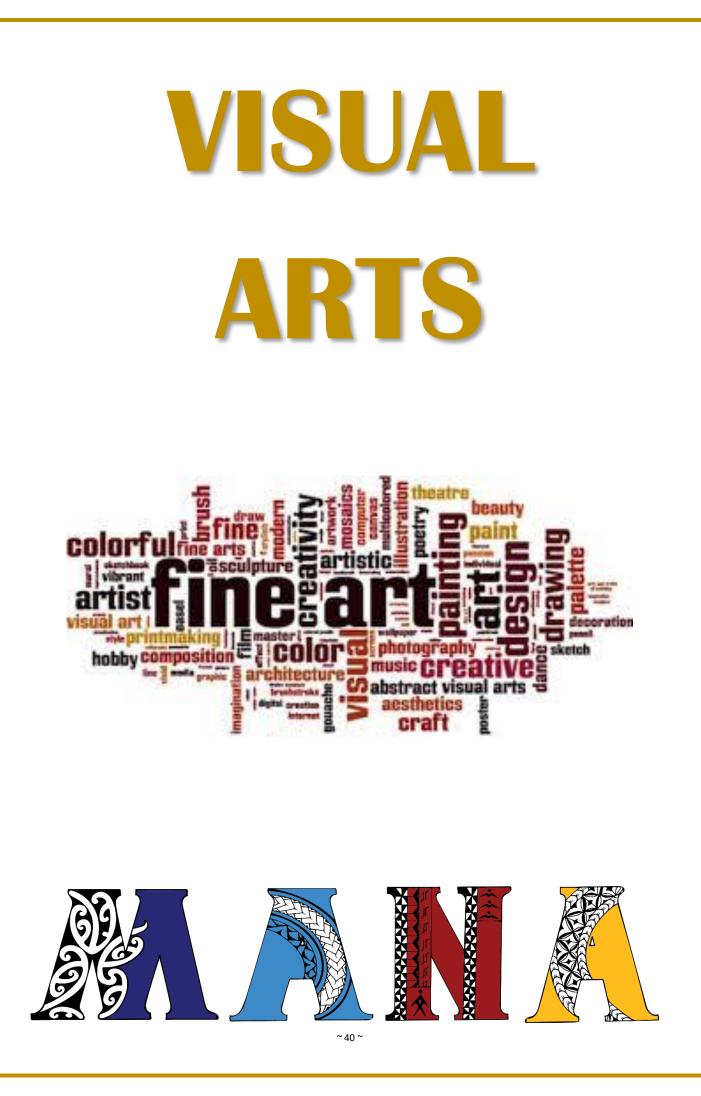
Year 10 Scholars who are focused on their Diploma:

- Plan their work, one task at a time
- Are focused and committed to their learning
- Work with their teachers and trust their guidance
- Act with MANA and live our school values
- Are in the right place at the right time, all day, every day!

we've Got This!



ENDEAVOUR



Visual Arts Instructions

In this section, you will see a **Thinking Keys** grid about **The Da Vinci Code**. In that grid there are 6 different activities for you to attempt – the instructions for each activity are in the grid squares.

You will need to complete the activity tasks in an exercise book or on paper – this booklet is **not** a write-on workbook! It just contains the tasks and instructions, **not** spaces for actually completing the work.

This activity is worth 3 JC Diploma credits.

In order to earn those credits, you need to correctly complete <u>any</u> 5 of the 6 available tasks in the grid. These credits could be at Achieved, Merit or Excellence level, depending on the effort and quality of the work you do – so give it your best shot 😊

Make sure you keep this booklet somewhere safe – and remember to bring in your completed work to your teacher when we return back to school so that it can be marked and graded.

We are proud of you for making the effort to do this – you're developing great work habits and taking positive steps to get better every day. Congratulations on your excellent attitude 😊

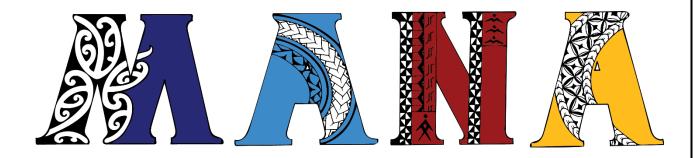
JC Scholars do great work, develop great habits and build for success!



We Learn

Thinker's Keys: The Da Vinci Code

The QuestionDa Vinci designed a Flying Machine, long before others did the same.Image: Complex stateImage: Com	The Brainstorming Leonardo kept a journal he wrote in almost daily. Most of his writing is in mirror script (which means it can only be read when placed against a mirror), which makes it difficult to read. Brainstorm how you would make use of this awesome talent.	<section-header><section-header><text><text><text></text></text></text></section-header></section-header>
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Wash your hands with soap and water often (for at least 20 seconds). Then dry.



Cough or sneeze into your elbow or by covering your mouth and nose with tissues.



Clean and disinfect frequently touched surfaces and objects, such as doorknobs.



Don't touch your eyes, nose or mouth if your hands are not clean.



Put used tissues in the bin or a bag immediately.



Stay home if you feel unwell.

For updates and more information on keeping yourself safe, visit **Covid19.govt.nz**

New Zealand Government

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