



CORONAVIRUS INFORMATION UPDATE FOR CLIENTS AND VISITORS TO BIRTHCARE

❖ Category 1a

- Mainland China
- Iran

The government has announced temporary restriction on travellers arriving in New Zealand from Category 1a countries and territories as a precautionary measure to protect against the spread of COVID-19. The restrictions prevent foreign nationals travelling from or transiting through Category 1a countries and territories from entering New Zealand.

All New Zealand citizens and permanent residents (and close family members) inbound from Category 1a countries and territories are requested to register with Healthline (0800 358 5453) and to undertake 14 days self-isolation starting from the date of departure from that country or territory. **Effectively as of Sunday 15th March, 2020 @ 2359hrs.**

❖ Category 1b - All countries not named in category 1a or 2

❖ Category 2 (effectively as of Sunday 15th March, 2020 @ 2359hrs)

- | | | | |
|--------------------|-----------------|--------------------|----------------------------------|
| • Fiji | • Kiribati | • Marshall Islands | • Federated States of Micronesia |
| • Nauru | • New Caledonia | • Niue | • Palau |
| • Papua New Guinea | • Samoa | • Solomon Islands | • Tonga |
| • Tuvalu | • Vanuatu | • Tokelau | • Wallis and Futuna |
| • Cook Islands | | | |

People who have recently travelled from Category 2 countries and territories should be aware of the COVID-19 symptoms. You do not have to self-isolate if you are well. Anyone who develops symptoms within 14 days of departing the Category 2 country and territory should contact Healthline (0800 358 5453).

Symptoms of concern:

- 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.

Shortness of breath is a sign of possible pneumonia and requires immediate medical attention.

Self-isolation is one of the most effective way of keeping individuals, families and our communities safe and healthy and stopping the spread of COVID-19.

Minimising the time you spend in shared spaces such as bathroom, kitchens, and sitting rooms is strongly recommended and do not share beds, linen or food and clean regularly.

Birthcare Visiting:

As of 2pm on Thursday 19th March, 2020, Birthcare is only allowing the woman's partner or husband or one support person to visit during the whole stay until further notice. No one should be entering Birthcare if they are unwell. Please note that all other visitors will be asked to leave the premises.

Thank you for your help in keeping all our mothers and babies safe. For further information go to the New Zealand Ministry of Health website- <https://www.health.health.govt.nz>