

CORONAVIRUS (COVID-19) UPDATE

Preventing the spread of the virus



Pay attention to your health

- Monitor your health for flu-like symptoms (Fever, coughing, difficulty breathing etc)
- Wash your hands with soap & water for 20 seconds and use hand sanitiser when available



What to do if you feel sick

- If you feel unwell and have recently travelled to a high-risk country, seek medical assistance
- Prevent the spread of infection by self-isolating yourself for a minimum of 14 days



Consider travel & remote working

- Cancel any international travel plans & re-consider domestic travel plans - do not travel if you are unwell
- Be prepared to work from home if possible

Contact us on 09 377 3727 (Auckland) or 04 472 4380 (Wellington) if you feel concerned or need to update your Consultant.

Visit www.parkerbridge.nz/COVID-19 for more info