

Important message from the New Zealand Ministry of Health

Kia ora, welcome to New Zealand.

If you get **sick** within a **month** of arriving in New Zealand, please seek **medical advice** as soon as you can.

Telephone the **free** Healthline on **0800 611 116** or contact a doctor.

It is **important** to tell them that you have been **outside New Zealand** recently.

Tell the health professional if you have a **temperature** of **38°C or higher** and **one or more** of the following **symptoms**:

- ongoing coughing
- difficulty breathing
- ongoing diarrhoea
- ongoing vomiting
- skin rash
- bruising or bleeding without injury
- looking obviously unwell
- confusion.

