



An update from People First New Zealand Ngā Tāngata Tuatahi to all Members

22 February 2021



The government has said that from 11.59 pm Monday 22 February 2021 **all of New Zealand** will be at **Alert Level 1**.

This means we can have face to face meetings again in:



- Auckland
- the rest of New Zealand



This means we can start many of our face to face People First events like:

- local group meetings
- regional meetings
- National Committee meetings
- Learn with Us courses.



This is great news.



Thank you for your support in helping keep us all safe from COVID-19.



Your Regional Coordinators will let you know what face to face meetings are on in the area you live.



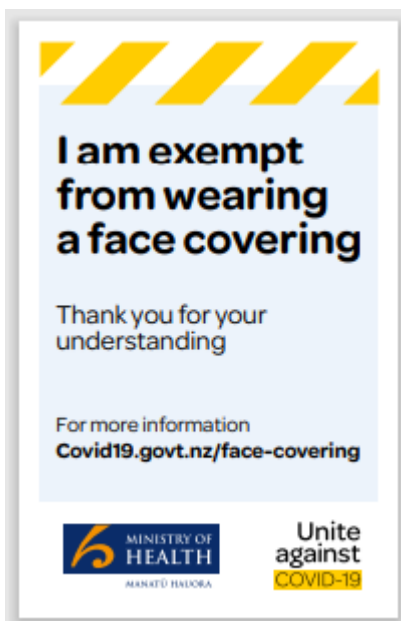
The Government has said that everyone who uses public transport needs to wear a face covering if they can.



If you can wear a face covering it a good way of keeping yourself safe from COVID-19.



We know that some people cannot wear a face covering because of a disability or health condition.



People who cannot wear a face covering because of a disability or a health condition can get an **Exemption Card**.

For more information about Exemption Cards you can call Healthline on 0800 358 5453 or talk to your Regional Coordinator.

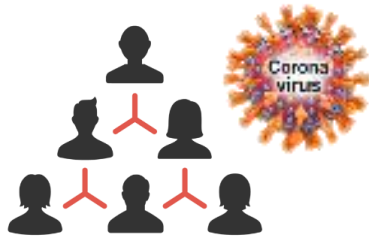


There is an Easy Read factsheet called:

What to do if you are exempt and cannot wear a face covering?

You can find this factsheet on the government **COVID-19 website:**

<https://covid19.govt.nz/updates-and-resources/accessible-information/easy-read/>



We still need to be careful so that we stop the spread of COVID-19.



You still need to follow the Golden Rules to keep yourself safe from COVID-19.



The **4 Golden Rules** to help keep us safe from COVID-19 are:

1. **Wash your hands** lots of times during the day



2. **Stay home** if you are **sick**



3. Keep using the **COVID Tracer app** to scan the QR codes



4. Turn on the new **Bluetooth option** in the COVID Tracer app.



There is an Easy Read factsheet called:

Golden Rules to help keep us safe from COVID-19.

You can find this factsheet on both the **COVID-19 website**:

<https://covid19.govt.nz/updates-and-resources/accessable-information/easy-read/>



You can also ask your Regional Coordinator to send you a copy of the Easy Read Golden Rules factsheet.

What to do if you need help or have any questions



If you need help you can call **People First New Zealand**.



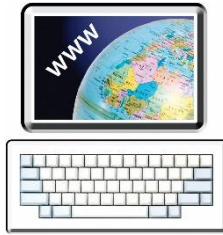
We are still having some trouble with our People First 0800 20 60 70 helpline phone number.



We are working hard to get this 0800 phone number working again.



In the meantime if you want to talk to someone at People First you can phone your Regional Coordinator.



You will find the Regional Coordinators phone numbers on the People First website:

www.peoplefirst.org.nz/contact-us/



While we are getting the 0800 phone number fixed you can also call Anne Marie on:

027 8562 230



You may be asked to leave a message with your:

- first and last name
- phone number.



You can also email People First on **ask@peoplefirst.org.nz**



Thank you for understanding.

Stay safe everyone.



From People First New Zealand
National Committee.

People First New Zealand Inc. wrote this Easy Read document
using Easy Read images from:

