



## Face to face events - Health check list

Updated: May 2022



**People First New Zealand** has a COVID-19 policy that says anyone coming to a **face to face event** must **not** come:

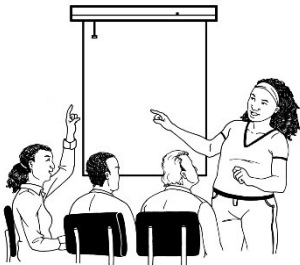


- if they have tested positive for COVID-19 in the last 7 days
- when they are feeling unwell.



**Face to face events** is when we meet in person for events like:

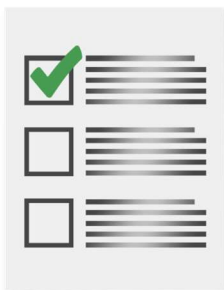
- People First member meetings
- Advisory group meetings
- Learn with Us courses.



People First New Zealand also has a policy that says anyone coming to a face to face event must have had their COVID-19 vaccines.



This is so we can help keep everyone at the face to face event safe from COVID-19.



To assist you to decide if you are well enough to come to a meeting we have made a **Health check list**.



You can do the Health check list at home **before** you come to a meeting:

- on your own
- with support from someone like a friend or family member.

# Health check list



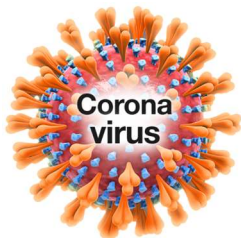
Answer the questions by ticking the Yes or No box:



1. Have you tested positive for COVID-19 in the last 7 days?

Yes

No



2. Do you have a cough?

Yes

No



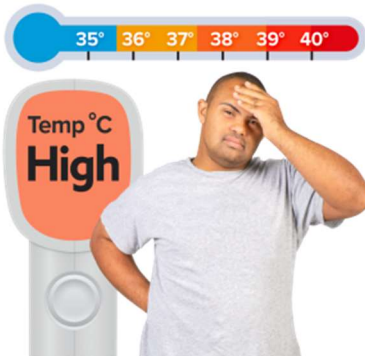
3. Do you have a little bit of a cough that is getting worse?



Yes

No

4. Do you have a high temperature / fever / feel hot or sweaty?



Yes

No

5. Do you have a sore throat?



Yes

No



**6. Are you sneezing a lot / have a runny nose?**

Yes

No



**7. Do you have diarrhoea / runny poo?**

Yes

No



**8. Do you have a headache?**

Yes

No



9. Do you feel nauseous / are you vomiting or throwing up?

Yes

No



10. Does anyone you live with have COVID-19?

Yes

No



11. Have you had close contact with someone like a friend who has COVID-19?

Yes

No

## Have you ticked **Yes** to any of the questions?



If you have ticked **Yes** to any of these questions you must **not** come to a People First New Zealand face to face event.



You should stay at home until you feel better.



You can contact your Regional Coordinator or Local Area Assistant to let them know you are unable to come to the face to face event.



## Have you ticked No to all of the any questions?



If you ticked No to **all** the questions you **can** come to a People First New Zealand face to face event.



When you come to the face to face event please bring:

- a face mask
- your My Vaccine Pass to show you have had your COVID-19 vaccines.



You must wear a face mask at the face to face event if you can.

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

