

NOVEL CORONAVIRUS (COVID-19)

Frequently Asked Questions

What is COVID-19?

Coronaviruses are a large and diverse family of viruses which cause illnesses such as the common cold. The most recent diseases caused by coronaviruses include severe acute respiratory syndrome (SARS) and Middle East respiratory syndrome (MERS).

In January 2020, Chinese health authorities identified a new form of coronavirus and the disease caused by this new virus has been named COVID-19. It was first reported in Wuhan City, Hubei Province, China and has since become a global pandemic.

What are the signs and symptoms of COVID-19?

Symptoms of COVID-19 present much like a range of other illnesses such as influenza, and do not necessarily mean that you have COVID-19. Symptoms can include fever, coughing or difficulty breathing. If you have these symptoms, please contact Healthline on 0800 358 5453 or your doctor immediately.

How does COVID-19 spread?

Like the flu, COVID-19 can be transmitted from person to person and is spread by droplets. This means that when an infected person coughs, sneezes or talks, they may generate droplets containing the virus. These droplets are too large to stay in the air for long, so they quickly settle on surrounding surfaces.

Droplet-spread diseases can be spread by coughing and sneezing, close personal contact, contact with an object or surface with viral particles on it and then touching your mouth, nose or eyes.

What is Delta doing to prepare for COVID-19?

Our Pandemic Response Team have been monitoring the emergence of COVID-19 and are following updates from the Ministry of Health and World Health Organisation to ensure we have the latest information and can prepare accordingly. We have a pandemic response plan and are meeting regularly to discuss strategies for containment as updates come to hand.

We are putting out regular updates with new information as more is learnt about the COVID-19 situation, these are being sent to all staff.

How do I protect myself and others from COVID-19?

You should always practice good hygiene by:

- Covering coughs and sneezes with disposable tissues or at least your elbow.
- Washing hands for at least 20 seconds with water and soap and drying them thoroughly before eating or handling food, after using the toilet after coughing, sneezing, blowing your nose or wiping children's noses.
- People with symptoms of acute respiratory infection should practice good cough etiquette (maintain distance, cover coughs and sneezes with disposable tissues, and wash hands).

Can I go overseas? Are there any travel restrictions?

As of 18 March 2020, the Ministry of Foreign Affairs and Trade (MFAT) have updated the travel advisory advising all kiwis to come home as border controls around the world come into effect. These restrictions are being reviewed constantly. [Click here](#) to see the latest updates.

Can I go to work or attend a Delta meeting or event?

As always, anyone who is unwell should not be at work or attending Delta meetings or events.

If you develop symptoms including fever, coughing and difficulty breathing you should ring Healthline (for free) on 0800 358 5453 or your doctor.

I am going to a public event, what should I do?

At this stage, the Ministry of Health does not propose altering arrangements for public events.

Where can I get further information about COVID-19?

Up-to-date information is available from the Ministry of Health and World Health Organisation at the following links:

<https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus>

<https://www.who.int/health-topics/coronavirus>

I have a member of my family at home self-isolating because they have cold / flu type symptoms. Is it ok for me to still come to work?

Follow the links above so you are clear what self-isolation actually requires you to do.

One of my work mates said they aren't feeling very well and they don't look very good. We travel every day in the same vehicle and I don't want what they may have so what can I do about it?

All staff have been told not to come to work if they feel unwell. People with symptoms of acute respiratory infection should practice good cough etiquette (maintain distance, cover coughs and sneezes with disposable tissues, and wash hands). If you have concerns, you can contact the dedicated COVID-19 Healthline for free on **0800 358 5453**.

I have tested positive for Coronavirus. How long do I have to wait after my last symptoms have gone before I can come back to work?

Everyone will react differently to the virus and show varying degrees of symptoms but this question is best answered by the medical profession and your doctor/healthcare provider.

When is someone infectious?

As this virus is new and we are constantly learning about it a case is considered infectious 48 hours prior to developing symptoms, while symptomatic, and until symptom free for 48 hours.

Can people who recover from COVID-19 be infected again?

It is very likely, based on other viral infections, once a person has had the infection they will generally be immune and won't get it again. There will always be the odd exception, but that is certainly a reasonable expectation.