



The NZ Board of
**PROFESSIONAL
SKIN THERAPIES**
INC. ©

Covid-19 Alert Bulletin

Dear Skin Therapists,

Auckland Region

We have just been notified by the Prime Minister that as of midnight tonight, Auckland will go to Level 2.

Please refresh your hygiene standards and PPE requirements.

Review the industry's Pandemic Response Plan.

Please remind clients to reschedule if they are feeling unwell and seek medical advice.

As therapists don't go to work if you are unwell. Get tested.

For the rest of New Zealand, you will go into alert level 1 at midnight tonight.

What this means for you:

If you're unwell

- If you're sick, stay home. Do not go to work or school. Do not socialise.
- If you have cold, flu or COVID-19 symptoms, call your doctor or Healthline and get advice about being tested.
- If you have been told to self-isolate, you legally must do so immediately.

[Get tested if you have cold, flu or COVID-19 symptoms. Tests are free COVID-19 symptoms](#)



Self-isolation, quarantine and testing:

At Alert Level 2 there may be some situations where you need to self-isolate or go into a quarantine facility.

[Who needs to self-isolate or quarantine, and how testing works](#)

Good hygiene:

It's important that you use basic hygiene measures, including washing your hands, coughing or sneezing into your elbow and cleaning surfaces.

[How to practise good hygiene and stay healthy](#)

Keep track of where you've been:

You should keep track of where you've been and who you've seen. This helps with rapid contact tracing if it's required.

[How to keep track of where](#) [HYPERLINK](#)

<https://covid19.govt.nz/health-and-wellbeing/protect-yourself-and-others/keep-track-of-where-youve-been/>"you've [HYPERLINK](#)

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Businesses are legally required to display the NZ COVID Tracer QR code poster. They legally must also have an alternative contact tracing system.

[Get your NZ COVID Tracer QR code poster](#)

Personal movement:

At Alert Level 2, you can leave home, but you should follow public health measures and consider others around you.

Physical distancing:

Keep your distance when outside your home.

You should keep at least:

- 2 metres in public and in retail stores, like supermarkets and clothes shops.
- 1 metre in most other places like workplaces, cafes, restaurants, and gyms.



Physical distancing detailed information

Face coverings:

At Alert Level 2 the risk of COVID-19 being present in the community is higher.

You:

- legally must wear a face covering on public transport and aircraft.
- are encouraged to wear face coverings in situations where physical distancing is not possible, like in shops.

Face covering advice and requirements

Local travel:

You can travel, but make sure you do it in a safe way.

You should not travel if you have cold, flu or COVID-19 symptoms, are awaiting a test or if you need to self-isolate.

Local travel restrictions

Travel between regions:

You can travel to other regions that are at Alert Level 2 or lower.

Regional travel

Border restrictions:

There are controls at the border for those entering New Zealand. This includes health screening and testing for all arrivals, and mandatory 14-day managed isolation or quarantine.

Travel to New Zealand

Gatherings and events:

No more than 100 people at social gatherings, including weddings, birthdays, funerals and tangihanga.

There are specific restrictions at Alert Level 2 depending on the type of gathering:

- Gatherings, event facilities and public facilities
- Eating out and getting takeaways safely
- Going out to bars and night clubs
- Funerals and tangihanga
- Religious communities



Exercise, sport and recreation:

You can do your usual exercise and recreation activities, if you can do them safely.

Professional leagues can go ahead at Alert Level 2 because they take place in controlled workplaces.

[How to exercise safely at Alert Level 2](#)

[Gatherings, HYPERLINK](#)

["https://covid19.govt.nz/everyday-life/gatherings-and-events/"](https://covid19.govt.nz/everyday-life/gatherings-and-events/) [events HYPERLINK](#)

["https://covid19.govt.nz/everyday-life/gatherings-and-events/"](https://covid19.govt.nz/everyday-life/gatherings-and-events/) and public facilities

Workplaces and businesses:

Businesses can open, but they legally must follow public health rules. These include physical distancing and record keeping.

Follow your industry's Pandemic Response Plan

[How to do business at Alert Level 2](#)

Golden rules for business at Alert Level 2:

- Reduce the risk of COVID-19 transmission at work.
- All businesses can operate if they can do so safely. Alternative ways of working are encouraged where possible.
- Talk with your staff to identify risks and ways to manage them.
- Ask everyone – workers, contractors, and customers – with cold, flu or COVID-19 symptoms to stay away from your premises.
- Keep workers 1 metre apart and customers in retail businesses 2 metres apart.
- Businesses are legally required to display a QR code and provide an alternative contact tracing system.
- Face coverings are strongly encouraged if you are in close contact with others.
- Reduce the number of shared surfaces, and regularly disinfect them.
- Wash your hands. Wash your hands. Wash your hands.



Financial support:

If you're having trouble with money, there may be support for you.

[Financial support information](#)

At-risk people:

People at higher risk of severe illness from COVID-19 are encouraged to take additional precautions when leaving home.

[Advice for people at risk of COVID-19](#)

Education:

Early learning services, schools and tertiary education facilities are open to all ages. There are some restrictions if a confirmed or probable case of COVID-19 is found related to an educational facility.

[Educational facility restrictions at Alert Level 2](#)

[For the Rest of New Zealand](#)

As of midnight tonight you will go into level 1

We will keep you updated as more information comes to hand.

Regards,

Julie Martin

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