



The NZ Board of
**PROFESSIONAL
SKIN THERAPIES.**
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Covid-19 Alert Bulletin

Dear Skin Therapists,

Auckland Region

We have just been notified by the Prime Minister that as of 11.59 p.m. tonight, Auckland will go into Level 3 lockdown for the next 3 days.

Businesses that require face to face contact must close.

As of then no therapists in the Auckland region will be able to open their doors and treat clients until further notice.

The P.M said that for Aucklanders the Alert level would be reviewed in 24 hours as her government does more testing.

Until then everyone please stay home.



Doing business at Alert Level 3

How to operate safely and what you need to do at Alert Level 3.

Golden Rules for business at Alert Level 3

- If your business requires close physical contact it cannot operate.
- We recommend staff work from home if they can.
- Businesses need to display a QR code and have an alternative contact tracing system. We recommend you make sure that people either scan in or provide their contact details.
- Customers cannot come onto your premises – unless you're a supermarket, dairy, petrol station, pharmacy or permitted health service.
- Your business legally must be contactless. Your customers can pay online, over the phone or in a contactless way. Delivery or pick-up legally must also be contactless.
- Basic hygiene measures legally must be maintained. Physical distancing, handwashing and regularly cleaning surfaces. Workers legally must stay home if they're sick.
- Staff legally must remain a minimum of 1 metre apart at all times where practical. We recommend other measures, such as PPE including face coverings, be used where appropriate.
- Different advice applies to essential healthcare workers, border agencies, courts and tribunal staff, first responders and corrections staff. You can get further advice from the Ministry of [HYPERLINK "https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-information-specific-audiences/covid-19-personal-protective-equipment-workers"](https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-information-specific-audiences/covid-19-personal-protective-equipment-workers)Health [HYPERLINK "https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-information-specific-audiences/covid-19-personal-protective-equipment-workers"](https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-information-specific-audiences/covid-19-personal-protective-equipment-workers)([HYPERLINK "https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-information-specific-audiences/covid-19-personal-protective-equipment-workers"](https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-information-specific-audiences/covid-19-personal-protective-equipment-workers)external link).
- You legally must meet all other health and safety obligations.



How to do business safely

Under Alert Level 3, there are restrictions to keep workers safe, limit interaction with customers and help prevent the spread of COVID-19. We recommend staff work from home if they can.

We recommend businesses self-assess their ability to meet these restrictions and operate safely, just as they would normally to meet their duties under the Health and Safety at Work Act. Government agencies will not make these decisions for businesses.

More information on operating a business at Alert Level 3 [HYPERLINK](https://www.business.govt.nz/covid-19/operating-at-alert-levels/) "https://www.business.govt.nz/covid-19/operating-at-alert-levels/"(external link)

Be contactless:

We recommend your business be contactless. Customers can pay online, over the phone or in a contactless way. We recommend delivery or pick-up should also be contactless. We recommend customers should not come onto your premises unless you're a supermarket, dairy, petrol station, or pharmacy or permitted health service.

We recommend your business should not operate if it requires close physical contact. There are exceptions for some essential services, or in an emergency or critical situation.

For retailers, manufacturers, and the service industries, if you did not use personal protective equipment (PPE) before COVID-19, you do not need it now.

Businesses providing necessities:

Businesses providing necessities, such as supermarkets, pharmacies, dairies, and petrol stations can operate under Alert Level 3.

Any business providing necessities should minimise, or eliminate if possible, physical interactions among staff and with and between customers ensure appropriate health, hygiene and safety measures are in place.

For example, dairies and petrol stations can remain open at all Alert Levels, if they can operate safely. At Alert Level 3, prepared food and drink can be bought and sold, but we recommend not allowing customers consuming these onsite.

Independent butchers, bakeries and greengrocers can operate if they deliver or offer pre-arranged collection of goods bought online or by phone. Customers cannot physically browse for goods.



Deliveries:

All goods can be delivered, including food. We recommend the delivery be contactless. Alcohol can be delivered if the business has an off-licence.

In-home services:

You can provide certain services in home, provided physical distancing and other public health guidance is observed. However, we recommend not having house cleaning.

Contact tracing at your workplace:

To stop any future spread of COVID-19, we need to trace the contacts of anyone who may have been exposed to COVID-19 and break the chain of transmission. Contact tracing helps us do that.

To enable contact tracing all businesses, workplaces and public transport operators legally must display an NZ COVID Tracer QR code for each location and provide alternate contact tracing systems.

[Get more information about what your business needs to do](#)

[Get your QR poster](#)

Further information and resources for businesses:

Business.govt.nz has practical advice on different Alert Level restrictions and answers to common questions.

[Workplace operations at COVID-19 Alert](#) [HYPERLINK](#)

["https://www.business.govt.nz/covid-19/operating-at-alert-levels/"](https://www.business.govt.nz/covid-19/operating-at-alert-levels/) [Levels](#) [HYPERLINK](#)

["https://www.business.govt.nz/covid-19/operating-at-alert-levels/"](https://www.business.govt.nz/covid-19/operating-at-alert-levels/) [\(](#) [HYPERLINK](#)

["https://www.business.govt.nz/covid-19/operating-at-alert-levels/"](https://www.business.govt.nz/covid-19/operating-at-alert-levels/) [external link\)](#)

WorkSafe also has guidance to help you ensure your business can operate safely, including sector-specific guidance.

[Your COVID-19 safety plan – what you need to think](#) [HYPERLINK](#)

["https://worksafe.govt.nz/managing-health-and-safety/novel-coronavirus-covid/"](https://worksafe.govt.nz/managing-health-and-safety/novel-coronavirus-covid/) [abo](#)
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The Public Service Commission has detailed guidelines for State services.

State services guidelines during COVID-19 [HYPERLINK](#)

"<https://www.publicservice.govt.nz/resources/covid-19-workforce-guidelines/>" (external link)

Rest of New Zealand

For the rest of New Zealand, you will go into alert level 2.

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

["https://covid19.govt.nz/health-and-wellbeing/protect-yourself-and-others/keep-track-of-where-youve-been/"](https://covid19.govt.nz/health-and-wellbeing/protect-yourself-and-others/keep-track-of-where-youve-been/) been

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.

[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

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

Regards,

Julie Martin

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