



## **ALERT LEVEL ONE GUIDELINES UPDATE 9 JUNE 2020**

### ***“UNITE for the RECOVERY”***

*“do not merely look out for your own personal interests, but also for the interests of others.”*  
Philippians 2:4

**GOVERNMENT LEVEL ONE UPDATE 8 JUNE 2020**  
**DIOCESAN ADVICE IS FOUND AT THE END OF THESE GOVERNMENT GUIDELINES**

### **We are at Alert Level 1**

New Zealand moved to Alert Level 1 at 11:59pm on Monday 8 June.

#### **Life at Alert Level 1**

At Alert Level 1, everyone can return without restriction to work, school, sports and domestic travel, and you can get together with as many people as you want.

#### **Border restrictions**

Controls at the borders remain for those entering New Zealand, including health screening and testing for all arrivals, and mandatory 14 day managed quarantine or isolation.

#### [Information on international travel](#)

#### **Stay healthy**

As we unite to recover from the effects of COVID-19, it's still important that we keep the basic hygiene measures, including washing your hands and coughing or sneezing into your elbow.

#### [How to stay healthy](#)

#### **Keep track of where you've been**

We should all continue to keep track of where we've been and who we've seen to assist with rapid contact tracing if it is required.

#### [How to keep track of where you've been](#)

Businesses should help customers to keep track of where they've been by displaying the NZ COVID Tracer QR code poster.

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

## **The Golden Rules for everyone at Alert Level 1**

1. If you're sick, stay home. Don't go to work or school. Don't socialise.
2. If you have cold or flu symptoms call your doctor or Healthline and make sure you get tested.
3. Wash your hands. Wash your hands. Wash your hands.
4. Sneeze and cough into your elbow, and regularly disinfect shared surfaces.
5. If you are told by health authorities to self-isolate you must do so immediately.



6. If you're concerned about your wellbeing or have underlying health conditions, work with your GP to understand how best to stay healthy.
7. Keep track of where you've been and who you've seen to help contact tracing if needed. Use the NZ COVID Tracer app as a handy way of doing this.
8. Businesses should help people keep track of their movements by displaying the Ministry of Health QR Code for contact tracing.
9. Stay vigilant. There is still a global pandemic going on. People and businesses should be prepared to act fast to step up Alert Levels if we have to.
10. People will have had different experiences over the last couple of months. Whatever you're feeling — it's okay. Be kind to others. Be kind to yourself.

### **In the Diocese of Waikato and Taranaki** **WHAT DOES THIS MEAN FOR US? – Be Thoughtful, Be Kind**

1. **Churches may be used for all Public Services:** without any number restrictions.
2. **Communion in both kinds** is permitted. Please be sensitive and supportive to people who may not wish to share the common cup. Use sanitizer before receiving communion, so have sanitizer close to where people approach the communion station. Use 18% Dark Red Wine (there is a 17.5% wine that meets the requirements, be careful to wipe inside and out of the cup. **No intinction** because of the danger of fingers dipping into the wine. Sterilize chalice and paten with boiling water (and glass cups where used in cooperating parishes).
3. **Congregational singing** is permitted – physical distancing is encouraged.
4. **Food and drink** is permitted – please take all reasonable health and safety precautions. Refer to the [Detailed Guidance for Level 2](#) document on page 12 where we offer advice and links in preparation for Level 1.
5. **The Peace:** Use common sense. We know that hands are the most common means of the transmission of disease. Many of us have found symbolic gestures and verbal expression of wishing Peace on the other person has added to the meaning of that part of the liturgy. If it is important to you to shake hands please use hand sanitizer immediately afterwards and before receiving communion. Recognize that some people may wish to maintain physical distancing. They may be immune vulnerable.
6. **Start simply - Take small steps:** for example; consider the priest only consuming the wine until you are confident about administration.
7. The Diocese has provided a template entitled "[Action Plan for the Provision of Ministry - Alert Level 2](#)".
  - If you have **not** opened your Church yet then this should be filled in and supplied to the Diocesan Office [ea@wtanglican.nz](mailto:ea@wtanglican.nz) so we have a paper trail.
  - Fill in the 'common sense' steps you are taking to re-open – cleaning the Church, how you will be handling services, how you will handle communion, where you will display notices about staying home if you are unwell and getting medical advice, where you will have sanitizer available and encourage it's use, how you will ensure basic hygiene in the preparation of food and service coffee tea and coffee etc.