

COVID-19 Protection Framework (traffic lights) - March 2022

These traffic light settings will help people continue to protect one another from the virus in our communities and minimise the impact of future large outbreaks.

What to do if you have COVID-19

- Stay home if unwell with symptoms
- Get a test – Rapid Antigen Test (RATs) or if required by public health, a Polymerase Chain Reaction (PCR) test.
- Report your Rapid Antigen Test (RAT) result through mycovidrecord.health.nz or by calling 0800 222 478. If you had a PCR test, you will get a text message from 2328 with the result.
- Self-isolation for 7 days if you test positive or live with someone who has COVID-19.
- If you are still unwell after your 7 day isolation period, you should stay home until you are well and for 24 hours after your symptoms resolve.
- Household contacts need to test on day 3 and day 7. If you test positive for COVID-19, isolate for 7 days. If you test negative on day 7, you can leave isolation.
- A recovered case is exempt from becoming a Household Contact for 90 days after their recovery (this means they don't have to re-isolate as a household contact for 90 days).
- Most people will be able to manage self-isolation with help from whānau and friends, but help is available if you need it. **More information on COVID19.govt.nz**

Indoor capacity limits

Based on specified people limit or maximum capacity for the defined space, based on one metre physical distancing between each person (the number of people is limited by the space available). It does not mean people must maintain 1 metre physical distancing.

Defined indoor space

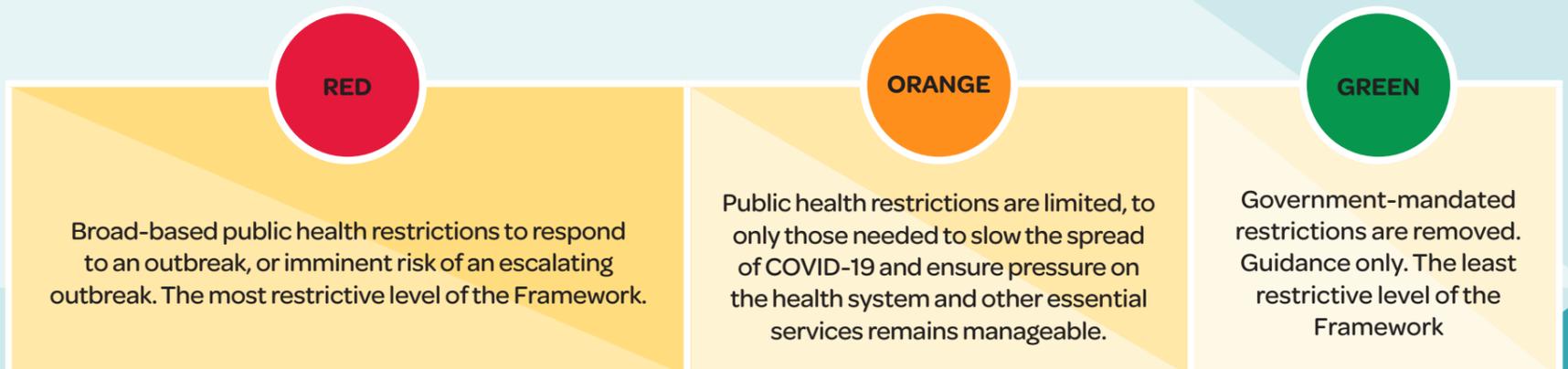
A single space separated from other spaces. If there is more than one defined space in the premises, the group of people using one space must not mix with other people using, entering, or exiting the premises. This excludes workers.

Health measures

Keep up healthy habits such as washing hands, physical distancing and staying home when unwell.

My Vaccine Pass

My Vaccine Pass is not legally required, but most businesses have the option of limiting access to their premises to people with a My Vaccine Pass (as a condition of entry). Check before you go.



Personal Requirements

	RED	ORANGE	GREEN
Face masks	Face masks required indoors in most places (e.g., on flights, public transport, at retail, events, some gatherings, schools (years 4 - 13), tertiary, close proximity businesses, food and drink businesses (except when eating or drinking), in public facilities). Encouraged elsewhere.	Face masks required indoors in many places (e.g., on flights, public transport, retail, public facilities and for workers at gatherings, events, close proximity businesses and food and drink businesses). Encouraged elsewhere for those 12+ and over.	Encouraged indoors.

Gathering Limits

	RED	ORANGE	GREEN
Gatherings and Events	<ul style="list-style-type: none"> • Indoor gatherings and events – up to 200 people based on 1m physical distancing. • Gatherings at home – up to 200 people. • No outdoor capacity limits. 	<ul style="list-style-type: none"> • No capacity limits. 	<ul style="list-style-type: none"> • No capacity limits.
Education	<ul style="list-style-type: none"> • Schools and Early Childhood Education – public health requirements in place. • Tertiary – onsite capacity limits based on 1m distancing. 	Schools, Early Childhood Education and Tertiary – open with public health requirements in place.	
Public Businesses	<ul style="list-style-type: none"> • Retail (e.g., shops, banks, markets, takeaway-only businesses) - capacity limits based on 1m distancing. • Hospitality (e.g., cafes, restaurants, bars) - up to 200 people based on 1m distancing. Visitors must be seated at a table except in limited circumstances. • Gyms/membership-based business – up to 200 people based on 1m distancing. • Public facilities (e.g., libraries, museums, public pools) - capacity limits based on 1m distancing. 		
Workplaces	Workplaces – working from home may be appropriate for some staff.		