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ULTIMATE
CARE GROUP

Dear Resident Families & Friends,

RE: Alert Level 1

The NZ Government announced a move to Alert Level 1 on the 9 June this was very welcomed from everyone all over New Zealand.

Now we are at Alert Level 1 we still need to be mindful of guidelines when visiting your family.

Stay at home if you're sick.

If you have cold or flu symptoms you should stay home, and call your doctor or Healthline on 0800 358 5453 for advice about getting tested.

These symptoms include:

- a cough
- a high temperature of at least 38°C
- shortness of breath
- sore throat
- sneezing and runny nose
- temporary loss of smell.

If you have any of these symptoms it doesn't mean you have COVID-19. The symptoms are similar to other illnesses that are much more common, such as colds and flu.

Thank you again for understanding and for helping us maintain the safest possible environment for your loved ones in our facilities.

Please continue to visit the Government's website for the most up to date COVID-19 advice.

Yours sincerely

Jill Darcey
OPERATIONS MANAGEMENT ULTIMATE CARE GROUP