



## Emergency information for staff

This page has been activated for our response to COVID-19.

Updated 10:00am Wednesday 6 September 2023

### What you need to know

We no longer work under the COVID-19 Protection Framework (traffic lights). We are back to business as usual.

From 1 October 2022, that means:

- non-essential projects, like the Veterans' Pin and Certificate of Appreciation, are resuming
- we will host in-person events
- you can contact us as usual.

### Advice and support

Please remember:

- If you have cold or flu-like symptoms get tested.
- Regularly wash your hands.
- If you are sick, stay home.
- Sneeze and cough into your elbow.
- If concerned about your wellbeing or your health conditions consult with your GP.
- Be kind to others.

### Support for you

We are in unprecedented times and news and discussion about COVID-19 will affect everyone differently. It's normal to feel a wide range of emotions including being stressed or anxious. Kindness is an incredibly powerful way to show you are united against COVID-19.

For more information on looking after your mental wellbeing, check the dedicated COVID-19 website.

Visit [covid19.govt.nz](https://covid19.govt.nz/) to find out more (<https://covid19.govt.nz/>)


If you feel you are not coping, it is important to talk with a health professional. For support with grief, anxiety, distress or

mental wellbeing, you can call or text 1737 — free, anytime, 24 hours a day, 7 days a week — to talk with a trained counsellor.

Staff can also contact the NZDF4U support line

NZDF4U support line (<https://force4families.mil.nz/nzdf-0800-helpline>) 

The New Zealand Defence Force has also published a COVID-19 Wellness Guide. It has advice for the wider military community and their whānau.

Read the NZDF COVID-19 Wellness Guide (<https://force4families.mil.nz/updated-covid-19-wellness-guide-for-nzdf-community>) 

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