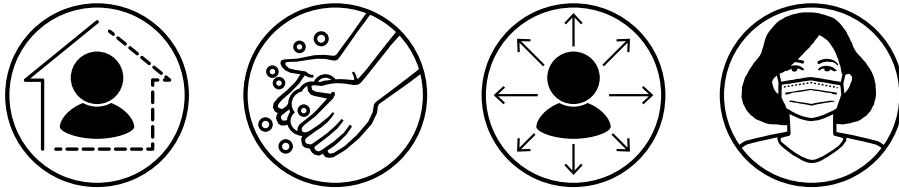


To get more contact tracing booklets,  
go to [Covid19.govt.nz/tracerbooklet](https://www.covid19.govt.nz/tracerbooklet)

## Let's work together to stamp out the virus



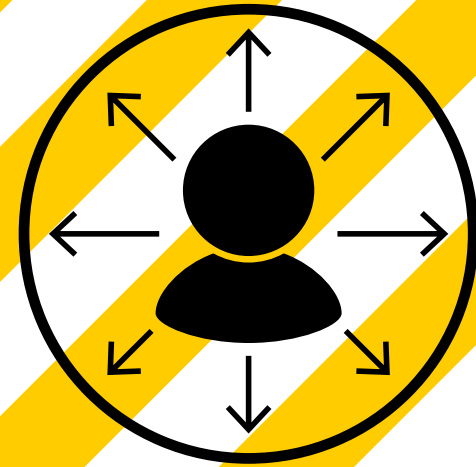
By staying home if you're sick,  
washing and drying your hands,  
keeping track of where you have been  
and wearing a face covering,  
you'll be doing your bit to keep  
our whānau and communities safe.

Find out more at [Covid19.govt.nz](https://www.covid19.govt.nz)

New Zealand Government

COVA5E

Unite  
against  
COVID-19



Taku puka whai pānga

## My NZ COVID Tracer booklet

Helping to stop the spread of COVID-19  
to protect our whānau and the community.

E haukoti ana i te rere a te Mate Korona hei  
tiaki i ō tātou whānau me te hāpori.

New Zealand Government

Unite  
against  
COVID-19

**This booklet belongs to**

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

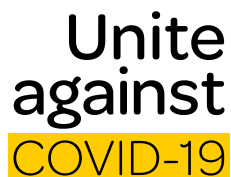
**Keeping track of where we have been is one way we can stop the spread of COVID-19 in New Zealand.**

We can do this by keeping track of:

- **Where** we went
- **How** we got there
- **When** we were there
- **Who** we met there

If you have cold or flu symptoms, please **stay home and call Healthline** on 0800 358 5453 for further advice.

For more information on contact tracing, COVID-19 and alert levels visit [www.Covid19.govt.nz](http://www.Covid19.govt.nz)



**Track your day** EXAMPLE

Date: 25 August

Time:	How I travelled:	Where I went:	Who I met:
Start: <u>10.30am</u> Finish: <u>12pm</u>	<input checked="" type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: <u>Korokoro</u> To: <u>Petone</u> Bus/train #: <u>3520</u>	<u>The Warehouse, Petone</u>	<u>Bus Driver</u> <u>Warehouse cashier</u>
Start: <u>12pm</u> Finish: <u>4.30pm</u>	<input checked="" type="checkbox"/> Bus <input type="checkbox"/> Train <input checked="" type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: <u>Petone</u> To: <u>Korokoro</u> Bus/train #: <u>3520</u>	<u>Bus to a friend's house and then walked home.</u>	<u>Jared, Ana and kids</u> <u>Lauren and Jess.</u>
Start: <u>4.30pm</u> Finish: <u>6.30pm</u>	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input checked="" type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: <u>Korokoro</u> To: <u>Island Bay</u> Bus/train #: _____	<u>Kiri picked me up and we went to Mere's 70th birthday at Maranui café.</u>	<u>Kiri, Aunt Mere, Uncle Mike, Jane, Aiden, Puki, Jaime, Tina. 20+ people were present.</u>
Start: <u>6.30pm</u> Finish: <u>7pm</u>	<input checked="" type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: <u>Island Bay</u> To: <u>Korokoro</u> Bus/train #: _____	<u>Caught the bus home.</u>	<u>Bus Driver</u>
Start: _____ Finish: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		

**My visitors:**

Tia from church

**Notes:**

Jane was feeling unwell



# Track your day

Date: \_\_\_\_\_

Time:	How I travelled:	Where I went:	Who I met:
Start: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Finish: _____			
Start: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Finish: _____			
Start: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Finish: _____			
Start: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Finish: _____			
Start: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Finish: _____			

**My visitors:**

**Notes:**

# Track your day

Date: \_\_\_\_\_

Time:	How I travelled:	Where I went:	Who I met:
Start: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Finish: _____			
Start: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Finish: _____			
Start: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Finish: _____			
Start: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Finish: _____			
Start: _____	<input type="checkbox"/> Bus <input type="checkbox"/> Train <input type="checkbox"/> Walk <input type="checkbox"/> Car <input type="checkbox"/> Bike <input type="checkbox"/> Other From: _____ To: _____ Bus/train #: _____		
Finish: _____			

**My visitors:**

**Notes:**