We're now at Alert Level 4. Stay home. Save lives.

Covid19.govt.nz

New Zealand Government
Today the nation unites

Together, we are saving lives by staying home.

We are not powerless to help. Every single person staying home is helping our nurses, doctors, paramedics and others on the frontline to save lives.

A big decision, but the right one
Moving to Alert Level 4 is a big change to all our lives. A big decision to have made. But it’s the right one if we want to save New Zealanders’ lives.

Some people will be more challenged by this than others
Staying home for a prolonged period will be difficult for us all. But it’s worth remembering those who will be even more tested because of their personal circumstances.

Some will be apart from their partners. Many will be apart from their families. Some are living alone and will need extra support from the community. Others will be scared that they will suffer from loneliness. You might be vulnerable, either mentally or physically. Many will be worried about their jobs, money, and finding a way to support themselves and their families.

It’s up to us, to save us
Despite all these challenges, we must stand firm. We must stay home. We are going hard because it is worth it. As other countries have seen, in the long run it will mean less disruption to our work and communities. Most importantly, we’ll save many lives.

Kindness is our best defence
We need to look after one another. All the time, no exceptions. Reaching out, to both offer help and ask for it. This will have its own challenges. Being there for someone doesn’t necessarily mean you need to be close physically. But we are a creative nation, and will find ways to do this. From chatting over the fence, to waving from a window, even the simple things can and will have a profoundly positive effect on those around us.

And it’s also our best weapon
Every signal you make to someone else that says ‘I’ve got your back’ or ‘We’re all in this together’ is an important weapon against COVID-19. That’s how we’ll unite. And that’s how we’ll get through this. Through kindness. Through unselfishness. Through understanding.

He aha te mea nui o te ao?
What is the most important thing in the world?
He tangata, he tangata, he tangata.
It is the people, it is the people, it is the people.
ANXIOUS TIMES

by Wynsley Wrigley

ANXIETY in Gisborne is at a level that “none of us have ever felt before”, says Hauora Tairawhiti chief executive officer Jim Green.

The anxiety was shared by medical and non-medical professionals alike, “because we have never faced this type of situation”. He was speaking this week at the Hauora Tairawhiti board’s monthly meeting held by video conference because of the Covid-19 lockdown.

Mr Green said he was helped by expert advice and medical professionals sharing knowledge and taking lessons from countries more afflicted by Covid-19.

“We have to think and make sure we are kind and understanding.”

Mr Green said Hauora Tairawhiti had been planning for Covid-19 for some time and had “upped the ante” in the last two weeks.

Turning to “the Prime Minister’s themes”, when anxiety existed at the current level, tensions arose, he said.

“None of us is absolutely confident we know exactly what to do and that the decisions we make now will be shown to be the right ones in the next week or two.

That comes from the Prime Minister down to all of us.”

Mr Green said international modelling showed around 80 percent of infected people had a mild Covid-19 illness and recovered with management at home. About 20 percent of people who got Covid-19 would require hospitalisation in some form. Of those people, around 5 percent needed ventilation.

“We have to think and make sure we are kind and understanding”

—Hauora Tairawhiti CEO Jim Green

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ACROSS THE SKY

A jet liner flying what appeared to be an unusual pattern caused apprehension over Gisborne at around 4:30pm yesterday, as seen just hours before the nation went into Covid-19 lockdown.

The craft flew a swooping semi-circle before heading off, leaving a crescent pattern of contrails (condensed water) in the sky. However, when contacted by the Herald, Air NZ said the actions were normal practice.

“This aircraft has undergone maintenance and is completing what’s known as a proving flight before it returns to service. This is in line with normal practice.”

Picture by Liam Clayton

Tackling inner harbour parking, mortuary waste

by Aaron van Delden

UNENFORCEABLE parking restrictions at Gisborne city’s redeveloped inner harbour have prompted the district council to bring forward a bylaw review.

The council says it has received several complaints about the misuse of car parks set aside for boat trailers, but it is unable to fine people who are breaking the rules without updates to its traffic and parking bylaw.

Time-restricted parking in the inner harbour also needs to be added to the bylaw before it can be enforced.

Although councillors at the Sustainable Tarawihiti committee meeting agreed to the bylaw review, some questioned the lack of information on inner harbour parking controls.

Debbie Gregory said it was hard to make a decision without details on the restrictions the council wanted to enforce.

Concerned about inner harbour workers, Amber Dunn wanted to know if all parking in the area would be time-restricted.

Chief executive Nedinne Thatcher Swann said councillors would be presented with a full rundown of the parking controls in the draft new bylaw.

The 2011 bylaw was to be reviewed before the end of 2021 but will now be updated this year, following a consultation process beginning in June.

A report to councillors notes the first half of next year will be taken up with 2021-31 Long Term Plan deliberations and the council would be stretched to complete a bylaw review at the same time.

As well as inner harbour parking controls, the new traffic and parking bylaw will be able to restrict where heavy vehicles can travel through Gisborne city.

Public feedback is still to be sought on the freight route proposal, along with a decision from councillors.

Civil engineering firm WSP has identified Harper Road as the preferred route for logging trucks to get to State Highway 2, Waimata Valley Road. The project to separate mortuary wastewater from entering Gisborne city’s wastewater network and disposal of mortuary wastewater, is labelled a “critical” part of the project in a report to councillors.

The bylaw is due to be updated in August following public consultation from May.

The project to separate mortuary wastewater should be completed next March.

Councillor Tony Robinson said he would also like the council to consider an engine braking restriction as part of the traffic and parking bylaw review.

At the same meeting, the council agreed to review its trade waste bylaw to stop mortuary wastewater from entering Gisborne city’s wastewater network and being discharged to Turanganui-a-Kiwa/Poverty Bay.

Following a council decision last February, the hospital and funeral homes will need to separate and store mortuary wastewater for the council to collect and transport to a proposed treatment facility at Taranuihe Cemetery.

Including mortuary wastewater in the trade waste bylaw’s list of prohibited substances, as well as requirements around the separation, storage, transport and disposal of mortuary wastewater, is labelled a “critical” part of the project in a report to councillors.

Neighbour Day is more difficult now,” says Mrs Drake.

“Isolation is a problem. The elderly rely on friends and family to keep them going so we really need support for the elderly. This is a time for everyone to be aware of what’s going on in their neighbourhood.”

GDC support welcomed by Rail group

GISBORN Rail Action Group has indicated its support for Mayor Rebekah Stoltz in writing to State Owned Enterprises Minister Winston Peters seeking financial assistance for reinstating the Gisborne-Wairoa rail line.

“We are hopeful this firm support will be influential in encouraging Minister Peters to progress the PGF-funded BERL Turanga Wairoa rail feasibility report to the next stage towards reinstatement of the rail line,” said a rail group spokesperson.

“The Rail Group are thrilled our Mayor and councillors have made this approach to Minister Peters.”

The Mayor’s letter said “it was pleasing to see that central government financial assistance enabled the repair and reopening of the Wairoa to Napier section of the Gisborne to Napier railway. “My council and I now urge central government to do the same for the Gisborne to Wairoa rail line as it will enable rail freight transportation to and from Gisborne and daily weekday service transportation of logs and other freight from Wairoa.”

The Government had supported and encouraged the recent increase of wood processing and other export developments in Gisborne.

The BERL report made a strong case for reinstatement of the line.

The mayor said the rail line would benefit the region by increasing exports and more economic collaboration with our neighbours; reducing pollution, congestion and carbon emissions through reduced truck numbers; increasing employment and other benefits from local and regional contractors undertaking repair work; tourism and other activities being developed around sites made accessible through the rail connection.

The Gisborne-Wairoa line is not included in the New Zealand Rail Plan — the Government’s long-term vision and priorities for New Zealand’s national rail network.

Good time to remind elderly they are not alone

SOCIAL connection is the theme of Neighbour Day tomorrow but the lockdown means isolation will be felt at this time among older generations particularly, says Probus Club chairwoman Margaret Drake.

This is a time to remind they are not alone, she says.

Probus is an association with clubs for retired and semi-retired people in towns and cities around the world.

White Gisborne no longer has a Probus Club people are encouraged to contact by phone, or over the fence, elderly friends and neighbours to remind them they are not alone.

“Neighbour Day is more difficult now,” says Mrs Drake.

“Isolation is a problem. The elderly rely on friends and family to keep them going so we really need support for the elderly. This is a time for everyone to be aware of what’s going on in their neighbourhood.”

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2 NEWS

The Gisborne Herald • Thursday, March 26, 2020
Surfer suffers spinal injury at Wainui

by Murray Robertson

A SURFER is in a stable condition in Auckland hospital after he was dragged by a wave yesterday. Emergency Management. Mr Green said the virus was spread by droplets spread by coughs, sneezes or talking, and ended up on surfaces and hands. That made handwashing with soap and water crucial. A scar around your face could be used instead of a mask while out in the community. A surgical mask was not required, he said. The scarf should be washed after use.

The checkpoints continued today.

A NATIONAL state of emergency was declared yesterday at 12.15pm. This means Gisborne CDEM group controller Dave Wilson said it was “a very strong measure” to ensure communities were kept safe.

The checkpoints continued today.

The public should rely on the Ministry to share information, Mr Green said. “We understand the public’s desire for answers, but residents are being asked to do all they can to reduce the amount of time they spend out in public. It’s important that we can move on with our lives asap.”

LOGBOOKS

Permission to finish loading ship

LOGGING trucks still on the road have special permission to finish loading a ship because loading was started before Covid-19 restrictions were put in place.

Aruat Forests chief executive Ian Brown says the cartage of the logs is being done by a restricted number of trucks, on a closed circuit between the yard and the port, and in the safest practical manner, with social distancing rules being strictly adhered to. “Our aim is to cart the logs across to the port as quickly and safely as possible and get the vessel loaded and away.”

So far, so good at checkpoints

THE roadside checkpoint at Whakatane/Kicks Bay had just set up when a campervan driver in his 70s stopped to say he wanted to buy some beers and visit the beach. Because Covid-19 has the potential to have a devastating impact on East Coast Maori communities, checkpoints were set up to ask visitors heading out to Gisborne to take an alternative route.

The roadside checkpoint had a health and safety plan, support from NZ Police and the local authority.

At the store, I said ‘we’d prefer you didn’t come into our community at all.’

The man was gracious enough to take heed of the checkpoint’s concerns and turned back, says Ngata. We’re also thankful for the support we’ve been getting from the police and the district council.

The roadside checkpoint had a health and safety plan, support from NZ Police Deputy Commissioner Wally Haumaha and a traffic management plan created with the cooperation of the Gisborne District Council.

The checkpoints continued today.

All truck drivers will go home and into lockdown as soon as the work is completed, which we expect to have done by 1715, Mr Brown said.

Aruat Forests had already commenced loading of a vessel in the port before the lockdown announcement and has permission from the Ministry to complete the loading of this vessel.

Part of the loading process is the moving of logs required on this vessel from the offtake storage yard at the end of Dunstan Rd to the port.

Supermarkets taking special measures

by Sophie Rishworth

CUSTOMERS will need to pack their own bags and there will be perspex screens at the checkouts of both major supermarkets.

The State of Emergency was declared as part of the Epidemic Preparedness (Epidemic) Management Notice 2020 and was agreed by Parliament yesterday. Civil Defence Emergency Management director-general Sarah Stuart-Black said the State of Emergency legislation allowed it to be in place for seven days, and could be extended.

Council chief executive Nedine Thatcher Swann is suspending penalties attached to general fines that may be due during the lockdown period of at least four weeks. Anyone with questions should call Customer Service on 0800 652 000 on our healthcare system will most likely be severe and we need to try to do everything we can to re-open it to the public.

“Doctors, nurses and emergency care providers could be placed in their limits and we need to support them and our community as best we can,” he said.

“It’s not so much the surfing, but the mingling that can happen in Wainui. There could be plenty of waves to be had when the storm has passed.”

“Let’s all stand together.”
Saw the photographer talking to a woman in a police uniform and said it was a surreal situation.
CONTROLLED BURN: The towering plume of smoke in the sky west-southwest of the city yesterday came from a major controlled burnoff of grass and scrub in a land clearing operation on Tukemokhi Station, inland from Whakaki. "It involved the clearing of 46 hectares of land to be resewn in new grass," said Wairoa deputy district principal rural fire officer Tim Allan. "There was a lot of smoke generated but the burnoff was fully under control. It was a spectacular volume of smoke but there was absolutely no risk." Picture by Liam Clayton

Guidelines for shared care

PARENTS sharing the care of children must put aside conflict during this isolation period and make decisions in the best interests of their children, Principal Family Court Judge Jacquelyn Moran said.

In a media statement, Judge Moran issued guidelines for families with shared care of children arrangements.

"This global pandemic should not be seen as an opportunity for parents to unilaterally change established care arrangements without cause or otherwise behave in a manner inconsistent with the child's best interests or the court ordered care arrangements," Judge Moran said.

The intent of alert level 4 is to prevent Covid-19 spreading within New Zealand. Staying at home will save lives and is key to alert level 4.

Where there is a shared care arrangement and the families are in different towns or communities, the safety of the children and others in their family units should not be compromised by movement between those homes, particularly if there are more than two homes involved.

Generally, children who normally go back and forth between households due to court ordered or private parenting arrangements can continue doing so during the level four alert phase.

They should not do so if:
- The child is unwell in which case, they should not go between homes until they are well.
- Someone in either home is unwell.
- Someone involved in the child or people in the home they have been in or will go to has been overseas in the last 14 days or has been in close contact with someone who is currently being tested for Covid-19 OR has been in close contact with someone who has the virus or is being tested.

Parents and caregivers should discuss if shared custody arrangements would allow Covid-19 to potentially spread without them being aware and reach an agreement.

This may mean the child may stay with one parent/caregiver for the initial four-week period.

Children should be accompanied by an adult when moving between homes. Private vehicles should be used, where possible. Public transport can be used where there are no alternatives.

Where children cannot move between homes, the court would expect indirect contact — such as by phone or social media messaging — to be generous, Judge Moran said.

Judge Moran emphasises that children are precious and that, more than ever, this is a time to focus on their wellbeing and, in particular, their safety.

It is important that their loved ones or will go to has been overseas in the last 14 days or has been in close contact with someone who is currently being tested for Covid-19 OR has been in close contact with someone who has the virus or is being tested.

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Emergency nurse’s bike stolen from outside hospital

WELLINGTON — A Wellington emergency nurse on the frontline of the fight against coronavirus has been left reeling after thieves stole her e-bike from outside Wellington Hospital.

Kathy Miranda shared the theft on Twitter, posting a photo of the bike and saying she was “feeling empty” and it was “the last thing she needed”.

Miranda has been flooded with support, with a GoFundMe set up to raise money for a replacement bike.

Miranda, who works as an intensive care and emergency nurse, said she had been in touch with the Government "for some time" and the announcement was made in good faith, based on information from "credible sources".

"And on our strong belief, supported by legal advice, that Red Sheds met the criteria of being an essential service based on the Government definition of ‘any entity involved in the supply, delivery, distribution and sale of food, beverage and other key consumer goods essential for maintaining the wellbeing of people’.

"With the information we had to hand we understood that our significant grocery, toiletries, cleaning, warmth essentials for winter needs and our national coverage meant that we were expected to trade.

"So at the time the group’s 12,000 staff ‘were understandably very keen to receive definitive answers around our status as a business’.

"But the group put a trading halt in place after discussions with the Government later that day.

"On Tuesday night, the Government announced that The Warehouse was not an essential service and had to close, following a strong hint from Prime Minister Jacinda Ardern that people should not expect to be able to visit their local Red Sheds during lockdown.

"In a statement this morning, Grayston said he completely supported ‘the need to do everything possible to keep all New Zealanders safe.

"A group spokesman said yesterday that the 12,000 workers would continue to be paid for the full four-week lockdown.

"The group’s board has decided to cancel the interim dividend for FY 20 of 10 cents, which was due to have been paid on 17 April 2020.

Big Red Shed: The Warehouse has defended their announcement that the business would remain open during the lockdown.

Police encountering people unaware of nationwide lockdown

AUCKLAND — Police Commission Mike Bush says his staff have encountered people who say “they are not even aware” of New Zealand’s lockdown status.

He assured NewsTalk ZB's Mike Hosking this morning they had made the comments with a straight face.

But he was sure most New Zealanders would obey the rules.

When asked how police would enforce the rules and make sure those out and about were cut out for a good reason, he said police officers may defer you.

"If they've got a good reason — if they're an essential worker or if they're going to get food or health supplies — that’s fine.

"If, not at home. That’s how you’re going to save lives.

"He said officers would have a fair idea of whether or not someone was going to the beach or to a park for some fresh air once the lockdown starts.

"We may even have a little drive with you to see where you’re going.

"Bush said their own workforce were being very strict about keeping up with hygiene practices.

"Asked whether retired police officers may be recruited during this time, he said: ‘We’re planning not to get to that stage, but we do have a few plans in stage.

"Bush had a low key warning for people who if they did not stick to the rules: ‘There would be consequences.

"Well be the friendly face of police .. until it needs to be something else, of course, if people don’t comply’.

He had earlier told NewsTalk ZB’s Chris Lynch that people shouldn’t drive to the beach or a park for some fresh air once the lockdown starts.

He said people should only go out in their cars to get essential supplies. — NZ Herald

Polices simple message ‘Be kind, stay at home, break the chain’

Jacinda Ardern

OCEA CHUSH — Prime Minister Jacinda Ardern this morning delivered a simple message to New Zealanders: ‘Be kind, stay at home, break the chain’.

It was the Prime Minister’s final comments to the public before she was set to announce a nationwide lockdown.

Ahead of the lockdown, a State of National Emergency has been declared.

The legislation covers tax, welfare, immigration, voting, health, and more.

But she also had a simple message — ‘Be kind, stay at home, break the chain’.

The number of cases is expected to go up as contact isolation kicks in, aiming to inform and reassure.

"It will break the chain of transmission and it will save lives,” she said.

"You are not alone, you will hear us and see us daily, as we guide New Zealand through this period. It won’t always be easy, but the principle of what we’re doing is the right one."

Ardern, along with a small number of MPs, returned to Parliament to debate and pass much needed legislation to allow the Government to effectively deal with the Covid-19 pandemic.

"The legislation covers tax, welfare, 

"Immigration, voting, health, and more.

"But it wasn’t just the government trying to get ready for the lockdown.

"People seeking clarity over what constituted essential services got some of the answers they were looking for.

"Local government was getting ready, tenant groups called for more support for renters, people shared tips for staying connected and how to keep kids happy and healthy.

"Meanwhile, shoppers still stocking up faced one-in, one-out policies in supermarkets, and tech stores reported run on home office supplies as people prepared to work remotely.

"Some headed for coastal baches to hunker down.

"Others had worries. Food banks had been experiencing high demand and were worried about low stocks.

"The Royal College of GPs is calling for the rationing of data and phone calls, concerned that increased use was overwhelming the system, making it harder for patients to contact them and for doctors to reach out to patients.

"And people are crafting sophisticated attacks, targeting staff working remotely during the Covid 19 pandemic.

"With nearly every aspect of life affected by the lockdown, information is being shared left, right and centre to let people know how things will work going forward.

"For example, a judge has given clarity for parents with shared custody.

"As Minister for Business Innovation and Employment (MBIE) has said people must take steps to leave if they are sick and can not work, but employees could not be forced to take annual leave during the isolation period.

"And tenants have been told skipping rent isn’t an option.

"We will leave you with some words from Prime Minister Jacinda Ardern: ‘As Minister into stage that none of us have experienced before, I want to share a few messages. You are not alone . . . Success won’t be instant . . . You may not be at home but that does not mean you don’t have a job. Your job is to save lives.

"If you have any questions and you are looking for answers, apply a simple rule for Government. Covid-19.

"Be kind, stay at home, break the chain.” — RNZ

The Warehouse’s essential service claim ‘in good faith’

by Derek Cheng, NZ Herald

AUCKLAND — The Warehouse has defended the premature announcement on Tuesday that the Red Shed would not be closing during the lockdown, which triggered a boost to its share price of as much as 42 percent at one stage.

This morning he said it was made in good faith and based on legal advice, but he now supports the Government decision to shut it down during the lockdown period.

The Tuesday announcement from The Warehouse Group — which includes The Warehouse, Warehouse Stationery, Noel Leeming, Torpedo7, 1-day and TheMarket — sent the retail sector into a spin — with claims of an unfair playing field.

Retail NZ chief executive Greg Harford told the NZ Herald the group’s announcement was contrary to guidance it had received from government.

"It doesn’t accord with the advice that I have seen coming out of Government,” Harford said, adding that he was not aware of anyone who had been closed that hadn’t been granted for the company to continue to trade during that period.

"The Warehouse Group could face a fine of up to $500,000 if it’s found to have breached NZX continuous disclosure rules in relation to the Covid-19 lockdown.

Grayston said he had been in touch with the Government "for some time" and the announcement was made in good faith, based on information from "credible sources".

"And on our strong belief, supported by legal advice, that Red Sheds met the criteria of being an essential service based on the Government definition of ‘any entity involved in the supply, delivery, distribution and sale of food, beverage and other key consumer goods essential for maintaining the wellbeing of people’.

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"So at the time the group’s 12,000 staff ‘were understandably very keen to receive definitive answers around our status as a business’.

"But the group put a trading halt in place after discussions with the Government later that day.

"On Tuesday night, the Government announced that The Warehouse was not an essential service and had to close, following a strong hint from Prime Minister Jacinda Ardern that people should not expect to be able to visit their local Red Sheds during lockdown.

"In a statement this morning, Grayston said he completely supported ‘the need to do everything possible to keep all New Zealanders safe.

"A group spokesman said yesterday that the 12,000 workers would continue to be paid for the full four-week lockdown.

"The group’s board has decided to cancel the interim dividend for H1 FY20 of 10 cents, which was due to have been paid on 17 April 2020.

BIG RED SHED: The Warehouse has defended their announcement that the business would remain open during the lockdown. File picture
**Plea to Kiwis: Be kind**

The worker would continue to help and protect the community by following isolation rules. From personal experience, the worker tested positive to Covid-19 and it was difficult to be on your own.

“I really want people to please be kind to everyone. Being stuck on your own is really difficult,” the worker said.

“It comes after many Kiwis received an alert to their mobile phones from Civil Defence as the country prepared to enter lockdown. Meanwhile, a State of Emergency had also been declared.

Fifty new cases of Covid-19 were announced yesterday by Director-General of Health Dr Ashley Bloomfield. The total number of confirmed and probable cases of the virus in New Zealand had reached 200, as of yesterday.

Elsewhere, 22 people total had recovered from the virus — on Sunday only 12 had recovered. More than 9700 tests had also been carried out.

**Prominent Kiwis among positives**

WELLINGTON — Two prominent public figures are among the 205 confirmed and probable cases of Covid-19 in New Zealand.

The Chief Human Rights Commissioner, Paul Hunt, is battling the illness, while New Zealand Film Commission has confirmed its chief executive Annebelle Sheehan has tested positive.

The commission’s Wellington office are minor, and Sheehan is recovering in isolation at home in Wellington.

“Experiencing Covid-19 symptoms, I have been self-isolating for medical care, but I also had a duty to the community to self-isolate, take a swab-test and now suddenly follow the advice of the health professionals. Others have the same duty,” he said.

Meanwhile, the New Zealand Film Commission has confirmed its chief executive Annebelle Sheehan has tested positive.

The commission said her symptoms are minor, and Sheehan is recovering in isolation at home in Wellington.

Sheehan worked in the Commission’s Wellington office for three days while she was asymptomatic.

The worker said she was in a carton office但是 due to his illness, she was informed the worker was not able to attend.

She said she was “trying not to stare”, but the supermarket was “very good” at limiting the number of customers in-store at a time, she said. “It was really easy to keep your distance.

Each day after work she did her last shopping trip before the national lockdown.

Naomi Brake was doing her shopping at Countdown Fairy Springs when she bumped into a couple of shoppers who tested positive.

Brake said she was “quite surprised” to see them. “It’s not what I was expecting to see,” she said. “I was surprised” to see them.

“Unfortunately he lives two hours away, so yesterday I went home from work and packed up my children and shipped them off to my brother’s house,” she said.

Yesterday, the district council announced one of its staff members was a confirmed case of the potentially deadly virus Covid-19.

All close contacts of the unnamed worker’s social group, both locally and in the Kapiti area, all tested negative for the virus.

As a precaution, nine district council workers were identified as casual contacts and they too had all tested negative.

Public health had also cleared the worker, the district council said in a statement.

**Big numbers head to baches**

THAMES — Paunui local Peter Wilson didn’t sound too worried yesterday about the numbers of people heading to the coastal Coromandel town, but concerns have now increased.

“It’s nice and peaceful at the moment,” he said.

“Though there are quite a few more cars outside houses than there normally are at this time.”

Wilson, who sells real estate, drives the local school bus and has called Paunui home for six years now, said the town’s a nice place to stay while the country’s in quarantine.

There’s a big, golden-sanded surf beach to walk along, the supermarket is well-stocked, and Thames Hospital is only an hour drive away.

But yesterday, he sounded more concerned.

Yesterday morning, he watched as six carloads of Aucklanders arrived at a house across the road from him.

What would that increase in population do for local businesses? Could they bring Covid-19 into the small, one-doctor town?

Wilson is not the only Paunui resident anxious about the influx. On social media, tensions are rising, with some locals pleading for each other to stay home — partly out of concern for elderly residents in Paunui, where the median age is 63.

Erikth and his brother are among those who have witnessed an “armada of cars” coming into town day and night.

They, too, worry these people could bring Covid-19 with them. They also worry people will act like it’s a holiday, rather than a global pandemic.

“The infrastructure here is now supporting a massive increase in population in areas within rural general practice network. And for local GP Dr Fiona Bolden, this is a serious worry.

“The infrastructure here is now supporting a massive increase in population in areas within rural general practice network. And for local GP Dr Fiona Bolden, this is a serious worry.

“People are just taking a second-rate, casual, almost a holiday attitude to this, because we have difficulty managing our own people who are here already,” says Bolden, who is also chair of the rural general practice network.

“The Waikato District Health Board would not reveal how many people have checked into its system, because of its dependence on a potential data share agreement.

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Rapid construction: Engineers have made rapid improvements to Wellington Hospital's intensive care unit (ICU) — converting a new six-bed extension into a large negative pressure room and building two new air locks in just a few days.

The Gisborne Herald - Thursday, March 26, 2020
NZ companies facing liquidation due to Covid-19

by Matt Nippert, NZ Herald

WELLINGTON — Insolvency practitioners have seen inquiries double in the past week as a result of the coronavirus lockdown, with some now advising business owners who had never before considered the possibility of liquidation.

David Bridgenam of PWc said there was one way to describe the state of play.

"We're seeing people who have been fairly described as a crisis situation. There are a lot of good ideas out there that would never have thought they would have these problems with a lack of cashflows," he said.

"For some, it's the first time they've had this experience, and a very tough one. But it's early days."

Damon Grant of Waterstone Insolvency said last week he also started hearing from new parts of the business community.

"Some businesses are not normally involved in this space who are now considering their options. I haven't had any good business, as a result of this, elect to throw in the towel — yet," he said.

"But we're seeing a wall of insolvencies in the short term, but we’ve probably got a two-three week head start before those start to happen. There is so much uncertainty right now. My advice is: 'Don't pull the trigger so quickly.'"

Mr. Grant said some New Zealand businesses who were experiencing a systemic collapse were saying "that's the end, goose, down the hole" or "go into hibernation," and stay abreast of government support policies which were rapidly being updated.

Grant said he was advising a restaurateur to lay off staff and implement the same work that would no longer be paid: "If you can cut your expenses to zero, IBD is not going to be doing anything with the rest of the money."

Bridgenan said: "A number of the day we will have to accept that people are going to die, we will have to preserve something you can use to recover from."

"I'd be at all ages, but it will depend on the revenue and the ability of businesses to continue. It'll depend on the goodwill of all the people in the individual businesses and the chain of supply. You only need one guy to say I want all my money and I want it now and the whole chain could come crashing down."

WASHINGTON — Senate leaders raced to unravel last-minute snags on Wednesday with the $2 trillion coronavirus rescue package they hope will steer aid to businesses, workers and health-care systems engulfed by the pandemic.

The measure is the largest economic relief package ever approved by both parties to help industries that have been hard-hit by the virus that is costing lives and jobs by the hour.

The package is intended as a weekly or monthly patch for an economy that is rapidly spiraling out of a recession and into double-digits in the first quarter of 2020.

The forecast assumes that year-on-year growth rates turn positive in the third quarter at about 8 percent and peak well into double-digits near the end of 2021. Among other NZX50 firms that outed the virus, the stock market has climbed 2.9 percent growth from 4.8 percent previously.

McLennan said the business community would need to make allowances for each other as widespread — or seemingly widespread — wage subsidy across them all," he said.

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"We have to work hard to get significant help as well."

"It would give one-time direct payments to Americans of $1,200 per adult making up to $150,000, with $500 payments per child. — AP

China now a bright spot as US outlook darkens

by Liam Dann, NZ Herald comment

AUCKLAND — China’s economy was hit harder than expected during the first quarter, but will move into recovery mode as the US bears the brunt of the pandemic during the second quarter, new reports by ratings agency S&P Global suggest.

For the US, the year-on-year decline in GDP for the second quarter now looks to be at least double the 6 percent contraction S&P estimated just last week.

"The economic news is contraction in the first quarter as well."

"We see the GDP for the first half of the year to be similar to the US — but with a larger decline in growth from 4.8 percent previously."

"We anticipate that year-on-year growth rates turn positive in the second quarter at about 8 percent and peak well into double-digits near the end of 2021."

"If that translates to a full year 2021 growth forecast at 8.6 percent — a dramatic recovery."

"As activity picks up, Chinese demand for imports from Asia-Pacific should begin to recover slowly."

"That will help to partially offset the shock from the US and Europe, the report says.

’S&P Global Ratings economists say they acknowledge a high degree of uncertainty about the rate of spread and peak of the coronavirus outbreak."

"Some government authorities estimate the pandemic will peak between June and August, and we are using this assumption in assessing the economic and credit implications."

"From an optimistic point of view they say that the economic recovery can begin in that time frame, then “there is a good chance to spread and peak of the coronavirus outbreak."

"The longer it takes for governments to implement fiscal support, the more damage there’ll be to the economy."

"Regardless, the hit to growth in the first half of the year will be worse than we thought last week."

SECONDARYMARKET YESTERDAY

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SECONDARYMARKET YESTERDAY
Well placed now to break Covid chains

We here are, in lockdown. Have to say that didn’t look all that different coming into the office this morning. Horticulture workers got a good run under way on the Flats. Our food has to keep being produced, of course, as does our wine many will be relieved to know, during this the industry’s most crucial time of the year. The workers all have to keep two metres apart each from other and the businesses involved need to have Covid-19 hygiene standards in place, and reinforce health protection measures. The traffic on the roads is tremendous amount of traffic on the roads. Hopefully that was all essential work, and we’ll keep as travel, but no doubt it will take some friendly and then stern warnings and fines in the near future for messages through to everyone.

In town, quite a few people were walking to get supplies. Probably a bit of sticky-beaking on this our first morning of the new stay-at-home norm under a national pandemic emergency, but we are encouraged to get out and exercise once a day — sticking to our family group and keeping two metres of distance from anyone else. A couple of people were lingering on street corners. Anyone doing that is likely to be told to head home by a patrolling officer.

The Gisborne CBD was pretty much dead this morning. Here at The Herald there are four of us in a newsroom that normally has a good buzz. We are the only ones who are working from their homes, as are most of our sub-editors and a proof-reader. Downstairs it is also minimal staffing, with distancing and hygiene measures in place; the team who handle the paper are wearing gloves. Gloves are going out to our runners, who are being told not to handle them, but to let them go. OK, to all of you at home: well done everyone. We will all have varying lengths of time at home for this lockdown, but can rest assured that essential services are continuing. Sudamahina, the supermarket, is open, as are health services, fuel stations and most drying and food stores remain open. All our reporters bar one are working from their homes, but some are as close to the business as they can be. Our editors and one of our service from Sean and one of his staff who took the time out from their family to offer this service. Thank you Sean.

WINSTON HAMON

by Gwynne Dyer

THEY teach you in journalism school never to use the phrase “...has changed the world forever”. Or at least they should. Covid-19 is certainly not going to change the world forever, but it is going to change quite a few things, in some cases for a long time. Here’s nine of them, in no particular order.

1. The clean air over China’s cities in the past month, thanks to an almost total shutdown of the big sources of pollution, has saved 20 times as many Chinese lives as Covid-19 has taken. Air pollution kills about 1.1 million people in China every year. People will remember this when the filthy air comes back and, want something done about it, India too.

2. Online shopping was already slowly killing the retail shops. The lockdown will force tens of millions who rarely or never shop online to do it all the time. (Yes, all the websites are crashed or booked until mid-April now, but they will be lots of time to scale them up to meet the demand.) Once customers get used to shopping online, most of them won’t go back, so retail jobs will be disappearing forever.

3. So far, no radical change with restaurants, but basically the same story: more takeaways and home deliveries, fewer bums on seats. Habitual players will lose a lot and a lot of them won’t come back afterwards. Food sold out the door generates much less cash flow than food served at the table, and half of the waiters’ jobs are gone. There will be a severe cull of restaurants.

4. Once it becomes clear that “remote working” actually works for most jobs, it will start to seem normal for people not to go to work most days. So a steep drop in commuting, lower greenhouse-gas emissions, and eventually a lot of empty office space in city centres.

5. There will be a recession, of course, but it probably won’t be as bad or as long as the one after the financial crash of 2008. It isn’t a collapse of “the market” that has cost people their jobs this time. It was a virus that made them stop working, and governments are doing far more than ever before to sustain working people through what will probably be a long siege. When the virus is tamed and they can go back to work, the work (in most cases) will still be there. Although there will also be a few trillion dollars of extra debt.

6. Don’t worry about the debt. Banks have always created as much money as the government requires. Put too much money into the economy and you’ll cause inflation, which is bad, but just replacing the money you sold ordinarily be earning so that the economy doesn’t seize up is easy.

7. What is being revealed here is a deeper truth: “Austerity” — cutting back on the welfare state to “balance the budget” — is a political and ideological choice, not an economic necessity. What governments are moving into, willy-nilly, is a basic income guaranteed by the state. Just for the duration of the crisis, they say, and it’s not quite a Universal Basic Income, but that is now firmly on the table.

8. Collective action and government protection for the old and the poor will no longer be viewed as dangerous radicalism, even in the United States. Welfare states were built all over the developed world after the Second World War. They will be expanded after the Covid-19 era.

9. Decisive action on the climate crisis will become possible (although not guaranteed), because we will have learned that “business as usual” is not sacred. If we have to change the way we do business, we can.

So this is an ill wind that blows no good (a saying that was already old when John Haywood first catalogue it in 1546). Some of the anticipated changes are definitely good, but we are going to pay a price in terms of opportunity and freedom for these benefits. It could have been dealt with a lot better.

Decriminalisation better than legalising

by Anne Tolley

AS the election approaches, so too does the debate whether or not they support the proposals in the Law Reform, Legalisation and Control Bill.

Firstly, the bill (and debate) is different from the Medicinal Cannabis Bill which was passed into law last December, and secondly, decriminalising all legalisation are two very different issues with their own implications. I support decriminalisation — in other words, classifying as use when amounts of cannabis personal use are exempt from criminal conviction, which can have a lasting effect on life choices and opportunities for many. But I have yet to hear a convincing or robust argument in favour of the legalisation of recreational cannabis.

Cannabis is used by people from all socio-economic backgrounds, and while some consume it for “recreational”, others become dependent on it and irrevocable to it. A recent report carried out by Royal Society Te Apārangi found recreational cannabis to be associated with mental illness, particularly in young people. Impaired cognition, increased road accidents and respiratory illness in babies born to women exposed to cannabis. This Labour-led Government has supported and promoted a market “isn’t operating, run by gangs? The same people who fly helicopters, drive forest roads and check backyards now? The Police? So what will change? I support decriminalisation and a slow, safe, measured and tested approach towards treating addiction, where voters will be asked to make a basic income guaranteed by the state. I support decriminalisation and a slow, safe, measured and tested approach towards treating addiction, where voters will be asked to make a basic income guaranteed by the state. I support decriminalisation and a slow, safe, measured and tested approach towards treating addiction, where voters will be asked to make a basic income guaranteed by the state. I support decriminalisation and a slow, safe, measured and tested approach towards treating addiction, where voters will be asked to make a basic income guaranteed by the state. I support decriminalisation and a slow, safe, measured and tested approach towards treating addiction, where voters will be asked to make a basic income guaranteed by the state.
NEW YORK — Just days after New York leaders ordered people to stay at home, authorities mobilized to head off a potential public health disaster on Wednesday (local time), the city’s emergence as the United States’ biggest coronavirus hot spot awakening fear — and perhaps a cautionary tale — for the rest of the country.

A makeshift morgue was set up outside Bellevue Hospital, and the city’s police, police ranks dwindling as more fall sick, were told to patrol nearly empty streets to enforce social distancing.

Public health officials hunted down beds and medical equipment and put out a call for more doctors and nurses for fear the number of sick will explode in a matter of weeks, overwhelming hospitals the way the virus did in Italy and Spain. New York University offered to let its medical students graduate early so that they could join the battle. Worldwide, the death toll climbed to nearly 462,800, according to www.worldometers.info/coronavirus.

The number of dead in the US had topped 900, with more than 60,000 infections. New York State alone accounted for more than 30,000 cases and close to 300 deaths — most of them in New York City.

Governor Andrew Cuomo, again pleading for help in dealing with the coming onslaught, attributed the cluster to the city’s role as a gateway to international travellers and the sheer density of its population, with 8.6 million people sharing subways, elevators, apartment buildings and offices.

“Our closeness makes us vulnerable,” he said. Some public health experts also attributed the city’s burgeoning caseload in part to the state’s big push to test people.

Troy Tassier, a Fordham University professor who studies economic epidemiology, suggested the increase shows New York would have fared better if it had acted sooner to order social distancing. Nearly 7 million people in the San Francisco area were all but confined to their homes on March 17, and California put all 40 million of its residents under a near-lockdown on March 29.

The order to stay at home in New York State did not go into effect until Sunday evening, March 22, and New York City’s 1.1 million-student school system was not closed until March 15, well after other districts had shut down. After the first positive test came back on March 2, Mayor Bill de Blasio and Cuomo initially cast the disease as a dangerous but manageable threat. However, their position on that seemed to be shifting on Wednesday amid a fast-moving, rapidly-changing situation.

And now, around the US, other states were bracing for a version of New York’s nightmare.

— AP

Spain’s death toll surpasses China’s

NEW YORK — Prince Charles, the heir to the British throne, has tested positive for the new coronavirus, royal officials confirmed on Thursday, March 26, 2020.

The 71-year-old was showing mild symptoms of Covid-19, the disease caused by the new coronavirus, and was self-isolating at a royal estate in Scotland, the prince’s Clarence House office said.

His wife, Camilla, the Duchess of Cornwall, remained in good spirits, and that Prince Charles was not bedridden.

The British government has advised people over the age of 70 to take social-distancing measures, such as a fever and cough that clear up in two to three weeks.

The government said it had tested 6491 people for Covid-19 as of March 26, but the figure to reveal a Covid-19 diagnosis. He joins the prince and the 72-year-old duchess.

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ROTNNEST IS A HOLIDAY HOTSPOT, ALSO FAMOUS FOR ITS SANDY BEACHES AND CLEAR BLUE WATER. AUSTRALIAN NATIONALS WILL BE FORCED INTO GROUPS TO THE ISLAND FROM THE VASCO DE GAMA, ABC REPORTS. BUT FOREIGN PASSENGERS AND CREW WOULD HAVE TO STAY ON BOARD UNTIL THEY ARE FLOWN OUT DIRECTLY, SAYS WESTERN AUSTRALIA PREMIER MARK McGOWAN. THE STATE HAS ALSO BLOCKED TWO OTHER CRUISE SHIPS FROM DOCKING.

THE MAGNOLIA AND ARTANA HAVE BOTH REPORTED UNWELL PASSENGERS ON BOARD. THERE ARE NO AUSTRALIANS ON BOARD THOSE VESSELS, ABC SAYS.

All passengers on board the Vasco de Gama cruise ship have been placed in coronavirus quarantine on western Australia and considered endangered. The cheerful-looking quokka is a small marsupial native to a small corner of south-western Australia and considered endangered. They are chiefly found on Rottnest Island where they have no predators, and regularly feature in selfies with sightseers — so much so there have been warnings too much attention could be a bad thing.

During the lockdown period some Gisborne business are still operating including:
- Police, Fire & Emergency, Health Providers, Pharmacies, Supermarkets, Dairies and Service Stations
- Rubbish and recycling collections, Refuse transfer stations, Giszy Bus Services
- The below businesses are available, but please do not visit the business premises — please make contact via phone or email first
  - Gillies Electrical
  - Michael Low Plumbing
  - Laser Electrical & Plumbing Gisborne
  - Steve Wolter Drainage
  - M.E. Jukes water tanker
  - Farm Vets
  - Vet Ent
  - CareVets
  - Eastland Vets
  - Pit Stop
  - Self-service laundries

If your business should be added to this list please phone The Gisborne Herald on 869 0615

Gaza Strip was under an Israeli and Egyptian blockade since the Islamic militant group Hamas seized power in 2007. Travel in or out is heavily restricted, and many Palestinians were trapped in their homes for days or weeks at a time during the three wars Hamas has fought with Israel.

During the 2008-2009 war, Mohammed al-Attar awoke one morning to the sound of tanks, aircraft and gunfire. By then, much of his extended family had gathered on the ground floor, with about 80 people sleeping in the living room, kitchen and other areas away from outer walls or windows. The family had stocked up on mattresses and basic goods, but after five days they raised white flags and were evacuated to a school that had been turned into a shelter.

“We were just praying for it to stop and that we would stay alive,” he said.

“Other things were not important.”

Gaza has only two reported coronavirus cases, but there are fears that even a small outbreak could overwhelm its healthcare system.

IT’S THE KIND OF THING THAT HAPPENS TO OTHER COUNTRIES

In Sarajevo, the lockdowns have revived painful memories of when the city was besieged for 46 months during the Balkan wars in the 1990s.

Bosnian Serb fighters were deployed on the surrounding hillsides and pounded the city with artillery fire. There were severe shortages of food, water and electricity, and snipers gunned down those who ventured out.

It was the kind of thing you hear about on the news, the kind of thing that happens in faraway countries. That’s what the people of Sarajevo thought. And then it happened to them.

“The virus causes only mild symptoms in most patients, who recover in a matter of weeks. But it is highly contagious and can cause severe illness, including pneumonia, particularly in older patients.”

“A virus outbreak is much more serious than an Israeli invasion,” Shihadeh said.

“Do you stay away from the soldiers, but I’m not sure you can stay away from a virus.”

Now he, his wife and sons, who have been stuck at home since March 5, live much the same way he did in 2002. They watch the news and Arab soap operas on TV, they play cards and socialise, and they wait for the situation to improve.

OTHER THINGS WERE NOT IMPORTANT

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Purgatory Doesn’t Say Do I Stop Or Do I Go

by Gisborne poet Benita H. Kape
(after The Entrance to Purgatory by Ian Lonie)

Purgatory begins slowly, slowly.
We watch and wait for information
There is Purgatory One:
Then Purgatory Two.
And Spain was Purgatory Three.
Oh Purgatory, Purgatory we cannot believe this.
Now here from behind a desk as far as we thought we could be (but there is no escape).
Like a wartime announcement
Purgatory within the borders of our own hills and valleys and cities;
streets and parks, the beaches, the theatres, the meeting places.

Purgatory knows nothing about itself; it’s having a pinhead of a ball beyond all believing.
We too know little about it
Other than it doesn’t say do I stop or do I go? Oh no!
E hoa, it just goes.
It especially hopped on a plane again and again.
A cruise ship! It’s a wet little cruiser.
Shared through droplets: not airborne.
Purgatory does not like soap.
Loves you if you smoke.
While we distance with language.
Pleased to metre you on the footpath or in the supermarket.
At home a wine glass of time and a game of solitaire.
While we are in lockdown, The Guide will continue to report artistic pursuits, like the more solitary ones such as writing, visual arts — and home entertainment such as the New Zealand Symphony Orchestra’s initiative.

The New Zealand Symphony Orchestra (NZSO) has adapted its plan to live-stream a free performance that played live last night to meet the new Covid-19 restrictions. The concert can still be viewed online.

NZSO concertmaster Vesa-Matti Leppanen and several section principals filmed themselves at home each playing one of their favourite pieces of music. Pianist Stephen De Pledge, who performed with the NZSO earlier this month, has also been filmed playing one of JS Bach’s Goldberg Variations.

Wellington-based audio visual company Latitude Creative is editing the at-home performances, along with De Pledge on piano, into one video performance. The NZSO had planned to present a livestream performance of Bach’s Goldberg Variations in its entirety with the orchestra’s players performing together at a Wellington venue. Play Our Part will still be predominately works by Bach.

Music remains a vital force at this time, said NZSO interim chief executive Peter Biggs. “It can bring us together and lift our spirits. While NZSO players and staff players are at home, they will still be active as technology means we can still connect to make music and present it to the nation.”

■ Play Our Part premiered at nzso.co.nz/live at 7.30pm last night and can be viewed via smart TV, mobile phone, tablet or computer.

The programme
• Carolyn Mills, section principal harp — Bach’s Goldberg Variations, BWV 988 I. Aria.
• Vesa-Matti Leppanen, concertmaster — Bach’s Violin Partita No.2 in D minor, BWV 1004 III. Sarabande, IV. Gigue.
• Andrew Joyce — section principal cello. Traditional arr. Andrew Joyce — El cant dels ocells.
• Bridget Douglas section principal flute — Bach’s Partita in A Minor for solo flute, BWV 1013 III. Sarabande, IV. Bourrée anglaise.
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Crip Camp traces a social movement

by Lindsey Bahr, AP

If you’re looking for something truly inspirational to distract from the current state of things, Netflix’s Crip Camp: A Disability Revolution might be just the ticket. This documentary focuses on an idyllic summer camp for kids and teens with disabilities in the Catskills in the early ’70s that turned out to be a breeding ground for the modern disability rights movement.

Located just a short distance from Woodstock, Camp Jened in 1971 was a welcome and heady escape from the world for a group of kids with disabilities from polio to cerebral palsy. At home, when the law offered no protections or guarantees of equality, their disabilities governed their lives.

The now-grown campers describe how they were excluded from many normal childhood activities and institutions, from sports to school. But at camp, they got to experience what it was like to just be young. They swam. They dated. They played sports. They goofed around.

They debated. And they got to be around a vibrant group of people — many in wheelchairs — essentially shut down the city by blocking one intersection. At another, the “504 sit-in,” more than 100 people in the disabled community occupied the local offices of the Department of Health, Welfare and Education for over 25 days, demanding that the Carter Administration guarantee their civil rights.

It’s a necessary and sobering look at a not too recent past when this country treated people with disabilities as barely human. The examples of their systemic exclusion from everyday society, from the seemingly small (like being turned away from ice cream shops) to the major (like being overlooked for jobs), are appalling.

One soundbite has Richard Nixon bemoaning the cost of installing ramps and elevators around public transportation centres, wondering just how many people it would benefit anyway. Another sickening clip from a news broadcast featuring a very young Geraldo Rivera, showing the horrifying conditions at Willowbrook, a state-run institution in New York for people with disabilities.

But what makes Crip Camp, which was produced by Barack and Michelle Obama, so wonderful, are the people who attended that camp so many years ago and the joy you see in their faces recounting those youthful days.

It’s a worthy story even without the coda of the fight for their civil rights. You never know where empowerment might stem from: Sometimes, it’s a hippie camp in the Catskills.

Crip Camp: A Disability Revolution, a Netflix release, is rated R by the Motion Picture Association of America for “some language including sexual references.” Running time: 106 minutes. Three and a half stars out of four.

Home alone on Sugar Mountain

Snowflakes drift down on country-rocker Neil Young as he performs Sugar Mountain to a backdrop of his self-quarantine fireside sessions.

Filmed by his wife Darryl Hannah, Young’s video presentation of the song — sung around his Colorado property — has been described as a beautiful, intimate and strange experience.

He peppers his mini performance with dry asides and a grin.

But with a snow-capped mountain range and cold, leafless trees in the background as he performs Sugar Mountain, it’s a wonder his lips don’t stick to his harmonica.

For the next song, Vampire Blues, he’s back indoors and playing by the fire.

Love Art Blues, Tell Me Why, and Razor Love follow and the set ends with a knockout performance on piano of the Jimi Hendrix classic, Little Wing.

Join virtual Neil outdoors and by the fire at his place at www.neilyoungarchives.com/movie-night
### Victorian races at Warrnambool Friday

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### NSW races at Muswellbrook Friday

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**Legend:** RS = Spoon; S = Spell; F = Pull; FL = Pulled up; L = Lost rider; TV = Tracked on TV; - = Not at the post.
Happy Endings
1.35
7.30
10.15
11.45

Discerning... Meat Leaf
NZC National
3.10
3am
6am

9.30

20 Years of Jamie Oliver 8.45pm on TVNZ 1

Forensics NZ 8.30pm on Prime
Trump’s Easter goal a nod to faith, business

WASHINGTON, DC — US President Donald Trump’s “beautiful” idea to reopen the US economy by Easter Sunday and pack church pews on that day was dreamed up during a conference call among business leaders desperate to get the country back up and running.

However, his target date for easing coronavirus restrictions was another outstretched hand to a group he has long courted: evangelical Christians.

Copied up at the White House and watching the stock market tumble, Trump had already been eager to ease federal guidelines aimed at halting the spread of a virus that has infected more than 5,400 Americans, and about a dozen business leaders converged for a conference call on Sunday (local time).

“There was a concern — not unanimity but consensus — that you had to have a reopening of the economy at some point soon,” said Stephen Moore, a conservative economist and informal Trump adviser.

On the call, Moore said, he argued in favour of setting a specific date as a goal by which businesses could gradually begin to be reopened.

“One of the things we were saying was that this could inject some confidence in people, that there would be some kind of light at the end of the tunnel,” he said.

While many wanted to see that date set sooner than Easter, “it’s something that could come up that would be obviously a mark on people’s calendars,” Moore said. He had made this point that we should call this economic resumption a “beautiful” idea.

Although it was unclear exactly when the idea made its way to Trump or whether others in his orbit had a similar date as well — one official said they had heard the idea mentioned multiple times around the Oval Office — by late on Sunday, Trump was publicly siding with such thinking, tweeting: “WE CANNOT LET THE CURE BE WORSE THAN THE PRORM ITSELF”.

On Monday, he said he was considering easing coronavirus restrictions on a “church by church” basis at some point in the next two weeks, not months.

“WE WILL HAVE CHURCHES,” he said. “You’ll have all of the churches full?”

The announcement came just after President Emmanuel Macron launched a special military operation to support efforts to treat people infected with the new virus.

France plans to deploy helicopter carriers in its strategic port of Le Havre, to transport the sick on military planes and an aircraft carrier in the Mediterranean.

France has suffered repeated attacks on its soil by IS extremists, but is maintaining military operations at the border and against terrorist cells around the world.

The announcement came just after American President Donald Trump launched a special military operation to support efforts to treat people infected with the new virus.

President Trump, a conservative evangelical with a long history of loans to churches and conservative causes, said sit has no plans to try to halt the virus’ spread. The White House, meanwhile, has been holding calls with those who might publicly back its plans, including conservative allies of the president.

“Easter is another outstretched hand to a group he has long courted: evangelical Christians,” said Ralph Reed, a veteran GOP strategist and informal Trump ally, said he hoped the Easter target could be achieved, to “celebrate a national resurrection and an economic resurrection as we celebrate the Resurrection”.

But even among white evangelicals who are a key component of the president’s political base, there were reservations.

National Association of Evangelical Presidents Walter Kim said that many who shared his faith “wish to do what is in the best interest of society as a whole”, citing decisions to cancel physical worship services and various programmes.

Kim added that an “celebrations we pursue on Easter would need to be in that spirit of life”.

For Suarez, Trump’s choice of an Easter target remains an important gesture regardless of whether he goes through with it. Suarez, executive vice president at the National Hispanic Christian Leadership Conference, described the president’s elevation of that date as a fresh call of the “respect within the administration for the word of God and for Christian faith.”

The interior ministry said a gunman had burst into the complex one early in the morning, firing on worshipers. He was killed in an exchange of fire lasting six hours with security forces. Earlier reports said a group of assailants had carried out the attack.

About 50 people were trapped in the complex in the Shorbazar area.

The Islamic State group claimed the attack.

About 40 people were killed and more than 260 injured in armed clashes in the eastern city of Mulhouse, located in the region of Alsace, at least 10 people were killed by the Islamic State group.

Parliamentary military also built a field hospital in the eastern city of Mulhouse, located in the region of Alsace, at least 10 people were killed by the Islamic State group.

France had almost 26,000 confirmed cases as of Wednesday and the fifth-largest number of virus-related deaths in the world at more than 1,300. — AP

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Turkey charges 20 Saudis

PARIS — France is pulling out its military forces from Iraq amid French fears of being caught in a US-led coalition against the Islamic State (IS) group.

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Boko Haram kills troops

The 18 were accuses of carrying out the “worst atrocities” in the country, the air force said.

The 18 were suspects of the murder of the Saudi journalist Jamal Khashoggi in Istanbul in October 2018.

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According to military sources quoted by the AFP news agency, the attack was on an army base on the island of Boma and lasted for seven hours. — BBC
Technology saves Kiwi locked down in Milan

Caitlyn’s tips for getting through a lockdown

- Set boundaries
- Implement routines.
- Acknowledge that it is going to be hard at times.
- Stay connected with friends and family through technology.
- Try and find things to be thankful for.
- See goals — this could be working on a skill, getting enough sleep, or drinking enough water.

The artwork — often done by children — depicted rainbows with the words “andra tutto bene” — everything is going to be all right.

Siouxsie Wiles, originally from Hamilton, is an early childhood teacher living in northern Milan, Italy. “I’m in a lockdown, I’ve not been able to go outside for a week. And that’s something that’s possible to do even though we’re in a lockdown we’re totally connected. And that’s something that’s possible to do anyone with technology.”

While New Zealand has a numbers system, Italy has colour codes for alert levels — green, yellow and red. When she re-entered Italy, her hometown was considered a yellow zone. Movement was restricted, but people were allowed to leave for work. “Schools and universities were closed, bars and clubs were closed. You were encouraged to stay home but you could still go to restaurants and the metro and you could still visit family and friends.”

On March 7, it was announced that all of Lombardy — the region surrounding Milan — would move into the red zone. Days later, all of Italy was red-zoned.

“This is a space of two weeks’ time, when the first cases were announced in the media, to when the whole country went into official red zone lockdown.”

She considered coming home, but chose to stay because she was in a comfortable place with supportive people, and can continue her second job, as a live-in au pair.

“I’m emotionally okay, mentally okay, physically okay. But it has affected me. I’m not gonna lie, I had a bit of a cry at one point, I went for a run and I just cried. And that’s really important — not to hide things up. Whatever safe way there is to release those emotions, that’s important.”

As well as locals singing and dancing on balconies, there had been “scheduled appliance” for emergency service teams, torch light shows at night, and art hanging from balconies.

The Gisborne Herald • Thursday, March 26, 2020

AUCLAND — Microbiologist Siouxsie Wiles is urging New Zealanders to get the message not to visit friends, and not to go to work, or they will risk extending the lockdown.

Speaking to RNZ’s Morning Report, Dr Wiles said it was essential that people understand the need to avoid contact with anyone outside their own household.

“People are not understanding that there’s no dinner parties, there’s no popping over to someone else’s house for a meal. People are the weak points. People are the weak points. People are the weak points.”

“I’m hearing people say oh I’m just gonna go and visit my friend’ or I’m just gonna go and visit my family.”

“As you are in a bubble . . . or your own household, you and you need to stay in your bubble and if you go out of your bubble you are out of your bubble and that’s going to put us all at risk.”

She said the important thing now was for everybody to get the message about how important the lockdown was.

“From the news that message our lockdown is gonna be longer than four weeks, because every person that breaks a bubble means that we’re gonna need to do this for longer.”

Dr Wiles said it was understood that people needed to be able to get groceries.

“We can go outside and we can do these things as long as we keep it to essential trips, stay more than two metres away from people; we can pick up our groceries and things.”

Even when picking up goods at the supermarket, there were things people could do to protect themselves and others.

“We want to minimise our time outside the house . . . doing a bigger shop — if you can do a bigger shop that would be better, you could allow you time for your groceries to sit for a few days.”

“We know that the virus can survive on surfaces for up to three hours on cardboard it’s about 24 hours.”

“If you’re bringing your shopping in you could just leave your non-perishables for a few days before you use them, or you can wipe them down even with just a soapy cloth or something. You can do that, if you’re worried about them, just give them a little bit of a wash and soap it off.”

“We need to wash our hands as soon as we get back in the house.”

Outdoor activities without breaking the bubble

She said people could undertake outdoor activities with their own household, as long as they avoided anyone who was not in their household.

You can go for a jog with your bubble family. You can go for a bike ride with your bubble family. But you must not enter anybody else’s bubble.”

She said some more dangerous activities should be avoided.

“Of people having reset passwords.”

TROUBLE BUBBLE: Auckland microbiologist Siouxsie Wiles, people need to avoid contact with anyone outside their own household, or else the lockdown could be longer.

Picture supplied

‘Sophisticated’ scammers target remote workers

WELLINGTON — Scammers and hackers are pumping out sophisticated attacks, targeting staff working remotely during the Covid-19 pandemic.

The founder of digital advisory firm Hype and Hype said it was not uncommon for opportunists to strike during turmoil.

Rex Dexter said last week, in particular, there was a massive increase in phishing scams.

“Of people having reset passwords when they shouldn’t have been asked, having access codes requested when they haven’t asked for them . . . having emails from that . . . from people that they think is their CEO or a CEO of their client asking for access or logins.”

Dexter said the risk was exacerbated by the number of people who were isolated, making it difficult to verify if a request was legitimate.

“People want to be helpful, they’re a bit confused, a bit scared so it’s the perfect time for this to be struck out,” she said.

“People say sophisticated attacks . . . specifically targeting an individual company, they’ve gone and they’ve targeted that company, your partners, looked at your website, seen what your business is doing and then they’re going in understanding those relationships, with very specific emails that ask for very, very easy.”

She said people could do simple things to keep themselves, and their company data, safe such as have strong passwords, and only use multiple logins.

“If they can compromise your email or any system that sends emails for you then they can load their own contact data and scam people from that . . . to obtain data that can be utilised,” Dexter said.

“There’s always some financial aspect behind it, whether it’s identity fraud, access to credit card details so it’s about using your reputation as a good business to then scam other people.” — RNZ

‘Don’t pop the bubble’: Expert urges Kiwis to stay home
SYDNEY — Wimbledon officials are the latest sporting organisations to announce they are considering cancelling their 2020 championships due to the coronavirus pandemic.

The All England Club says it will decide at an emergency meeting next week whether to postpone or cancel Wimbledon because of the coronavirus pandemic. The All England Club says it plans to decide next week whether to postpone or cancel Wimbledon because of the coronavirus crisis.

“Wimbledon officials will consult the LTA, ATP, WTA and ITF — the governing bodies of British, men’s and women’s international tennis respectively — as well as all other three grand slam organisers before making a final decision. The build for the Championships is due to begin at the end of April,” the AELTC club said.

“At this time, based on the advice we have received from the health public authorities, the very short window available to us to stage The Championships due to the nature of our sport suggests that postponement is not without significant risk and difficulty.”

Playing behind closed doors has been formally ruled out.

“Following the government’s advice, the AELTC’s sites at the All England Club, Wimbledon Park Golf Club and Raynes Park are currently closed with physical operations reduced to the practical minimum to maintain the grass courts and the security of the sites.

“The AELTC, through our charity partnerships, is offering support within our local communities and more broadly for the London and UK population through our partnerships with the British Red Cross and City Harvest.”

Wimbledon weighing up cancellation

SOLUTIONS TO PUZZLE 10,948

ACROSS

DOWN

QUICK CLUES

ACROSS
5. This clue is sure to be attached. If you don’t like change, but if something isn’t working, don’t linger and refrain from overreacting. 3 stars
6. A machine in a car that dispenses petrol. If you don’t like change, but if something isn’t working, don’t linger and refrain from overreacting. 3 stars
7. A space traveller. If you don’t like change, but if something isn’t working, don’t linger and refrain from overreacting. 3 stars
8. A yacht has these. If you don’t like change, but if something isn’t working, don’t linger and refrain from overreacting. 3 stars
9. A small horse. If you don’t like change, but if something isn’t working, don’t linger and refrain from overreacting. 3 stars
10. Thought (9)

3 stars

LIBRA (Sept. 23-Oct. 22): Don’t be judgmental when there’s so much to do, see and learn. Satisfy your curiosity, and something new will be introduced. You may not like change, but if something isn’t working, don’t linger and refrain from overreacting. 3 stars

FOUR STARS: You can pretty much do as you please. It’s a good time to start new projects.

PISCES (Dec. 22-Jan. 19): Do whatever you want and you’ll get away with it. Satisfy your curiosity, and something new will be introduced. You may not like change, but if something isn’t working, don’t linger and refrain from overreacting. 3 stars

TAURUS (April 20-May 20): Do whatever you want and you’ll get away with it. Satisfy your curiosity, and something new will be introduced. You may not like change, but if something isn’t working, don’t linger and refrain from overreacting. 3 stars

ARIES (March 21-April 19): Do whatever you want and you’ll get away with it. Satisfy your curiosity, and something new will be introduced. You may not like change, but if something isn’t working, don’t linger and refrain from overreacting. 3 stars

VENUS (April 23-May 21): Do whatever you want and you’ll get away with it. Satisfy your curiosity, and something new will be introduced. You may not like change, but if something isn’t working, don’t linger and refrain from overreacting. 3 stars

SOLUTIONS TO PUZZLE 10,948

ACROSS
9. Staying in a place where law; 19 Owns; 21 Nude.

DOWN

SOLUTIONS TO PUZZLE 10,948

Quick Crossword answers also fit the large grid

ACROSS
1. Eats away (7)
2. Rough (5)
3. Artful (3)
4. Thought (9)
5. Squandering (11)
6. Sensible (5,6)
7. Only part (9)
19. Piece (3)
21. Swell (7)
22. Spoil (7)

ACROSS
1. Eat away (7)
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3. Artful (3)
4. Thought (9)
5. Squandering (11)
6. Sensible (5,6)
7. Only part (9)
21. Swell (7)
22. Spoil (7)

SOLUTIONS TO PUZZLE 10,948

Quick Crossword answers also fit the large grid

NEW WOMEN’S MATCH
In this July 2019 file photo, Cori “Coco” Gauff, of the United States, celebrates beating Slovenia’s Polona Hercog in a women’s singles match at the Wimbledon Tennis Championships in London. The All England Club says it plans to decide next week whether to postpone or cancel Wimbledon because of the coronavirus pandemic.

SOLUTIONS TO PUZZLE 10,948

Quick Crossword answers also fit the large grid
Bell leads Bay to pennants victory

POVERTY Bay were the big movers in round 2 of the women’s interclub pennants at Te Puia Springs on Saturday.

The round was held as part of round 2 of the opening day tournament. Bell led the club assault as Poverty Bay claimed the round win and maximum ten points.

Bell contributed 44 of Poverty Bay’s 127, two shots ahead of the host club, with Mahia third on 128, Waikouaiti fourth on 126, Electrinet Park fifth on 117 and Patutahi and Waara sixth-fourth on 111.

The promoted Poverty Bay from sixth after round 1 to the top spot. Te Puia Springs, who won round 1, remained top overall, with Hukanui (69) second, just ahead of Poverty Bay.


Te Puia Springs: —


Te Puia Springs: —


Te Puia Springs: —


Te Puia Springs: —

Women’s interclub pennants, round 1 (stableford): Poverty Bay 98, Te Puia Springs 95, Patutahi 94, Mahia 93, Waara 93, Electrinet Park 91, Waoras 89, Wairua 86.

Te Puia Springs: —

Men’s interclub pennants, round 1 (stableford): Poverty Bay 95, Te Puia Springs 92, Patutahi 90, Mahia 89, Waara 89, Electrinet Park 87, Waoras 85, Wairua 85.

Te Puia Springs: —

Women’s interclub pennants, round 1 (stableford): Poverty Bay 84, Te Puia Springs 81, Patutahi 80, Mahia 79, Waara 79, Electrinet Park 77, Waoras 75, Wairua 75.

Te Puia Springs: —

Men’s interclub pennants, round 1 (stableford): Poverty Bay 81, Te Puia Springs 78, Patutahi 76, Mahia 75, Waara 75, Electrinet Park 73, Waoras 71, Wairua 71.

Te Puia Springs: —


Te Puia Springs: —


Te Puia Springs: —


Te Puia Springs: —


Te Puia Springs: —


Te Puia Springs: —


Te Puia Springs: —


Te Puia Springs: —


Te Puia Springs: —
CRICKET by Oliver Caffrey, AAP

MELBOURNE — A mentally exhausted Glenn Maxwell wanted his arm to be broken during Australia’s World Cup campaign last year so he could have a break from international cricket.

He didn’t realise it at the time but the star all-rounder was battling mild depression and anxiety.

Falling into a dark place would eventually lead to Maxwell stepping away from the game last October for more than a month.

The 31-year-old has revealed just how bad things got before he took his mental health break.

Maxwell and veteran Shaun Marsh were both struck while batting in a hostile nets session in July before Australia’s final World Cup group game against South Africa.

“I knew he (Marsh) was in trouble when he came in, and immediately I felt bad for him,” Maxwell told the Ordineroli Speaking podcast with Neroli Meadows.

“I just thought, I hope he’s OK, and if anything, I wish we could swap our news” (suspecting Marsh’s arm was broken).

“We went to the hospital together and we were both sitting there, I think both hoping for opposite news.

“When I got hit, I was angry and a part of me was hoping my arm was broken.

“I was like, ‘This is it, I just need a break’ . . . I was thinking about things I could do to make it better, back to snap it.

“I had anger at other people and it didn’t make sense, but I was angry at myself for not being able to produce at all this World Cup. I thought it would’ve been an easy escape because I felt like I was going to get dropped at some stage and I thought maybe this is the way.’

Maxwell played in Australia’s last two games of the one-day international tournament, including the thumping eight-wicket semifinal loss to England, but he continued on a downward spiral.

He entered October’s Twenty20 series against Sri Lanka knowing he was about to walk away from the game but still fired with the bat.

“Tatted so well, I got 60-odd off less than 30 balls and barely missed the middle, but didn’t really enjoy any of it,” he said.

“You’re taking down an international attack and just not enjoying any bit of it.”

Maxwell returned to captain Melbourne Stars and was named in the BBL’s team of the tournament.

Cricket’s great entertainer says he is now handling things much better and recently became engaged to partner Vini Raman.
FOOTBALL by Tales Azzoni and Andrew Dampf, AP

ROME — It was the biggest football game in Atalanta’s history and a third of Bergamo’s population made the short trip to Milan’s San Siro Stadium. Nearly 2,500 fans of visiting Spanish club Valencia also travelled to that Champions League match.

More than a month later, experts are pointing to the football game as one of the biggest reasons why Bergamo has become one of the epicentres of the coronavirus pandemic — a “biological bomb” was the way one respiratory specialist put it — and why 35 percent of Valencia’s team became infected.

During a live Facebook chat with the Bergamo local media, the head of the Bergamo region’s virology unit Silvio Brusaferro said over the weekend at the two-game, four times, because Atalanta hugging and kissing each other many more in other parts of the

has 88 patients under his care in all of Italy for the pandemic. The Valencia region had more than

in the province of Bergamo. The strict measures adopted by

for goalkeeper Marco Sportiello, who were in contact with him also in the province of Bergamo.

game, the first cases were reported in the province of Bergamo. About the same time in Valencia, a journalist who travelled to the city’s airport and came into contact with the second person infected in the region, and it didn’t take long before people who were in contact with him also had the virus, as did Valencia fans who were at the game.

While Atalanta announced its first positive case on Tuesday for goalkeeper Marco Sportiello, Valencia said more than a third of their squad got infected, despite the strict measures adopted by the club after the match in Milan.

As of Tuesday, nearly 7,000 people in the province of Bergamo had tested positive for Covid-19 and more than 1,000 people had died from the virus — making Bergamo the biggest death province in all of Italy for the pandemic. The Valencia region had more than 2,500 people infected.

Lorna Lorini, the head of the intensive care unit at the Pope John XXIII Hospital in Bergamo, has 18 patients under her care with the coronavirus; including many more in other parts of the hospital.

“I am sure that 4,000 people hugging and kissing each other while standing a centimetre apart — because Atalanta scored four goals (the final result was 4-1) — was definitely a huge accelerator for contagion,” Lorini said on Wednesday.

“Right now we’re at war. When peace time comes, I can assure you will go and see how many of the 40,000 people who went to the game became infected. Right now we have other priorities.”

Silvio Brusaferro, the head of Italy’s Superior Institute of Health, said over the weekend that the nightly nationally televised briefing by the civil protection agency that the game was “one of the hypotheses” being evaluated as a source of the crisis in Bergamo.

“It’s certainly an analysis that can be made,” Brusaferro said. By last week, Bergamo’s cemetery became so overwhelmed by the number of dead that military trucks began transporting bodies to a neighbouring region for cremation.

Italy remained the European country with the most cases, nearly 70,000, with almost 700 deaths — the most worldwide and more than twice as many as China.

Spain is the next biggest country in Europe with the most cases, nearly 48,000, and it has surpassed China in the number of deaths with more than 3,400.

More than 435,000 people worldwide have been infected and the number of dead closed in on 20,000, according to the running count kept by Johns Hopkins University. Overall, more than 100,000 have recovered.

For most people, the new coronavirus causes mild or moderate symptoms, such as fever and cough that clear up in two to three weeks. For some, especially older adults and people with existing health problems, it can cause more severe illness, including pneumonia and death.

The official attendance for the February 19 game was 45,792 — a “home” record for Atalanta, a small club making its debut in Europe’s top club competition.

Before the match, a journalist was tested positive for the coronavirus now — despite all the safety rules and precautions being taken,” Tommasi told the AP, referring to a recent positive test for former Manchester United midfielder Marouane Fellaini with Chinese club Shandong Luneng.

Fellaini’s positive test was alarming because, while the outbreak began spreading in China, the virus has reportedly been receding there.

“It’s not going to be enough to just test the athletes,” Tommasi said. “The entire setting needs to be safe. Because if one team is stuck, it blocks the entire system.”

After winning the first leg, Atalanta advanced to the Champions League quarterfinals following another victory in the second leg on March 10, which was played in an empty Mestalla Stadium in Valencia after Spanish authorities prohibited games involving teams from northern Italy to be played with fans. A few thousand Valencia supporters gathered at the Mestalla to welcome the team, though, and to watch the match together in nearby bars and restaurants.

Over the past month, Atalanta has mourned the deaths of five former staff members. While announcements on the club website made no mention of the virus, local media have reported that at least four of them died with Covid-19.

Still, only one positive test from Atalanta has been announced. "Some squads have chosen not to test their players unless they show symptoms,” Tommasi said.

“Other squads tested everyone. These are individual choices. The head of the civil protection agency has talked about the likelihood that for every proven positive case there are probably 10 actual positives. The hope is a number of positives at Valencia makes you wonder.”

With the Champions League suspended because of the pandemic, Atalanta has no idea when it might play in the quarterfinals — which again would be the club’s biggest game in its history. In the meantime, both the Bergamo team and Valencia are left wondering about the unforeseen effects of their match in February.

The Sibson Herald

FOOTBALL

Thursday, March 26, 2020

SPREADS LIKE THIS

‘BIOLOGICAL BOMB’: In this February 19 file photo, spectators sit in the stands during the Champions League Round of 16 first-leg football match between Atalanta and Valencia at the San Siro stadium in Milan, Italy. It was the biggest game in Atalanta’s history and a third of Bergamo’s population made the short trip to Milan’s San Siro Stadium to witness it. Nearly 2,500 fans of visiting Spanish club Valencia also travelled to the Champions League match. More than a month later, experts are pointing to the football game as one of the biggest reasons why Bergamo has become one of the epicentres of the coronavirus pandemic — a “biological bomb” was the way one respiratory specialist put it — and why 35 percent of Valencia’s team became infected.

AP picture

AP picture

AP picture

AP picture
We’re now at Alert Level 4

What we all need to do:

**Staying home**
- Everyone must now stay home, except those providing essential services.
- Only make physical contact with those that you live with.
- Please note that children CAN travel between the homes of separated parents so as long as they live in the same town/city.

**Food and shopping**
- Supermarkets, dairies and pharmacies will remain open.
- When shopping, as much as possible only one family member at a time, practice physical distancing and hygiene rules while shopping.
- Dairies will operate a strict ‘one-in, one-out’ policy and they won’t be allowed to sell food prepared on the premises.
- Primary industries, including food and beverage production and processing, will still operate.
- Freight and courier drivers will continue to transport and deliver food.
- Grocery food deliveries – such as My Food Bag and Hello Fresh – are considered as essential and will continue as long as the food is not pre-cooked.
- Takeaway services will be closed.
- Liquor stores will close, unless within a licensing trust area and will operate with a strict ‘one-in, one-out’ policy. Wine and beer will continue to be sold at supermarkets.

**Public spaces**
- Places where the public congregate must close.
- All bars, restaurants, cafes, gyms, cinemas, pools, museums, libraries, playgrounds and any other place where the public congregate must close their face-to-face function.
- Playgrounds are classed as an area where people congregate and so are off-limits.
- People can exercise outdoors but must maintain a two metre distance from others.
- People are expected to stay local when leaving the home.

**Services**
- Rubbish collection will continue. Check your local authority website for recycling.
- NZ Post will deliver mail and courier drivers will continue to make deliveries.
- Self-service laundries can stay open, as long as 2 metre physical distancing is enforced.
- Service stations will remain open and will be supplied.
- Public transport, regional air travel and ferries are mostly restricted to those involved in essential services and freight.
- Some public transport will be available for essential trips, such as to the supermarket or doctor, but options will be limited.
- Taxi drivers and rideshare services will continue.
- Building and construction workers will carry on in cases where they’re needed to maintain human health or safety.

**Recreation or exercise**
- You can go for a walk, run, or bike ride. Exercise is good for people’s mental health.
- If you do, it must be solitary, or with those you live. Keep a 2 metre distance.
- However, if you are unwell, do NOT go outside.
- DOC has closed all its campsites and huts.
- Do not go hunting or hiking, and especially not on overnight trips.

**Interaction with others**
- Staying at home is meant to reduce the transmission of the virus.
- For this to work, you are asked to only have contact with the people you live with.
- If you want to talk to a friend, call or video chat with them.
- If you want to talk to a neighbour, do it over the fence.
- Feel free to drop off groceries to others e.g. a grandma, but keep a 2 metre distance for her safety.

**Remember:** following these simple rules will save lives
Support is available

If you feel stressed or anxious, you can call or text 1737 to talk with a trained counsellor for free, 24 hours a day, 7 days a week.