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COVID-19 (novel coronavirus)

This section provides the latest updates, information and advice on COVID-19.

Current situation

New Zealand has 205 confirmed and probable cases of COVID-19. For a summary of the current status see our [latest media release \(25 March\)](#). More information is available on our [current cases page](#). With continued vigilance the chance of widespread community outbreak is expected to remain low.

There are currently [restrictions on who can enter New Zealand](#). Travellers who have arrived in New Zealand within the last 14 days are being asked to self-isolate. See [Self-isolation](#) to find out more. You can [register for self-isolation online](#).

If you have been overseas within the last 14 days and develop a fever, cough or shortness of breath, call Healthline on [0800 358 5453](#).

New Zealand is currently at Alert Level 3 – Restrict

Rt Hon Jacinda Ardern has announced New Zealand COVID-19 alert levels. These new alert levels specify the public health and social measures to be taken. Nationwide, New Zealand is currently at Level 3 – Restrict. This means there is heightened risk that the disease is not contained. See more information about [Alert levels](#).

Find out how to look after your [mental health and wellbeing when you have to stay at home](#).

Epidemic Notice: On Wednesday 23 March, the Prime Minister issued an Epidemic Notice under section 5 of the Epidemic Preparedness Act 2006. [Find out more](#).

For COVID-19 health advice and information, contact the Healthline team (for free) on [0800 358 5453](#) or [+64 9 358 5453](#) for international SIMS.

Health advice for the public

- [Latest advice: Symptoms, prevention, treatment, how it spreads & more](#)
- [Self-isolation](#)
- [Border controls](#)
- [Contact tracing](#)
- [Essential health & disability services](#)
- [Face mask and hygiene advice](#)
- [Home care information](#)
- [Managing your mental wellbeing](#)
- [Questions and answers](#)

Information for:

- [Health professionals](#)
- [Aged care providers](#)
- [Airline staff](#)
- [Border sector](#)
- [Cleaning services](#)
- [Disability support and residential care providers](#)
- [Disabled people](#)
- [Hotels and hotel staff](#)
- [Hospice patients and staff](#)
- [Older people](#)
- [Public events and mass gatherings](#)
- [Travellers arriving to New Zealand](#)
- [Workplaces](#)

Information in other languages & formats

- [New Zealand Sign Language](#)
- [Easy Read](#)
- [Simplified Chinese](#)
- [Te reo Māori](#)
- [More languages](#)

News and media updates

- [25 March - Media livestream](#)
- [24 March - 40 new confirmed cases](#)
- [24 March - Media livestream](#)

[All news and media updates](#)

[Information about current cases](#)

Resources

- [Information sheets for the general public](#)
- [Welfare support factsheet](#)
- [Posters](#)
- [Ministry social media](#)

Latest updates

Our advice is under active review and is updated regularly. The latest updates include the following changes to the website:

25 March:

- [Updated New Zealand passenger arrival measures](#)
- [Information for hospice patients and staff](#)
- [Information on essential health and disability services](#)
- [COVID-19 Epidemic Notice](#)
- [Advice for older people](#)

24 March:

- [Intensive care and ventilator capacity in district health boards information](#)

23 March:

- [New information for home and community support service workers](#)
- [Updated information for people who receive home support](#)
- [Updated advice for health professionals](#)
- [Advice for wellbeing in self-isolation](#)
- [Updated advice for public events and mass gatherings](#)
- [Updated advice for workplaces](#)
- [New form for notifying cases to the NHCC](#)
- [Updated guidance for health staff implementing home care](#)
- [Updated information for disabled people and their family and whānau](#)

22 March:

- [Primary Care Quick Reference Guide updated](#)
- [Questions and answers for primary health care workers updated](#)

21 March:

- [New information for community-based midwives](#)
- [Updated resources for primary care](#)
- [Information on alert levels added to the questions and answers](#)
- [Update on managed restricted access to aged care facilities](#)
- [Updated health practice form](#)

20 March:

- Advice updated across the site to reflect new border measures

19 March:

- [New border measures announced](#)

18 March:

- [Update to self-isolation advice](#)
- [Information on current cases](#) now available
- Added resources for health professionals: [Road ambulance transfer of patients](#) and [guidance for cancer services](#)
- Added [Te reo Māori poster - protect yourself and others against COVID-19](#)



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Where to go for help

Emergencies

[Dial 111 \(for ambulance, fire or police\)](#)

Healthline

[Dial 0800 611 116](#)

Poisons

[Dial 0800 POISON \(0800 764 766\)](#)

Mental health crisis

[Emergency contact numbers](#)

[New Zealand Government](#)

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