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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 451 confirmed and probable cases of COVID-19. For a summary of the current status see our [latest media release \(28 March\)](#). More information is available on our [current cases page](#). With continued vigilance the chance of widespread community outbreak is expected to remain low.

New Zealand is currently at Alert Level 4 – Eliminate

These alert levels specify the public health and social measures to be taken. Nationwide, New Zealand is currently at Level 4 – Eliminate. This means that it is likely 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](#).

Health and care workers - expressions of interest for COVID-19 response

We are seeking expressions of interest from health and care professionals who are able and willing to work for a limited amount of time as part of the national strategic approach to managing COVID-19. [Find out more](#)

Personal Protective Equipment (PPE)

[What's important for you to know about PPE](#)

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](#)
- [Contact tracing](#)
- [Face mask and hygiene advice](#)
- [Home care information](#)
- [Managing your mental wellbeing](#)
- [Questions and answers](#)

Information for:

- [Health professionals](#)
- [Airline staff](#)
- [Border sector](#)
- [Cleaning services](#)
- [Disability and aged care providers](#)
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- [Hotels and hotel staff](#)
- [Older people](#)
- [Public events and mass gatherings](#)
- [Travellers arriving to NZ](#)
- [Workplaces](#)

Current situation

- [Current cases](#)
- [Border controls](#)
- [Epidemic Notice](#)
- [Essential health & disability services](#)

News and media updates

- [28 March - 83 news cases of COVID-19](#)
- [28 March - Media media update](#)
- [27 March - Media media update](#)
- [26 March - 78 new cases of COVID-19](#)

[All news and media updates](#)

[Information about current cases](#)

Resources

- [New Zealand Sign Language](#)
- [Easy Read](#)
- [Information sheets for the general public](#)

- [Posters](#)
- [Ministry social media](#)
- [Information in other languages](#) 

Latest updates

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

27 March:

- [Advice for aged care providers has moved](#)
- [Updated close contact definition](#)
- [Guidance on use of personal protective equipment](#)
- [Updated face mask and hygiene advice](#)

26 March:

- [Update for Disability and Aged Care Providers on Alert Level 4](#)
- [Updated self-isolation or low-level quarantine requirements](#)
- [Updated current case details](#)
- [Updated essential services in the health and disability system with list of hospital services](#)
- [Increasing the health workforce capacity](#) – we are seeking expressions of interest from health and care professionals

25 March:

- [Updated New Zealand passenger arrival measures](#)
- [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 pratique form](#)
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Information releases

Consultations 

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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