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COVID-19 (novel coronavirus)

There are currently outbreaks overseas of a new disease called COVID-19. This section provides the latest updates, information and advice on COVID-19.

Current situation

New Zealand has twenty confirmed cases of COVID-19. For a summary of the current status see our latest [media release \(18 March\)](#). More information is now available on our [current cases page](#). With continued vigilance the chance of widespread community outbreak is expected to remain low.

Who should self-isolate?

If you arrived in New Zealand from **any country** (except the Pacific Island countries [listed in Category 2](#)) prior to 1:00am on Monday 16 March you should self-isolate from the date of departure for 14 days. Voluntary registration is available at <https://healthy.org.nz/register>.

If you feel unwell please call Healthline on [0800 358 5453](tel:08003585453) (+64 9 358 5453 for international SIMs).

If you have any difficulties accessing the online registration you can also register by phoning Healthline on 0800 358 5453.

If you arrived in New Zealand **after** 1:00 am on Monday 16 March from **any country** (except those listed on the [countries and areas of concern under Category 2](#)) you will need to self-isolate for 14 days.

If you have been in [close contact](#) with someone confirmed with COVID-19 you will need to self-isolate for 14 days from the date of contact.

For COVID-19 health advice and information, contact the Healthline team (for free) on [0800 358 5453](tel:08003585453) or [+64 9 358 5453](tel:+6493585453) for international SIMS.

Health advice for the public

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News and media updates

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- [18 March - COVID-19 media update](#)

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Resources

- [Information sheets for the general public](#)
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Latest updates

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

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](#)

17 March:

- [Information for disabled people or people who need support for daily life and their family/whānau](#)
- [Information for residential care providers](#)
- Updated [Advice to airline crew on the use of personal protective equipment](#)
- Updated [Self-isolation information](#)

16 March:

- [Advice for public events and mass gatherings](#) updated

15 March:

- Updated [resources for health professionals](#)
- Updated [countries and areas of concern page](#) to reflect updated border control measures

13 March:

- [Updated Questions and answers for primary health care workers](#) (new question on who not to swab)
- [New information sheets added](#): Information on tikanga and gatherings, Cultural/religious practices, looking after your mental wellbeing.

12 March:

- [Updated information for Aged Care Providers](#)
- [COVID-19: Aeromedical transfer of patients - advice document](#)
- [Updated Transmission of COVID-19 and the role of face masks in health settings document](#)
- [Updated advice on clinical coding](#)
- [Updated primary care quick reference guide](#)

Page last updated: **18 March 2020**



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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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