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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 66 confirmed cases of COVID-19. For a summary of the current status see our [latest media release \(22 March\)](#). 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.

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 2 – Reduce

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 2 – Reduce. This means disease is contained but the risk of community transmission is growing.

See more information about [Alert levels](#).

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](#)
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Information for:

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Information in other languages & formats

- [New Zealand Sign Language](#)
- [Easy Read](#)
- [Simplified Chinese](#)
- [Te reo Māori](#)
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News and media updates

- [22 March - COVID-19 update](#)
- [22 March - COVID-19 media livestream](#)
- [21 March - COVID-19 update](#)
- [21 March - Media update](#)
- [20 March - Update on Ruby Princess and Celebrity Solstice cruises](#)

[All news and media updates](#)

[Information about current cases](#)

Resources

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

Latest updates

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

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](#)
- [Added COVID-19 event criteria guide](#)
- [Updated resources for primary care](#)
- [Information on alert levels added to the questions and answers](#)
- [New guidelines for the hospitality industry](#)
- [Updated advice for public events and mass gatherings](#)
- [Updated advice for workplaces](#)
- [Update on managed restricted access to aged care facilities](#)
- [Updated health pratique form](#)

20 March:

- Advice updated across the site to reflect new border measures

19 March:

- [Updated advice for public events and mass gatherings](#)
- [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](#)

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](#)

Page last updated: **22 March 2020**



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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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