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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 102 confirmed cases of COVID-19. For a summary of the current status see our [latest media release \(23 March\)](#). 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](#).

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](#)
- [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](#)
- [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

- [23 March - 36 new cases in NZ](#)
- [23 March - Media livestream](#)
- [22 March - COVID-19 update](#)
- [22 March - Media livestream](#)

[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:

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](#)

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](#)

Page last updated: **23 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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