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# COVID-19 (novel coronavirus)

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

## Current situation

### Case numbers

There are 11 new cases of COVID-19 today, 21 August 2020. There are now 105 active cases of COVID-19 in New Zealand. See our [current cases page](#).

### Contact tracing and self isolation

We are tracing all close contacts of these cases, and getting them tested for COVID-19. All close contacts will remain in self-isolation for 14 days. Most casual contacts do not need to self-isolate and only need to be tested if they develop symptoms. [Read more information on self isolation for close and casual contacts](#).

### Alert levels

Until 11.59 pm Wednesday 26 August the Auckland region (Auckland Council area) is at **Alert Level 3** and the rest of New Zealand is at **Alert Level 2**. Find out more on the [Unite Against COVID-19 website](#).

### Where to get a test for COVID-19 in Auckland

If you have symptoms you can:

- get a test at most GPs – call ahead to find out if you need a test and follow their advice
- get a test at a [Community Testing Centre](#) – this list will continue to be updated.

People in other regions can check their [local district health board website](#) to find out about testing in their area.

### Regional exemptions at Alert Level 3

The Auckland city 'border' is currently closed. Some exemptions will be allowed. For more information, including how to apply, [see Advice for travellers](#).

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 & Disability Services at:

### [Alert Level 3](#)

Auckland

### [Alert Level 2](#)

Rest of New Zealand

## NZ COVID Tracer app

The official Ministry of Health contact tracing app helps you keep a digital diary of the places you've been.

[Find out more >](#)



## Health advice for the public

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- [COVID-19 Surveillance plan and testing strategy](#)
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## News and media updates

- [21 August - 11 new cases](#)
- [21 August - Media update](#)
- [20 August - 5 new cases](#)
- [20 August - Media update](#)
- [19 August - 6 new cases](#)
- [19 August - Media update](#)

[All news and media updates](#)

## Resources and tools

- [NZ COVID Tracer app](#)
- [COVID-19 Health and Wellbeing Survey](#)
- [New Zealand Sign Language](#)
- [Easy Read](#)
- [Learning modules](#)
- [Information sheets for the general public](#)

- [Posters](#)
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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:

### 21 August:

- Updated: [COVID-19: Epidemic notice and Orders](#)

### 20 August:

- Added: [Personal Protection for Border Staff factsheet](#)
- Updated: [Guidance for Well Child Tamariki Ora providers at Alert Level 2 and 3](#)

### 19 August:

- Updated: [Deaths, funerals and tangihanga - guidance at all Alert Levels](#) and specific guidance for [Alert Level 3](#) and [Alert Level 2](#)
- Updated: [Advice for travellers - border movement for health workers and regional exemptions](#)
- Added: [Contact tracing locations of interest](#)
- Updated: [Cancer and screening services](#)

### 18 August:

- Updated: [Border Orders](#)

### 17 August:

- Updated: [Mental health and addiction providers](#)
- Updated: [Assessment and testing for COVID-19](#)
- Updated: [Advice for community allied health, scientific and technical providers](#)
- Updated: [Occupational health guidance for vulnerable community-based self-employed midwives](#)

### 15 August:

- Updated: [Supporting a person with dementia at home](#)
- Updated: [PPE for workers](#)
- Updated: [Aged care providers](#)
- Updated: [Advice for travellers](#)

### 14 August:

- Updated: [Epidemic notice and Orders](#)
- Added: [Usage data for the NZ COVID Tracer app](#)
- Updated: [Aged care providers](#)
- Updated: [Information for pregnant women, and those who have recently given birth](#)
- Added: [Occupational health guidance for vulnerable community-based self-employed midwives](#)
- Updated: [Recommendations on handling of the whenua/placenta for COVID confirmed or probable women](#)
- Updated: [Information for community-based midwives](#)
- Updated: [Health and disability services at Alert Level 2 and Alert Level 3](#)
- Updated: [Guidance on personal protective equipment use in health and disability care settings at Alert Level 2 and 3](#)
- Updated: [Frequently asked questions about PPE and COVID-19](#)
- Updated: [Assessment and testing for COVID-19](#)
- Added: [COVID-19 situation reports: January to May 2020](#)



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**Dial 0800 611 116**

**Poisons**

**Dial 0800 POISON (0800 764 766)**

**Mental health crisis**

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