



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

- [About COVID-19: Symptoms, spread and where to get help](#)
- [Assessment and testing](#)
- [Caring for yourself and others at home](#)
- [Contact tracing](#)
- [Face masks](#)
- [Mental health and wellbeing](#)
- [Protecting yourself and others](#)
- [Self-isolation for close contacts](#)

Health professionals

- [Advice for all health professionals](#)
- [Allied health professionals](#)
- [Āwhina app](#)
- [Cancer and screening services](#)
- [Case definition and testing guidance](#)
- [Funded temporary accommodation](#)
- [Health sector providers](#)
- [Join the COVID-19 surge workforce](#)
- [Maternity](#)
- [Medical transfer](#)
- [Mental health and addiction](#)
- [PPE use in health care](#)
- [Pharmacy](#)
- [Primary care](#)
- [Recording COVID-19](#)
- [Telehealth and online tools](#)
- [Well Child providers](#)

Information for:

- [Border sector](#)
- [Businesses and services](#)
- [Cleaning services](#)
- [Deaths, funerals and tangihanga](#)

- [Disabled people](#)
- [Hospice patients](#)
- [Older people](#)
- [Parents](#)
- [Personal protective equipment \(PPE\)](#)
- [Pregnant women](#)
- [Gatherings](#)
- [Travellers](#)
- [Supporting a person with dementia](#)

Current situation

- [Current cases](#)
- [Border controls](#)
- [Epidemic Notice and Orders](#)
- [Health and disability services at Alert Level 2](#)
- [Health and disability services at Alert Level 3](#)
- [COVID-19 modelling reports and background papers](#)
- [COVID-19 Elimination Strategy for NZ](#)
- [COVID-19 Surveillance plan and testing strategy](#)
- [PHU Contact Tracing "Deep Dive": Rapid reports](#)

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](#)
- [Ministry social media](#)

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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Official Information Act requests

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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