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# COVID-19 (novel coronavirus)

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

## Current situation

### Media standups

There are no live Ministry of Health media standups scheduled for 22 or 23 August. The Ministry will continue to provide its regular written updates at approximately 1 pm daily and will advise of further media standups in the coming week.

### Case numbers

There are 6 new cases of COVID-19 today, 22 August 2020. There are now 111 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

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## Current situation

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- [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

- [22 August - 6 new cases](#)
- [No COVID-19 media standups on 22 or 23 August](#)
- [21 August - 11 new cases](#)
- [21 August - Media update](#)
- [20 August - 5 new cases](#)
- [20 August - Media update](#)
- [19 August - 6 new cases](#)

[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](#)

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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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### Other Ministry of Health websites

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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

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