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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 13 new cases of COVID-19 today, 29 August 2020. There are now 137 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 Sunday 30 August the Auckland region (Auckland Council area) is at **Alert Level 3**. 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 develop symptoms consistent with COVID-19, have a test. If you're in South or West Auckland, or if you have a greater risk of poor health outcomes if you were to get COVID-19, even if you don't have symptoms, please have a test.

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.





Health advice for the public

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- [COVID-19 Vaccine strategy](#)

News and media updates

- [29 August - 13 new cases](#)
- [28 August - 12 new cases](#)
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Resources and tools

- [NZ COVID Tracer app](#)
- [COVID-19 Health and Wellbeing Survey](#)
- [Large print and audio](#)
- [New Zealand Sign Language](#)
- [Easy Read](#)

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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:

28 August:

- Updated: [Use of masks and face coverings in the community](#)
- Added: [Vaccine strategy](#)
- Updated: [Testing guidance for COVID-19](#)
- Updated: [Aged care providers](#)
- Updated: [Contact tracing locations of interest](#)

27 August:

- Updated: [Hospice providers](#)
- Added: [Final Contact Tracing Assurance Committee report](#)
- Updated: [Exemptions Granted under the COVID-19 Public Health Response \(Alert Levels 3 and 2\) Order 2020](#)
- Updated: [NZ COVID Tracer QR codes](#)
- Updated: [Information on the restrictions to Aged Residential Care facilities outside of Auckland at Alert Level 2](#)
- Updated: [Primary care quick reference guide](#)

26 August:

- Updated: [Information for disabled people and their family and whānau](#)
- Updated: [Managing your bubble](#)
- Updated: [Case definition and testing guidance](#)
- Updated: [Maritime sector - exemption for vessels to enter New Zealand](#)

25 August:

- Added: New information in [Easy Read](#), [New Zealand Sign Language](#) and [Large print and audio](#) formats.
- Updated: [COVID-19: Epidemic notice and Orders](#)
- Added: [Receiving a positive COVID-19 test result](#)

24 August:

- Updated: [Use of masks in the community](#)

Page last updated: **29 August 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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