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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 6 new cases of COVID-19 today, 29 October 2020. There are now 70 active cases of COVID-19 in New Zealand. See our [Current cases page](#) and the latest [News and media updates](#).

Alert Levels

All of New Zealand is at Alert Level 1. Find out more on the [Unite Against COVID-19 website](#).

While it is not mandatory to wear a mask on public transport during Alert Level 1, it is encouraged.

All of New Zealand should continue to do the following:

- sign into places, using the [NZ COVID Tracer app](#) or keep a record
- maintain [good hygiene practices](#)
- [stay home if you're unwell](#) and [get a test](#).

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 1

All 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

He kupu āwhina mā te marea

- [About COVID-19 – symptoms and spread](#)
- [Assessment and testing](#)
- [Contact tracing](#)
- [Masks and face coverings](#)
- [Mental health and wellbeing](#)
- [Protecting yourself and others](#)
- [Self isolation](#)

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Health professionals

Mā te kaimahi hauora

- [Advice for all health professionals](#)
- [Aged care providers](#)
- [Allied health](#)
- [Case definition and testing guidance](#)
- [Primary care](#)
- [PPE use in health care](#)

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Specific audiences

Mā te rōpū whāiti

- [Border sector](#)
- [Deaths, funerals and tangihanga](#)
- [Disabled people](#)
- [Gatherings](#)
- [Higher risk people](#)
- [Pregnant women](#)
- [Travellers](#)

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Data & statistics

Raraunga me ngā tatauanga

- [Current cases](#)
- [Case details](#)
- [Significant clusters](#)
- [Testing data](#)
- [NZ COVID Tracer app data](#)
- [Contact tracing locations of interest](#)

Response planning

Maere ārai mate

- [Border controls](#)
- [Epidemic Notice and Orders](#)
- [Elimination strategy](#)
- [Essential services](#)
- [Surveillance plan and Testing strategy](#)
- [Vaccine strategy](#)

Resources & tools

He rauemi

- [Accessible information](#)
- [Community information packs](#)
- [Information sheets for the public](#)
- [NZ COVID Tracer app](#)
- [Translations](#)

> [See full list](#)

News and media updates

- [29 October - 6 new cases](#)
- [28 October - 2 new imported cases of COVID-19; no new community cases](#)
- [27 October - 1 new imported case of COVID-19; no new community cases](#)
- [27 October - Media update](#)
- [26 October - 5 new imported cases; no new community cases](#)

> [All news and media updates](#)

Latest updates

Our advice is under active review and is updated regularly. The latest updates include the following changes to the website.

29 October:

- Updated: [Maternity, Information for pregnant women, and those who have recently given birth](#) and [Advice for higher risk people](#)
- Updated: [Authorisation of members of the Armed Forces \(at the Maritime Border\)](#)

27 October:

- Added: [Air crew exemptions — now includes non-operating air crew returning to New Zealand on a flight after performing in-flight duties](#)

12 October:

- Updated: [Assessment and testing for COVID-19](#)

Page last updated: **29 October 2020**



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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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