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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 is 1 new case of COVID-19 today, 30 October 2020. There are now 68 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

- [30 October - 1 new case of COVID-19 in managed isolation; no new community cases](#)
- [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](#)

> [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: **30 October 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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