

Search



Home > [Our work > conditions](#) > COVID-19

COVID-19 (novel coronavirus)

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

Current situation

Anyone who has cold or flu symptoms should get a test and stay home until you have a negative test result.

Case numbers

There are 4 new cases of COVID-19 as of 9 am 30 November 2020. There are now 72 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](#).

The use of masks or face coverings is mandatory for most transport services in, into and out of Auckland and on passenger flights throughout New Zealand. Find out what rules apply and who is exempt. See [Masks and face coverings](#).

For the rest of New Zealand, 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](#)
- [Contact tracing locations of interest](#)
- [Masks and face coverings](#)
- [Mental health and wellbeing](#)
- [Protecting yourself and others](#)
- [Self isolation](#)

> [See full list](#)

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](#)

> [See full list](#)

Specific audiences

Mā te rōpū whāiti

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

> [See full list](#)

Data & statistics

Raraunga me ngā taturanga

- [Current cases](#)
- [Case demographics](#)
- [Source of cases](#)
- [Testing for COVID-19](#)
- [NZ COVID Tracer app data](#)
- [Data resources](#)

Response planning

Maere ārai mate

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

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 November - 4 new cases of COVID-19 in managed isolation](#)

- [29 November - 1 new case of COVID-19 in managed isolation](#)
- [28 November - 4 new cases of COVID-19 in managed isolation](#)
- [27 November - 7 new cases of COVID-19 in managed isolation](#)
- [26 November - Pakistan men's cricket team members test positive for COVID-19](#)
- [26 November - Further guidance on N95 masks for MIQ workers](#)

> [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.

25 November:

- Updated: [COVID-19 contact tracing locations of interest](#)
- Updated: [Epidemic notice and Orders](#)

23 November:

- Updated: [NZ COVID Tracer App information](#)

20 November:

- Updated: [Epidemic notice and Orders](#)

19 November:

- New: [Testing strategy for 16 November to 6 December 2020](#)
- Updated: [Primary care quick reference guide](#)
- Updated: [Testing guidance for COVID-19](#)
- Updated: [Questions and answers for primary health care workers](#)

Page last updated: **30 November 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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