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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

As at 9 am 22 January 2021 there are 73 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](#).

Pre-departure testing requirements

See the latest current information on [pre-departure testing requirements for all passengers](#) from the United Kingdom and United States landing in New Zealand after 11.59pm (NZT) on 15 January 2021.

Make summer unstoppable

Look after yourself and your whānau this summer:

- wear a [mask or face covering](#) when using transport services in, into and out of Auckland and on passenger flights throughout New Zealand
- 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](#)
- travel with a 'COVID-19 kit' – soap, hand sanitiser and a face covering.

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.

COVID-19 vaccines

We're getting prepared so we can access safe and effective vaccines at the earliest possible time.

[Find out more](#)

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](#)

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Health professionals

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- [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

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- [Deaths, funerals and tangihanga](#)
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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](#)
- [Vaccine planning](#)
- [Epidemic Notice and Orders](#)
- [Elimination strategy](#)
- [Essential services](#)
- [Surveillance plan and Testing strategy](#)

Resources & tools

He rauemi

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

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News and media updates

- [22 January 2021: 9 COVID-19 cases in 2 days in managed isolation](#)

- [21 January 2021: Update on UK and SA variants in managed isolation](#)
- [20 January 2021: 6 COVID-19 cases in 2 days in managed isolation](#)
- [18 January 2021: 6 cases of COVID-19 in managed isolation](#)
- [17 January 2021: 10 COVID-19 cases in 2 days at border](#)

> [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.

22 January

- Added: [Travel within New Zealand](#)

20 January

- Updated: [Advice for travellers](#)

12 January

- Updated: [Advice for travellers](#)

8 January

- Updated: [COVID-19: Information for travellers from the UK and USA](#)

30 December

- Updated: [Protecting yourself at the border](#)

Page last updated: **22 January 2021**



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Official Information Act requests

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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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