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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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- [Disabled people](#)
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Data & statistics

Raraunga me ngā taturanga

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

Response planning

Maere ārai mate

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- [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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[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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