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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.

Locations of interest

- Auckland border-related cases: [contact tracing locations of interest](#)
- Northland community case: [contact tracing locations of interest](#)

New requirements for managed isolation facilities

See the [new requirements for guests and staff](#).

Find testing services throughout New Zealand

Find your local testing facility and opening hours on the [Healthpoint website](#).

Case numbers

As at 9 am 31 January 2021 there are 71 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 information on [pre-departure testing requirements](#), which now apply to passengers arriving in New Zealand from all countries, with the exception of Australia, Antarctica and some Pacific Island nations.

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

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

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- [Disabled people](#)
- [Gatherings](#)
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- [Pregnant women](#)
- [Travellers](#)

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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 strategy](#)
- [Testing plan and guidance](#)

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

- [31 January: 1 case of COVID-19 in managed isolation](#)
 - [30 January: 1 case of COVID-19 in managed isolation](#)
 - [29 January: 6 new cases of COVID-19 in managed isolation and an update on border-related cases](#)
 - [29 January: COVID-19 media update](#)
 - [28 January: 3 new cases of COVID-19 at the border and an update on border-related cases in Auckland](#)
 - [28 January: COVID-19 media update](#)
- > [All COVID-19 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.

30 January

- [Managed Isolation Facility – new requirements](#)

28 January

- [Case definition and testing guidelines for COVID-19](#)
- [Contact tracing locations of interest](#)

27 January

- [Contact tracing locations of interest](#)
- [Testing guidance for the health sector](#)

26 January

- [Contact tracing locations of interest](#)
- [Surveillance strategy](#)
- [Testing plan](#)

25 January

- Updated: [How COVID-19 testing works](#)

24 January

- [Contact tracing locations of interest](#)

22 January

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

Page last updated: **31 January 2021**



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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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