**Ministry of Health general public health advice on novel coronavirus (2019-nCoV acute respiratory disease)**

**4 February 2020**

**This advice is under active review and is updated daily.**

**Advice updated as of today includes:**

* **Updates to resources for health professionals**
  + - * **Information on MFAT’s travel advisory**
      * **Advice about self-isolation**

**Resources for health professionals**

Advice for health professionals has been updated to reflect the new case definition change to include those who have travelled to New Zealand from mainland China either directly, or via another country, within the last 14 days. Previously it only included people who had travelled to and from Hubei province in China, particularly Wuhan.

The Primary Care Quick Reference Guide, Advice for Primary Care Reception Staff and Triage Checklist form have also been updated. These documents provide health professionals, including hospital-based, community-based and public health practitioners, with information on how to identify and investigate any cases of novel coronavirus, as well as how to apply appropriate contact tracing and infection control measures to prevent its spread.

Resources can be found on the new dedicated page for health professionals <https://www.health.govt.nz/our-work/diseases-and-conditions/novel-coronavirus-2019-ncov/novel-coronavirus-resources-health-professionals>

**Travel advisory update**

The Ministry of Foreign Affairs and Trade (MFAT) have updated their travel advisory and now recommend that New Zealanders do not travel to any part of mainland China.

Additional border measures came into effect from 2 February 2020.

These measures will deny entry to New Zealand for anyone who has left or transited through mainland China from 2 February 2020, with the exception of:

* New Zealand citizens (including those from the three Countries of the Realm: Tokelau, Niue and the Cook Islands), permanent residents and their immediate family
* Air crews who have been using appropriate personal protective equipment (PPE).

This also applies to passengers who are transiting through New Zealand, unless they are New Zealand citizens, permanent residents or their immediate families.

Aircrew who have been in or who disembarked in mainland China after midnight on 2 February will need to self-isolate.

We are specifically considering the situation for Pacific Island nationals returning from mainland China via Auckland Airport.

For specific coronavirus related immigration enquiries, contact Immigration Contact Centre on 0508 225 288 (within NZ) or +64 9 952 1679 (outside NZ).

People who departed from mainland China before midnight 2 February are not required to self-isolate unless they have been in Wuhan City or Hubei Province in the last 14 days.

**Advice about self-isolation**

Self-isolation means avoiding situations where you could infect other people. This means all situations where you may come in contact with others, such as: social gatherings, work, school, child care/pre-school centres, university, faith-based gatherings, aged care and healthcare facilities, prisons, sports gatherings, supermarkets, restaurants, shopping malls, and all public gatherings.

If you are a visitor to New Zealand, this means you should avoid sitting in a restaurant, participating in any type of tour group, or using public transport, including flights, buses, and trains between cities in New Zealand.

If you are unsure if you should be self-isolating, please contact Healthline for free on 0800 611 116.

For further information about self-isolation see

<https://www.health.govt.nz/our-work/diseases-and-conditions/novel-coronavirus-2019-ncov/novel-coronavirus-self-isolation>

**Ministry of Health Resources**

*Questions and Answers*

The Ministry has developed a novel coronavirus [question and answers page](https://www.health.govt.nz/our-work/diseases-and-conditions/novel-coronavirus-2019-ncov/novel-coronavirus-2019-ncov-questions-and-answers). As the situation regarding novel coronavirus can evolve rapidly, the questions and answers page will be updated with the latest information.

*Updated factsheet for travellers*

The information for travellers arriving into New Zealand has been updated with the latest information. It is available in [English](https://www.health.govt.nz/system/files/documents/pages/novel-coronavirus-information-for-travellers-arriving-to-new-zealand-3feb2020_0.pdf) and [simplified Chinese.](https://www.health.govt.nz/system/files/documents/pages/nc-information_for_travellers-_simpified_chinese_-20200131.pdf)

**Health Advice**

**What are the symptoms of 2019-nCoV?**

Symptoms of 2019-nCoV are similar to a range of other illnesses such as influenza and do not necessarily mean that you have 2019-nCoV. Symptoms include fever, coughing and difficulty breathing. Difficulty breathing can be a sign of pneumonia and requires immediate medical attention. We don’t yet know how long symptoms take to show after a person has been infected, but current WHO assessments suggest that it is 2-10 days.

**What do I do if I am sick right now?**

If you have a fever, cough or difficulty breathing please telephone Healthline (for free) on 0800 611 116.