



Living at Alert Level 3

At all Alert Levels, essential services including health services, emergency services, utilities and goods transport will remain up and running. Employers in those sectors legally must continue to meet their health and safety obligations.

At all Alert Levels, if there is another emergency, follow normal emergency procedures. Emergency evacuation orders will override COVID-19 Alert System requirements to stay at home.

[What to do in an emergency](#)

Living at Alert Level 3

Stay home if you can to avoid any risk of spread. You must work from home unless you're not able to. Children should learn at home if possible.

- If you're sick, stay home. Don't go to work or school. Don't socialise.
- If you have cold, flu or COVID-19 symptoms call your doctor or Healthline on **0800 611 116** and get advice about being tested.
- If you have been told to self-isolate you legally must do so immediately.
- If you get a COVID-19 test, you legally must stay home in self-isolation until you receive your results.

[Click here for information about the COVID-19 virus and symptoms](#)

[Click here for information about Testing](#)

Everyone in Auckland needs to:

- Keep a 2-metre distance from others outside the home, and 1-metre in workplaces.
- Wear a face covering on public transport, flights or when physical distancing is difficult such as at the supermarket or shops.
- Wash and dry your hands regularly.
- If you have cold or flu symptoms stay home, call your doctor or Healthline and get tested. Don't travel, go to school or go to work.
- Keep track of where you go and who you see. Use the NZ COVID Tracer app, a Covid-19 tracer booklet, or written notes.

[Click here for information about Bluetooth tracing](#)

Gatherings of up to 10 people can continue, but only for wedding services, funerals and tangihanga. Physical distancing and public health measures legally must be maintained.

By law you must wear a face covering on public transport and on domestic flights. You are strongly encouraged to wear a face covering in situations where physical distancing is not possible, like in shops.

[Click here for information about face coverings and masks](#)

It's important that you use basic hygiene measures, including washing your hands, coughing or sneezing into your elbow and cleaning surfaces.

People are strongly urged to keep track of where you've been and who you've seen. This helps with rapid contact tracing if it's required.

At Alert Level 3, you legally must stay within your household bubble whenever you're not at work or school. You can expand this to:

- connect with close family and whānau
- bring in caregivers, or
- support isolated people.

It's important to protect your bubble. Keep your bubble exclusive and only include people where it will keep you and them safe and healthy.

If anyone within your bubble feels unwell, they legally must immediately self-isolate from everyone else within the bubble. Do not invite or allow social visitors, such as friends, extended family and whānau, to enter your home.

You can travel within your local area, for example going to work or school, shopping, or getting exercise. Public transport can continue to operate with strict health and safety requirements.

Travel between regions

At Alert Level 3 travel between regions is heavily restricted.

Personal travel in to and out of an Alert Level 3 area is strictly limited. This is to help stop the spread of the virus. You may need to seek additional permission to complete travel across Alert Level areas.

Public venues

Public venues legally must close. This includes libraries, museums, cinemas, food courts, gyms, pools, playgrounds and markets.

Now is not the time to take up new activities, or expose yourself or your bubble to any risk. You can do low-risk recreation activities in your local area.

Workplaces and businesses

At Alert Level 3, there are restrictions to keep workers safe, limit interaction with customers and help prevent the spread of COVID-19. We recommend staff working from home if they can.

Financial support

If you're having trouble with money, there may be support for you.

[Click here for information about support with food, money, living and staying safe and well](#)