

Top 10 Public Health Tips 20 November 2020

Great work Cook Islands! We have all worked together to keep this nation one of few countries worldwide to remain free of COVID-19.

But now is not the time to be complacent.

Health ministry Te Marae Ora has released 10 simple and effective public health measures to help guide the public protect themselves and their families and communities. From this week you will find the attached poster in public spots around the island, it serves to encourage the public to do the following:

- Regularly wash your hands with soap and water or use an alcohol-based hand sanitiser. Make sure your children wash their hands as well. Hand hygiene is a good way of protecting against infection.
- Practise physical distancing whenever possible, keeping at least two metres away from others. Avoid touching, kissing, and shaking hands, and reduce your time spent in crowded or enclosed spaces.
- Cover your coughs and sneezes. Cough and sneeze into your elbow, sleeve, or jacket. Covering your mouth and nose while coughing or sneezing helps prevent the spread of infection.
- Avoid touching your face (eyes, mouth, nose) with unwashed hands.
- If you are feeling unwell, please stay home. You can also call the TMO Health Line on 20065 or 20066 – or free dial 0800 1801 or 0800 1802. If you absolutely have to go out, wear a face mask and avoid crowded or enclosed spaces.
- Clean and disinfect frequently touched surfaces.
- Protect vulnerable people in our community – check up on elderly relatives or neighbours, and make sure your children follow these recommended public health measures.
- Finally, avoid spreading misinformation. Do not repeat gossip or unfounded rumours – it is dangerous, unhelpful and creates unnecessary anxiety among the community.

What you do makes a difference. We have kept COVID-19 at bay together by staying vigilant and we must all continue to do so. We all have a part to play in making sure we do the right thing.

BE CALM.
BE KIND.
STAY VIGILANT.
STAY SAFE.

For up to date information visit www.health.gov.ck or www.covid19.gov.ck

ENDS: Enquiries to Jaewynn McKay +682 55486