

**The Cook Islands has a 4-level COVID-19 Alert System.**  
 All of Cook Islands at Alert Level 1.

It is led by Te Marae Ora Ministry of Health and is aligned with New Zealand’s system where each Alert Level describes the different measures required. The information below is an over-view for residents of the Cook Islands. For more details about the different Alert Levels, please visit [www.covid19.gov.ck](http://www.covid19.gov.ck)



SUMMARY OF ALERT LEVELS

**ALERT LEVEL 1: PREPARE**

COVID-19 is not present in the Cook Islands and is controlled in New Zealand with no community transmission

**ALERT LEVEL 2: REDUCE**

COVID-19 is not present in the Cook Islands but there is a case of community transmission in New Zealand

**ALERT LEVEL 3: RESTRICT**

COVID-19 has been detected in the Cook Islands & community transmission may be occurring

**ALERT LEVEL 4: LOCKDOWN**

There is more than one case of COVID-19 in the Cook Islands & community transmission may be occurring

**ALERT LEVEL 1: PREPARE**

COVID-19 is not present in the Cook Islands and is controlled in New Zealand with no community transmission

- Quarantine-free travel (QFT) between NZ and the Cook Islands is permitted, providing travellers have spent a minimum of 14 days in either country before travel
  - Stay home if you’re sick, report flu-like symptoms to TMO
  - Wash and dry hands thoroughly, cough into elbow, don’t touch your face
- People are encouraged to maintain a record of where they’ve been if they haven’t registered for CookSafe or downloaded the CookSafe+ contact tracing app
  - No restrictions on gatherings, workplaces or services, but organisers are encouraged to maintain records of attendees to enable contact tracing

**ALERT LEVEL 2: REDUCE**

COVID-19 is not present in the Cook Islands but there is a case of community transmission in New Zealand

- Quarantine-free travel (QFT) between NZ and the Cook Islands may be suspended for a minimum period of 48 hours. A negative COVID-19 test may be required prior to travel
  - There will be intensive targeted testing and contact tracing of arrivals from the previous 14 days
  - Self-isolation and quarantine is required for recent arrivals for a minimum period of 24 - 48 hours
  - Restrictions on travel to the Pa Enea
  - Maintain physical distancing of 2 metres from people in public spaces and 1 metre in workplaces where practical
  - All educational facilities remain open
  - Businesses can remain open if maintaining physical distancing and record-keeping
  - Face-coverings encouraged on public transport and aircraft, children under 12 exempt
- No more than 100 people permitted at gatherings (including weddings and funerals)
  - Restaurants, bars and hospitality businesses must keep groups of customers separated, seated and served by a single person, with maximum 100 people at a time
  - Health and disability care services operate as normally as possible
  - Sport & recreation activities allowed, subject to certain conditions such as physical distancing where practical, numbers allowed at gatherings and contact tracing
  - Public venues can open if they comply with public health measures and ensure 2 metre physical distancing and record keeping

## ALERT LEVEL 3: RESTRICT

COVID-19 has been detected in the Cook Islands & community transmission may be occurring

- Two-way QFT & passenger arrivals suspended for a minimum of 72 hours
  - Intensive targeted testing of recent arrivals and close contacts from previous 14 days
  - Self-isolation and quarantine required for recent arrivals for a minimum period of 7 days
  - Closure of all educational facilities, churches, sport and social activities and other non-essential services for 72 hours
  - People instructed to stay home in their bubble other than for essential personal movement for a minimum period of 72 hours
  - People must work from home unless that is not possible
- Pa Enea travel is highly restricted
  - Gatherings of up to 10 people allowed but only for funerals or weddings
  - Healthcare services must use non-contact and virtual consultations where possible
  - Face coverings mandatory with physical distancing and hygiene practices maintained outside your bubble
  - Businesses cannot offer services that involve close personal contact, unless it is a supermarket, primary produce retailer, pharmacy, petrol station or hardware store providing goods to trade customers, or it is an emergency or critical situation.
  - Recommend NZ visitors to return to NZ as soon as practically able

## ALERT LEVEL 4: LOCKDOWN

There is more than one case of COVID-19 in the Cook Islands & community transmission may be occurring

- People must stay home in their bubbles other than for essential activities, including work
  - Businesses closed except for essential services (example supermarkets, pharmacies, clinics, petrol stations) and lifeline utilities
  - Domestic/Pa Enea travel is severely limited
  - Two-way QFT & passenger arrivals suspended for a minimum of 14 days
  - Intensive targeted testing of recent arrivals and close contacts from previous 14 days
- Self-isolation and quarantine required for recent arrivals for a minimum period of 14 days
  - Face coverings mandatory with physical distancing and hygiene practices maintained outside your bubble
  - All gatherings cancelled and all public venues and non-essential businesses closed
  - All educational facilities closed
  - Healthcare is reprioritised
  - Rationing of supplies and requisition of facilities is possible

## THE COOK ISLANDS PROMISE

The Cook Islands Promise is our joint commitment to protect all Cook Islands residents, and international visitors from the severe acute respiratory syndrome virus widely known as COVID-19. While we are confident to reopen our borders to New Zealand, we must emphasise to all our visitors, and to tourism operators, the importance of applying pragmatic physical distancing and good hygiene measures.

**Apply the following public health measures:**

Please practice physical distancing at all times

Wash hands regularly with soap and water

Sanitise your hands regularly

Cover coughs and sneezes with your arm

Wear a face mask if you have a cough or are in crowded spaces

Avoid touching your face, eyes & mouth with unwashed hands

Stay home if you have a fever, cough, difficulty breathing, or sore throat

Please adhere to public health messages and measures

Register and use your CookSafe QR card

Download and use the CookSafe+ Bluetooth tracing app

### For more information contact:

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# Kaveinga Paruru a te Kuki Airani no te au Revera Akamatakite'anga KOVITI-19

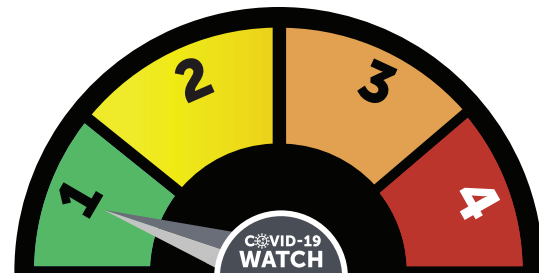


Ruitoru 28 Apereira, 2021

## E 4 revera a te Kuki Airani no te tu'anga akamatakite'anga KOVITI-19.

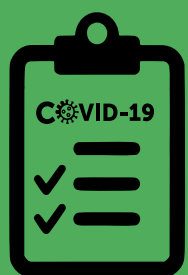
Ti runga te Kuki Airani i te tu'anga akamatakite'anga revera 1.

Arataki'ia ē Te Marae Ora, e kua akatano'ia ki te tu'anga akamatakite'anga ā Nuti Reni, tei aka-marama i te au taka'inga te ka anoano'ia no te au revera tuketuke. Teia i raro te au akamarama'anga na te au tangata e noo nei ki te Kuki Airani. No teta'i au akamarama'anga 'o'onu no runga i te au Tu'anga Akamatakite'anga atoro atu i te [www.covid19.gov.ck](http://www.covid19.gov.ck)



Ti runga te Kuki Airani i te tu'anga akamatakite'anga revera 1

## AKAKO'UANGA MANAKO O TE AU REVERA AKAMATAKITE'ANGA



### AKAMATAKITE'ANGA REVERA 1: TE'ATE'AMAMAO

Kare e Koviti-19 i roto nei i te Kuki Airani e kua akatano'ia i Nuti Reni, ma te kore e toto'a'anga na roto i te iti tangata



### AKAMATAKITE'ANGA REVERA 2: AKAITI'ANGA

Kare e Koviti-19 i roto i te Kuki Airani inara kua tupu teta'i toto'a'anga na roto i te iti tangata i Nuti Reni.



### AKAMATAKITE'ANGA REVERA 3: ARAI'ANGA

Kua kitenā'ia mai te Koviti-19 i roto i te Kuki Airani, penei kua akamata te toto'a na roto i te iti tangata.



### AKAMATAKITE'ANGA REVERA 4: TUATAU RA'UI

Ara atu i te ta'i tangata tei tu'ia e te Koviti-19 i roto i te Kuki Airani e penei kua totoa'a na roto i te iti tangata.

## AKAMATAKITE'ANGA REVERA 1: TE'ATE'AMAMAO

Kare e Koviti-19 i roto nei i te Kuki Airani e kua akatano'ia i Nuti Reni, ma te kore e toto'a'anga na roto i te iti tangata

- Ka akatika'ia te teretere ma te Ra'ui-kore ki rotopu ia Nuti Reni e te Kuki Airani, mari ua me kua noo te patete ki roto i tetai o teia nga enua e 14 ra.
- Noo ki te ngutuare me e maki koe, akakite ki te TMO mei te mea e maki toou mei te flu.
- Orei e te tamaro putuputu i to'ou rima, mare ki roto i toou po'o rima, auraka e amiri i to'ou mata.
- Te akamaro'iro'i'ia nei te tangata kia rekoti i te au ngā'i ta ratou ka aere me kare ratou i retita no te KukiOra me kore kare i download i te app no te KukiOra + kimikimi tukatikati
- Kare e au arai'anga i te au putuputu'anga, ngā'i anga'anga inara ka akamaro'iro'i'ia te au akatere kia rekoti i te au tangata ka putuputu mai kia rauka te kimikimi tukatikati.

## AKAMATAKITE'ANGA REVERA 2: AKAITI'ANGA

Kare e Koviti-19 i roto i te Kuki Airani inara kua tupu teta'i toto'a'anga na roto i te iti tangata i Nuti Reni

- Ka arai'ia paa te rere'anga rau'i kore ki rotopu ia Nuti Reni e te Kuki Airani no teta'i 48 ora. Penei ka anoano'ia te akarakara'anga akapapu e kare e koviti-19 i mua ake ka teretere ei.
- Ka rave'ia tetai au akarakara'anga matatio ma te kimikimi tukatikati i te au patete tei tomo mai ki roto i te basileia i te 14 ra i mua.
- Ka anoano'ia kia ra'ui te au patete ka tere mai no tetai 24 ki te 48 ora.
- Ka arai'ia te tere ki te Pa Enuā
- Noo mamao e 2 metera no ko mai i te tangata i te au ngai putuputu'ia e te tangata e pera e 1 metera i te ngai angaanga
- Ka tu'era uatu rai te au Apī.
- Ka tue'ra uatu rai te au Pitiniti, kia noo mamao ra e kia rekoti i te au aerenga
- Ka akamaro'iro'i'ia kia aao i te tapoki mata (face-coverings) me aere na runga i te apinga akaoro o te katoatoa e pera te pairere, ko te tamariki e 12 mataiti aere ki raro kare e ture'ia
- Kare e akatika'ia ara atu i te 100 tangata ka putuputu e tai ngai (pera te akaipoipo e te mate)
- Ka anoano'ia te au are kai, te au are kava e te au pitiniti arikiriki tangata kia akatakake e te akano'o i te au pupu tangata, e kia riro e tai rai tangata ka tuati'ia ratou, e kia noo te numero ki raro i te 100 tangata i te taime okotai.
- Ka angaanga uatu rai te Te Marae Ora e pera te ngai o te pakipakitai.
- Ka akatika'ia te tipoti e tetai uatu au tereni'anga, kia aru ra i te au akaueanga tei akanooia, mei te noo tamamao e pera te numero tangata e pera te kimikimi tukatikati
- Ka akatika'ia te au ngai putuputu'ia e te tangata kia tuera, kia aru ra ratou i te au akaue'anga a te Te Marae Ora, ma te noo mamao e 2 metera mei tetai ki tetai, e te rekoti i te au aerenga



# Kaveinga Paruru a te Kuki Airani no te au Revera Akamatakite'anga KOVITI-19



Ruitoru 28 Apereira, 2021

## AKAMATAKITE'ANGA REVERA 3: ARAI'ANGA

Kua kitena'ia mai te Koviti-19 i roto i te Kuki Airani, penei kua akamata te toto'a na roto i te iti tangata

- Ka arai'ia te teretere e te raui-kore no tetai 72 ora
- Ka akara matatio'ia te au patete tei tomo mai ki roto i te basileia e 14 ra i topa akenei
- Ka anoano'ia te au patete ou tei tere mai kia raui no tetai 7 ra
- Ka topiri te au Apii, te Pure, tipoti e tetai uatu putuputuanga no tetai 72 ora
- Ka anoanoia te tangata kia noo ki te ngutuare i roto i to ratou puna-koa mari ua no tetai oroanga puapinga no te oraanga no tetai 72 ora
- Ka anoanoia te tangata kia angaanga mei te ngutuare mari ua me ka ngata te reira
- Ka arai'ia te tere ki te Pa Enea
- Ka akatika'ia te au putuputu'anga kia taeria te 10 tangata inara no te mate ua e te akaipoipo.
- Ka anoanoia te Te Marae Ora kia taangaanga i te au ravenga kare e amiri e te oronga'anga marama ma te kore e aravei
- Ka anoanoia kia aao i te tapoki mata ma te, noo mamao e te aru i te au akaue'anga no te tama me tomo koe ki vao ake i toou puna-koa
- Kare te au pitiniti e akatikaia kia rave i te au angaanga te ka aravei tangata ki te tangata, mari ua ko te au toa oko kai, toa oko vairakau, toa penitini me kore no tetai turanga ka anoanoia te tauturu viviki me kore e turanga kino tikai
- Tamanakoanga kia akaoki vaveia te au manuii mei Nuti Reni mai ki Nuti Reni

## AKAMATAKITE'ANGA REVERA 4: TUATAU RA'UI

Ara atu i te ta'i tangata tei tu'ia e te Koviti-19 i roto i te Kuki Airani e penei kua totoa'a na roto i te iti tangata

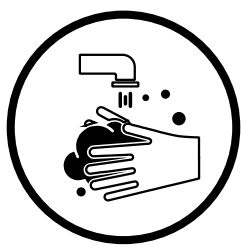
- Ka noo te tangata ki roto i to ratou puna-koa mari ua no tetai akakoro'anga puapinga mei te angaanga.
- Ka topiri te au pitiniti mari ua ko te au tuanga raverave puapinga (mei te are toa kai, are toa vairakau, aremaki iti, toa penitini) e te au ngai puapinga tikai ki te ora'anga
- Akaiti'ia te teretere ki te Pa Enea
- Ka arai'ia te teretere rauikore no tetai 14 ra
- Ka rave'ia tetai au akarakara'anga matatio i te au patete ou e te au tangata ta ratou i piri i roto i te 14 ra i topa
- Ka anoano'ia te au patete ou tei tae mai kia raui ma te noo takake no tetai 14 ra
- Ka anoanoia kia aao i te tapoki mata ma te noo mamao e te aru i te au akaue'anga no te tama me tomo koe ki vao ake i toou puna-koa
- Ka arai'ia te au putuputuanga katoatoa, e ka topiri'ia te au ngai o te katoatoa e te au pitiniti kare e anoano maata roa ia ana
- Ka topiri'ia te au ngai o te apii
- Ka akara akaou'ia te au tuanga puapinga tikai o te Rapakau maki
- Penei ka vaito ia te au apinga kia tau e ka ota ia kia ta'anga'anga ia tetai au ngai

## TE TAPUTO'U'ANGA A TE KUKI AIRANI

Ko te taputo'u'anga a te Kuki Airani ko ta tatou taputo'u'anga kapiti te reira kia paruruia te au tangata katoatoa e noo nei ki te Kuki Airani e pera te au manuii, mei teia maki rikarika o te ara matangi tei kitena ia mai e ko te Koviti-19. Noatu e kua papu tikai matou e kia akatuera'ia i to tatou kena basileia kia Nuti Reni, ka anoano'ia tatou kia akamarama ki ta tatou au turoto, e te aronga angaanga o te Pae Turoto, i te puapinga o te aru'anga i te au akaue'anga no te noo mamao-anga mei tetai ki tetai ma te aru i te au akaue'anga no te tama. **Aru i teia au ravenga paruru maki:**



Pati'anga kia aru i te akaue'anga no te noo mamao mei tetai ki tetai i te au atianga ravarai



Tama putuputu i te rima ki te vai e te pua



Tama putuputu i toou rima ki te vairakau tama rima



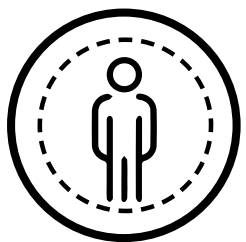
Arai i te mare e te mare ti'e ki toou rima



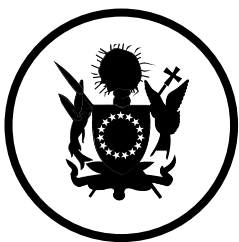
Aao i te tapoki mata, me e mare toou me kore tei roto koe i te ngai tangata



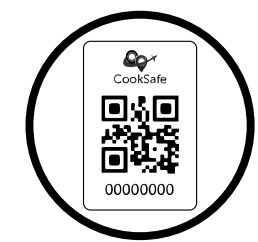
Auraka e amirimiri i toou upoko, toou mata e te vaa ki te rima repo



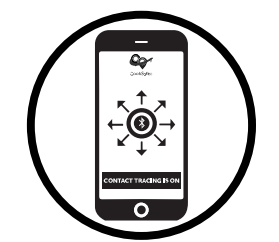
Noo ki te ngutuare me e piva toou, mare, ngata i te akaea, me kore e mamae te karaponga.



Pati'anga kia aru i te au karere akakitekite e te au akanoo-noo'anga a te tuanga o te pae paruru maki



Retita ma te taangaanga i taau kati Peapa Tauturu Viviki KukiOra



Kiriti mai ma te taangaanga atu i te KukiOra+ Bluetooth tracing app

**No tetai marama o'onu taniuniu i te:**

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