
MEDIA RELEASE

Protection of Vulnerable from severe COVID-19 infection

COVID-19 continues to spread around the world and in the Cook Islands. TMO recommends prevention as the best protection to reduce the risk of catching COVID-19.

This is especially important for our elderly, those with other medical conditions, and those with lower immunity to prevent them from getting COVID-19 that might need hospitalisation, or result in death.

TMO recommends that all people should take the following precautions:

- If anyone in your family has COVID symptoms, they should report to their Community Health Clinic or to Primary Health Care at Tupapa to take a test.
- If you test positive, stay away from your high-risk family members as much as possible
- If a high-risk family member tests positive, seek medical advice as soon as possible. TMO can provide an oral antiviral medicine (PAXLOVID) for those at high risk of severe disease, hospitalisation, and death. Paxlovid must be taken within 5 days of symptoms starting to be effective.
- Follow public health measures of wearing masks correctly, regular hand washing, physical distancing, and staying away from public places.

Vaccination is still the best protection for all strains of severe COVID -19 infection.



Bob Williams
SECRETARY OF HEALTH