

Te Marae Ora wishes to provide an update on the ongoing dengue situation currently affecting Rarotonga. To date all cases have been Cook Islands residents or returning locals and have been contained to local housing.

- **18 cases have been recorded to date**
- **1 currently considered active**
- **and 17 have fully recovered.**

TMO continues to manage the current dengue situation effectively with:

- **Vector control measures**
  - Operation Namu started with an Island wide clean up on Friday 23<sup>rd</sup> May.
  - For all identified cases, peri focal and block spraying has been carried out around their household.
  - Other community wide cleaning measures are being implemented such as slashing and clearing of streams.
- **Public awareness campaigns**, focusing on eliminating mosquito breeding sites and recognising dengue symptoms early.
- **Enhanced surveillance**, with daily case monitoring and timely laboratory confirmation.

**Symptoms:** Dengue is a mosquito-borne viral illness. Symptoms can include high fever, severe headaches, muscle and joint pain, rash, and in some cases, bleeding. While most cases resolve without complications, severe dengue can require immediate medical attention. Most reported cases in Rarotonga have been mild.

### **What the public can do:**

- **Use mosquito repellents:** Apply insect repellent on exposed skin and wear long sleeves and pants, especially during dawn and dusk.
- **Use mosquito nets/window screens:** Especially at night or in mosquito-prone areas.
- **Use plug in mosquito repellent** in your accommodation.
- **Seek medical attention early:** If you experience symptoms consistent with dengue.

Te Marae Ora continues to monitor and manage the situation to prevent further spread. Dengue can be prevented through community effort and awareness. **Support from the public is crucial.**

If you suspect you or a family member may have dengue, seek medical advice immediately. For more details, please contact:

- **Public Health Office:** +682 29110
- **Tupapa Primary Health Care:** +682 20065 or +682 20066
- **Rarotonga Hospital:** +682 22664 (after hours)
- **Email:** [tmo.helpdesk@cookislands.gov.ck](mailto:tmo.helpdesk@cookislands.gov.ck)

**Stay informed. Stay safe.**

Next Update will be Friday June 6<sup>th</sup> 2025

ENDS