

Travel Advisory Alert

21 October 2025 (CKT)

As of yesterday (21 October NZ time), Health New Zealand is responding to an escalating national risk of measles following confirmation of two new cases in the Manawatu and one new case in Nelson, and in Auckland the previous day which brings the total now to four cases. Te Marae Ora, Ministry of Health is advising the public to take precautionary measures when travelling abroad given the high level of travel between the Cook Islands and New Zealand.

Te Marae Ora will keep monitoring the situation and will provide updates accordingly.

Measles is highly contagious and can cause serious and potentially long-term health problems. Those who are unvaccinated or partially vaccinated are at higher risk and should seek medical advice from their doctor.

Symptoms include:

- Illness that begins with a high fever (over 38degrees C), cough, runny nose, and sore eyes (conjunctivitis) and white spots on the inside of the cheek (Koplik spots)
- A rash, beginning on the face and gradually spreading down the body to the arms and legs. The rash lasts for up to one week.

If you suspect you may have measles, please phone Tupapa Primary Health Care on 20065 or 20066 so they can take precautions to prevent measles spreading.

Te Marae Ora has activated precautionary public health measures, including:

- Enhanced surveillance at health facilities and ports of entry
- Rapid review of national immunisation coverage
- Ensuring readiness of health staff and medical supplies in Rarotonga and the Pa Enua.

The public is urged to:

1. Check vaccination status. Ensure you and your children have received two doses of the Measles-Mumps-Rubella (MMR) vaccine. Vaccination is available free of charge at all health facilities.
2. Seek medical advice early, if you and your child develop symptoms such as high fever, cough, runny nose, sore red eyes, or a rash.
3. Avoid travel if you are unwell or suspect you may have measles.
4. Seek medical advice if you have been overseas recently and a family member has become ill with the symptoms.

The best protection is to make sure you are up to date with two doses of the MMR vaccine after 12 months of age. It is never too late to get a vaccination no matter your age, and immunisations are free.

Te Marae Ora urges everyone to do their part to protect the community, especially our tamariki and vulnerable populations.

Further updates will be shared through Te Marae Ora's official Facebook page, website, and radio announcements.

For more information:

Te Marae Ora Ministry of Health

- Public Health Office: +682 29110
- Tupapa Primary Health Care: +682 20065 or +682 20066
- Email: tmo.helpdesk@cookislands.gov.ck

Website: <https://www.health.gov.ck/>

Facebook: <https://www.facebook.com/CookIslandsHealth>

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