

Te Marae Ora (TMO) wishes to provide an update on the ongoing dengue situation currently occurring in Rarotonga, Aitutaki, Atiu and Mauke.

- **507 cases have been recorded since May 2025**
- **65 cases in the Pa Enua**
- **73 currently active** as of 12pm today (19<sup>th</sup> of January)
- **434 have fully recovered.**

## What the public can do to reduce the spread of dengue?

- **Use mosquito repellents:** Apply insect repellent on exposed skin and wear long sleeves and pants, especially during dawn and dusk.
- **Use mortein fly spray:** Spray inside your house in dark areas and cupboards
- **Use mosquito nets/window screens and plug in mosquito repellent:** Especially at night in your accommodation.
- **Isolate for 10 -14 days after you have tested positive to reduce the spread.**
- **Seek medical attention early:** If you experience symptoms consistent with dengue.

## What is TMO doing to reduce the spread of dengue?

TMO continues to manage the current dengue situation effectively with:

- **Vector control measures**
  - For all identified cases, peri focal and block spraying is carried out around their household.
- **Public awareness campaigns**, focusing on eliminating mosquito breeding sites and recognising dengue symptoms early.
- **Enhanced surveillance**, with daily case monitoring and timely laboratory confirmation.

If you or a family member suspect they 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.**

ENDS

