

BEFORE YOU DEPART, WE RECOMMEND:



See your usual GP for a health check if you feel unwell, ensure you have your medicine supplies



Check for possible delays at the departure airport for e.g. exit health screening at Airport



Consider bringing your own snorkel gear and face mask, or buy locally



Obtain details for your contactless check in

ONCE YOU ARRIVE, WE RECOMMEND:



Register to our CookSafe contact tracing system

www.cookislands.travel/cooksafe

PRAGMATIC PHYSICAL DISTANCING



Please practise physical distancing at all times



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



Wash hands regularly with soap and water



Sanitise your hands regularly



Cover coughs and sneezes with your arm



Avoid touching your face, eyes, nose and mouth with unwashed hands



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



Please adhere to public health messages and measures

If you feel unwell after arriving please advise your accommodation immediately. For those requiring medical advice or attention, call Healthline on **0800 1800**.

Calls are free of charge.

www.cookislands.travel/our-promise

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.

Kia Orana



We cordially welcome you to our little paradise.

We are proud to reconnect with our visitors, welcome family and friends, and share our authentic culture, and pristine environment.

With sustained efforts, we declared the Cook Islands a COVID-19 free zone on 16 April 2020. While we are

confident to reopen our borders to New

Zealand, I wish to emphasise to all our visitors and tourism operators, the importance of applying pragmatic physical distancing and good hygiene measures.

The Cook Islands Promise is a joint commitment between our hosts and guests to safeguard the health of our island communities and our visitors. The actions of our promise endeavor to keep the Cook Islands safe. I urge all our visitors to honour your part of our promise and enjoy a safe and enriching experience.

Kia Manuia

Hon. Henry Puna

Prime Minister

What is 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 Coronavirus, COVID-19.

Our commitment works across three zones; the General Zone, the Explore Zone and the Stay Zone. Each zone requires actions from us your hosts, and from you, our visitors.

OUR COMMITMENT



"GENERAL ZONE"

GENERAL ZONE APPLIES TO ALL AREAS. EVERYONE MUST APPLY PRAGMATIC PHYSICAL DISTANCING AND GOOD HYGIENE MEASURES. BE AWARE OF YOUR PERSONAL SAFETY AND RISK EXPOSURE.

Kia Orana Spirit: Apply these principles as much as possible - but don't forget to be kind and considerate to others:

- **Pragmatic Physical Distancing:** Avoid crowded places, close contact settings and confined or enclosed spaces. Remember to keep within your bubble of close family and friends. If within two metres of people outside your bubble, avoid direct contact, especially with those who may be vulnerable.
- **Good Hygiene:** Remember to wash your hands regularly, cover coughs and sneezes and avoid touching your face. Masks are encouraged if you have a cough or if physical distancing is not possible.
- **Disinfection:** Avoid unnecessary touching of items in stores or surfaces.



"EXPLORE ZONE"

ALL PUBLIC FACILITIES AND VENUES, TRANSPORT AND OUTDOOR ACTIVITIES.

- **Restaurants, Cafes and Eateries:** Explore dining options with your accommodator, they maybe able to provide information on room service, in room dining, takeaway meals, or food deliveries. Dining out is permitted, however, please make a reservation to avoid unnecessary crowding.
- **Public Transport (domestic flights, buses and transfers):** Physical distancing may not always be possible, please follow the guidance of your host. Avoid unnecessary touching of surfaces and direct contact with those outside your bubble. Wash or sanitise your hands regularly.
- **Bars and Nightclubs, Attractions, Sites, Shops and Offices:** Avoid direct contact with those outside your bubble and unnecessary touching of surfaces. Please check in with staff on safety protocols, if uncertain.



"STAY ZONE"

APPLIES TO ALL ACCOMMODATION PROPERTIES. YOUR ACCOMMODATOR IS THE FIRST POINT OF CONTACT FOR INFORMATION AND ASSISTANCE.

- **Reception:** Be prepared for minimal contact at check in and check out; Ensure your personal details are provided to your accommodator prior to arrival.
- **Luggage:** To avoid unnecessary physical contact, upon request, your luggage may be delivered directly to your door. We encourage you not to over pack and to buy food and drinks locally.
- **Servicing of Rooms :** We encourage contactless servicing of rooms and ask for your assistance to vacate the room during room servicing hours. Enquire with your accommodator.
- **Holiday Homes (food and beverage):** Consider asking your host to stock your refrigerator and pantry prior to your arrival.