

# IMPORTANT MESSAGE FROM TE MARAE ORA COOK ISLANDS MINISTRY OF HEALTH

Travellers to the Cook Islands are also advised to protect themselves against mosquito bites. The Cook Islands have reported cases of **Dengue**.

## FACTS ABOUT DENGUE:

- Dengue is spread by the bite of an infected mosquito
- You cannot catch Dengue from another person
- Dengue mosquitoes are active during the day, typically morning and evening

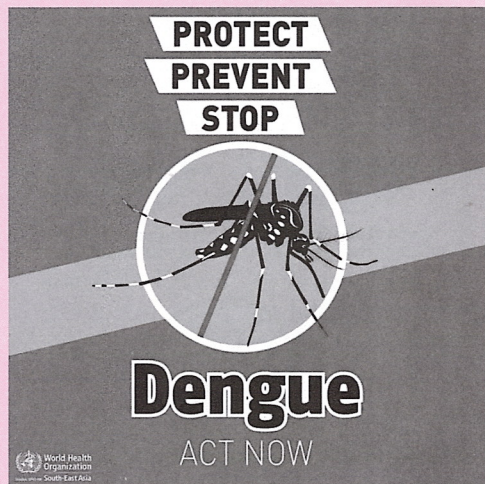
## TO HELP PROTECT YOURSELF:

- Wear long, loose fitting, light coloured clothing
- Use repellent preferably containing less than 35% diethyltoluamide (DEET)
- Apply repellent after sunscreen
- Use insect sprays indoors when mosquitoes are around
- You can also use mosquito coils

## DENGUE SYMPTOMS COULD INCLUDE:

- Sudden fever
- Intense headache (especially behind the eyes)
- Muscle and joint pain
- Fatigue
- Nausea/ Vomiting
- Skin rash

If you develop these symptoms, please call Te Marae Ora on: 20065, or 20066, or your doctor for advice.



FOR MORE INFORMATION CONTACT TE MARAE ORA COOK ISLANDS  
MINISTRY OF HEALTH ON: 20065 OR 20066



# COOK ISLANDS PASSENGER ARRIVAL CARD

**Warning: This Arrival Card is a legal document – false declarations can lead to penalties including confiscation of goods, fines, prosecution, imprisonment, and removal from Cook Islands.**

- A separate Arrival Card must be completed for each passenger, including children.
- Please answer in English and fill in BOTH sides.
- Arrival Card must be completed in BLACK or BLUE pen only.
- Print in capital letters eg: COOK ISLANDS or mark answers like this **X**

## 1. IMMIGRATION DECLARATION

Flight number/Name of ship					Seat number		
1. Family name							
Given or first names							
2. Passport number							
3. Nationality as shown on passport							
	Day	Month	Year	M	F		
4. Date of birth					Sex		
5. Occupation or Job							
6. Home address							
City/Suburb							
State					Zip		
Country							
Contact Number							
Email							

Your contact information will be used during emergencies and for the international visitors survey.

7. Status  Returning Cook Islands resident (go to 12)

Cook Islander residing overseas (go to 8)

Temporary resident or contract worker (go to 11)

Permit Number

Visitor (go to 8) Visitors are prohibited to take up employment or engage in any business or other commercial enterprise.

8. Your intended length of stay in the Cook Islands

Permanently or  Years   Months   Days

9. Purpose of visit to the Cook Islands  Holiday/Vacation  Honeymoon  Weddings

Visiting Friends or Relations  Business  Conference

Employment  Other (specify)

Day  Month  Year

10. Evidence of Departure from the Cook Islands

Departure date

Flight number/Name of ship

11. Accommodation/Address

Contact/Host

Contact Number