

## **Introducing New Health Clinics Structure under the COVID Safe Framework – Updated Release 7 January 2022 (CKT)**

This release replaces the previous one issued on 31 December 2021.

With the opening of the Cook Islands air border next week, it is important that the public is informed of the health measures and guidelines designed to keep our community safe.

These changes take effect from Tuesday 11<sup>th</sup> January.

There will be five (5) Health Clinics operating from the ten (10) Puna on Rarotonga.

Another Health Clinic will operate from the hospital on Aitutaki.

These Health Clinics will act as your first point of contact for any medical needs. The Rarotonga Hospital will be used for emergencies only.

The Primary Health Care Centre (formerly Tupapa Outpatient facilities) will be open Monday to Sunday, 8am to 4pm.

The Rarotonga Health Clinics will be staffed by nurses, community health workers; and doctors will visit weekly. Oral health and mental health services will also be providing at these Health Clinics. These clinics will be open Monday to Friday 8am to 4pm. Should a COVID case in the community eventuate, these clinics will be open 24/7.

The Aitutaki Health Clinic will be operating from the Emergency Operating Centre in Arutanga and will be staffed by a nurse, health officers, Police and Taskforce members.

Pharmaceutical (medicines) and infection prevention control/personal protective equipment stocks will be delivered to each clinic during the week. The same also applies to the Aitutaki set-up.

The Health Clinics will be situated at the following five locations.

1. Tupapa/Maraerenga (opposite Mangaia Hostel) phone 28181 or 0800 1803
2. Blackrock (almost opposite Sunset Resort) phone 28185 or 0800 1807
3. Matavera (next to Matavera Pre-School, inland side) phone 28189 or 0800 1813
4. Tepuka/Nikao (between Tereora College and Nikao Field, next to main road, inland side) phone 28186 or 0800 1806
5. Titikaveka (opposite Titikaveka Fire Station, next to CIIC Sunday School, seaside) phone 28190 or 0800 1810

These Health clinics which will be open 8am to 4pm Monday to Friday, will be responsible for:

- Phone Consultations
- Contact Tracing
- Medication Refills
- COVID-19 Swabbing

Ensure that you keep the contact details of your nearest Health Clinic handy and be sure to contact them and seek advice from a Te Marae Ora representative if you are feeling unwell.

It is important to stay home and self-isolate if you feel unwell. It's the best way to stop the spread of COVID-19 and other infections.

### **COVID-19 Hotlines**

Once Vodafone has completed installation the following COVID-19 Hotlines will be operational in Rarotonga and Aitutaki, these will be the numbers to call if you have any queries or are seeking advice regarding COVID-19.

In Rarotonga call: 0800 1888

In Aitutaki, please call: 0800 1222

In addition, the 0800 number for Mental Health assistance is 0800 1814 and the number for Primary Health Care in Tupapa is 0800 1801.

### **For more information visit:**

[www.covid19.gov.ck](http://www.covid19.gov.ck)

[www.health.gov.ck](http://www.health.gov.ck)

ENDS: Contact Jaewynn McKay; [jaewynn.mckay@cookislands.gov.ck](mailto:jaewynn.mckay@cookislands.gov.ck) +682 55486