



Travelling to the Cook Islands and COVID-19

Ministry of Foreign Affairs and Immigration
Government of the Cook Islands

The border between the Cook Islands and NZ is open

When can I travel?

From May 17th 2021, the Cook Islands border is open to visitors from New Zealand.

Who can travel to the Cook Islands?

Anybody who has been in New Zealand for 14 consecutive days prior to departure, subject to ordinary entry requirements. You must ensure that if you leave New Zealand, you are legally able to return to New Zealand. Refer to the [Cook Islands Government Travel Advisory](#) for more information.

Are visitors from other countries able to enter the Cook Islands?

No. The border is only between New Zealand and the Cook Islands. Any eligible visitors from outside New Zealand must spend 14 consecutive days in New Zealand prior to departing the Cook Islands.

Are cruise ships able to enter the Cook Islands?

No. The Cook Islands maritime border is closed.

No quarantine in either country

Do I have to quarantine or self-isolate in either the Cook Islands or New Zealand upon my return?

No. You will not be required to quarantine or self-isolate in the Cook Islands or New Zealand.

Will I be required to take a COVID-19 test or provide a medical certificate before flying?

No. However you may be asked to take a temperature check and/or answer health related questions when checking in at the airport.

Before you travel

What do I need to do before I travel?

All passengers arriving into the Cook Islands must complete the [Online Contact Information Form](#) within 72 hours of departure.

This form is mandatory and must be completed truthfully. This information will be important for authorities to contact you should any travel updates occur during your visit. Please note that there is a dedicated help line available should you have difficulties completing the form. **It will be available from Mon-Sun 8am to 9pm.** All queries after this time will be attended to the following day. Please contact +682 56180 or email tmo.exemptions@cookislands.gov.ck.

What do I need to do before I return to New Zealand?

You must complete this [contact form](#) prior to travelling back to New Zealand.

Do I need a COVID-19 Vaccination before travel?

No. You are not required to be vaccinated against COVID-19 prior to travel.

Booking your trip

When can I start booking my quarantine free trip to the Cook Islands?

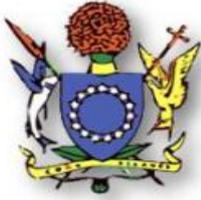
Now! You can start planning and booking your trip now.

Who is flying to the Cook Islands?

Currently Air New Zealand is the only airline servicing this route, and flights are only departing from Auckland. Flights can be booked directly with Air New Zealand, through your local travel agent or online.

Can I use my Air New Zealand travel credit to book?

Yes – you are able to use your credit to book your travel to the Cook Islands.



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Can I travel to the Pa Enua (outer islands)?

Yes. Our national carrier, Air Rarotonga, is still running regular services to the outer islands. Please visit their website for more information on flight schedules.

In the Cook Islands

Will there be any physical distancing measures in place in the Cook Islands?

No. However we recommend physical distancing where possible. Refer to the [Cook Islands Promise](#).

Does the Cook Islands have contact tracing?

Yes. [CookSafe](#) and [CookSafe+](#) are the two official contact tracing systems in the Cook Islands. CookSafe is a unique QR Card that is used to tag in at CookSafe stations, and CookSafe+ is a contact tracing app which uses smartphone Bluetooth technology to register other CookSafe+ App users and NZ COVID Tracer App users in your vicinity. Everyone will be asked to download the CookSafe+ Bluetooth App. Your participation means you are part of the national effort to keep the Cook Islands COVID-19 free. We encourage you to also register at SafeTravel to get the latest travel advice for New Zealand. Registering means the New Zealand Ministry of Foreign Affairs and Trade can contact you in an emergency situation, provide consular service if needed, check on your wellbeing, or send you important information.

Will I be required to wear a face mask in the Cook Islands?

No. However, face masks should be worn on your flights to and from the Cook Islands.

Will activity operators, restaurants, cafes and bars be open as normal?

Yes. All operators will be open as normal and ready to welcome visitors back. We recommend pre-booking your tour or activity, or making a reservation at your chosen restaurants, in advance to avoid disappointment.

What happens if there is a COVID-19 positive case in the Cook Islands?

The Cook Islands has adopted a similar alert level system to New Zealand, utilising the four-level alert system.

What are the Cook Islands COVID-19 alert level responses?

The Cook Islands has a 4-level alert system that is led by the Cook Islands Ministry of Health – Te Marae Ora. The current system has been developed to align with New Zealand's Alert Level System where each level describes the different actions required.

- Alert Level 1: **Prepare**
- Alert Level 2: **Reduce**
- Alert Level 3: **Restrict**
- Alert Level 4: **Lockdown**

For more information on the Cook Islands Alert Level Response, please visit www.covid19.gov.ck or www.health.gov.ck

Are COVID-19 tests readily available in the Cook Islands?

Yes. Call Te Marae Ora Healthline on +08001800 to seek more information.

If I develop COVID-19 symptoms while in the Cook Islands, what should I do?

Advise airport personnel or your accommodation provider immediately. Wear a mask and isolate yourself from other people. Call Te Marae Ora Healthline on +08001800 for further advice on what to do.

If I test positive for COVID-19 while in the Cook Islands, will I need to go into quarantine in the Cook Islands?

Yes. In the unlikely event that you test positive in the Cook Islands, the Cook Islands Ministry of Health will support and advise you what to do. A quarantine



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order may be issued by the Cook Islands Government under the COVID-19 Act.

If I need to go into quarantine whilst in the Cook Islands, what happens to accommodation that I have already paid for?

That will be dependent on your accommodation provider, their policies and what insurance policy you have. You should check these at the time of booking.

Will I have access to medical facilities in case of an emergency?

Yes. Rarotonga has its own hospital, including isolation facilities.

Will my medical treatment be free of charge in case of an emergency?

No. There are costs involved for all medical treatment in the Cook Islands. Please visit www.health.gov.ck for more information. We recommend you take out comprehensive travel insurance at the time of booking and ideally a policy that will cover you for anything related to COVID-19.

If New Zealand closes its borders while I am in the Cook Islands, can I still return home on my original booked flight?

That will depend on decisions made by the New Zealand and Cook Islands Governments at the time. You should monitor both countries COVID-19 websites closely for any changes to border settings.

Will I have to go into self-isolation or quarantine in the Cook Islands if there are any cases detected there?

This will be determined by the Cook Islands Government's COVID-19 alert level issued at the time of any cases detected. Refer to the [Te Marae Ora Ministry of Health Easing Border Restrictions Plan](#).

Where can I get more information about COVID-19?

Visit the Official Cook Islands Government COVID-19 Response Website – www.covid19.gov.ck

Is there anything else I should be aware of before booking my flights?

It is important to recognise that any travel you choose to undertake during this time is at your own risk. This includes travel between the “New Zealand-Cook Islands bubble.” Border settings are subject to change if the situation changes, and we therefore recommend you take out comprehensive travel insurance before booking.

Additional Information

[Cook Islands Travel Advisory](#)

[CookSafe](#)

[CookSafe+](#)

[Cook Islands Promise](#)

[Te Marae Ora Cook Islands Ministry of Health COVID Information](#)

[Contact Form to be Completed Within 72 Hours of Departure](#)

[New Zealand Contact Form to Complete for Travel](#)

Disclaimer

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