

Cook Islands

Medical Summary

The health risk information presented here is summarized from Shoreland Travax[®], a decision-support tool used by health care providers to perform a detailed health risk analysis based on specific locations, individual travel styles, and traveler risk behaviors. Travax provides practitioners current, independently researched malaria risk and prevention recommendations in a map-based format that goes beyond the annual WHO and US CDC statements included here. Not included here are current reports from Travax of disease outbreaks or environmental events that may pose elevated risks to travelers' health and safety. The Providers section of this site offers a directory of health care providers who utilize Shoreland Travax for travel health counseling. Learn more about the detailed reports and maps available from these practitioners (includes links to samples).

General Information

Cook Islands, a developing nation, is a self-governing state in free association with New Zealand. Located in the South Pacific Ocean (halfway between Hawaii and New Zealand), the climate is classified as humid equatorial (no dry season).

Vaccinations

Depending on your itinerary, your personal risk factors, and the length of your visit, your health care provider may offer you vaccination against COVID-19, hepatitis A, hepatitis B, influenza, measles, mumps, rubella, rabies, or typhoid fever. Routine immunizations, such as those that prevent tetanus/diphtheria or "childhood" diseases, should be reviewed and updated as needed.

Malaria

The following is current information as reported by the World Health Organization (WHO) and the US Centers for Disease Control (CDC):

WHO—*International Travel and Health* (current online update, Country List)

No statement given.

CDC—*Health Information for International Travel* (current online edition)

Areas with malaria: None.

Drug resistance: Not applicable.

Other Concerns

Travelers' Diarrhea

Moderate risk exists throughout the country, including in deluxe accommodations. Community sanitation and food safety measures may be inadequate. Some itineraries (e.g., remote destinations, austere accommodations) and activities (e.g., ecotourism, eating street or local-market food) further increase risk.

Travelers should observe food and beverage precautions, which reduce the likelihood of illness.

Travelers should carry loperamide for self-treatment of diarrhea and, if risk is moderate to high, an antibiotic to add if diarrhea is severe. Consult a knowledgeable health care provider regarding which antibiotic is appropriate for you and most effective for your destination.

Other Food-Borne Illnesses

Precautions to prevent seafood poisoning may be needed.

Insect- and Arthropod-Borne Diseases

Dengue may pose a risk. Personal protective measures are important.

Other Disease and Health Risks

Additional concerns include hepatitis C, leptospirosis, marine hazards.

Consular Advice

The material below includes information from the US Department of State (DOS), the UK Foreign, Commonwealth & Development Office (FCO), Global Affairs Canada (GAC), and Australia's Department of Foreign Affairs and Trade (DFAT), as well as from additional open-source material. Standard safety precautions that apply to all international travel can be found in the Library article Safety and Security.

Terrorism Risk

No intrinsic risk of attack by terrorist groups exists, but unforeseen attacks are possible.

Crime

Low risk of violent crime (assault) and low risk of petty crime exist throughout the country.

Theft of valuables from unattended vehicles is common.

Water Safety

Hazardous water conditions (including currents, tides, and undertows) may occur. Heed posted warnings and avoid beaches that are not patrolled. Do not swim alone or after dark and do not walk on any beach after dark.

Rent water sports equipment from reputable operators. Scuba dive only with personnel certified by PADI or NAUI and use equipment only from PADI- or NAUI-certified dive operators.

Transportation Safety

High risk of traffic-related injury or death exists. The road traffic death rate is 12 to 24 per 100,000 population. The rate is less than 10 in most high-income countries.

There are no seatbelt laws.

There are no restrictions on mobile phone usage while driving.

Structural standards for vehicles may not meet international standards.

Natural Disasters

The cyclone season is from November through April. Floods, mudslides, and landslides may occur.

Seismic activity occurs.

Consular Information

Selected Embassies or Consulates in Cook Islands, a territory of New Zealand

- United States: The U.S. does not have an embassy or consulate in Cook Islands.
- Canada: Canada does not have an embassy or consulate in Cook Islands.
- United Kingdom: U.K. does not have an embassy or consulate in Cook Islands.
- Australia: [+682] 73379; cookislands.highcommission.gov.au

Cook Islands' Embassies or Consulates in Selected Countries

- In the U.S.: [+1] 805-322-3842
- In Canada: Cook Islands does not have an embassy or consulate in Canada.
- In the U.K.: Cook Islands does not have an embassy or consulate in the U.K.
- In Australia: Cook Islands does not have an embassy or consulate in Australia.

Visa/HIV Testing

HIV testing is required to obtain a work or residence visa. Travelers, including short-term travelers, may be detained or deported after arrival if found to be positive for HIV.

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