

The Safe Games: enjoy yourselves, have fun, play hard, play fair, stay safe and stay vigilant

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With thousands of athletes, officials, volunteers, supporters, and spectators gearing up for the Cook Islands Games on October 3, it is starting to feel like the whole country will be a part of the Games in one way or another.

But something else the whole country can play their part in is keeping everyone safe from COVID-19.

The message from health ministry Te Marae Ora is simple. Make this the Safe Games. Enjoy yourselves, have fun, play hard, play fair, but please, stay safe and stay vigilant.

“While we in the Cook Islands are fortunate to be able to put on and participate in an event like the Games, elsewhere in the world COVID-19 is still very much a serious threat and it is important that we continue to practise good infection control and preventative measures,” says Secretary of Health Dr Aumea Herman.

Whether competing or not, people should take care to practise physical distancing whenever possible, keeping at least two metres away from others.

Avoid touching, kissing, and shaking hands, and reduce your time spent in crowded spaces or among crowds.

Wash your hands with soap and water, regularly. Hand hygiene is a good way of protecting against infection.

If washing your hands with soap and water isn't an option, use hand sanitiser. If you don't have sanitiser, try to avoid touching your face with unwashed hands.

Cover your coughs and sneezes. Cough and sneeze into your elbow, sleeve, or jacket. Covering your mouth and nose while coughing or sneezing helps prevent the spread of infection.

Finally, if you feel unwell, please stay home – and ask someone for help if you need it. If you need urgent attention, call 20066 or 0800 1800 or 0800 1801.

What you do makes a difference. We have kept COVID-19 at bay together by staying vigilant and we must all continue to do so. We all have a part to play in making sure we do the right thing.

BE CALM.
BE KIND.
STAY VIGILANT.
STAY SAFE.

For up-to-date information visit www.covid19.gov.ck

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