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# Health Advice for Travellers

## to the 9th Micronesian Games, Yap 2018

The Micronesian Games (or Micro Games) is a four-yearly international multi-sport event within the Micronesian region. A large number of athletes (over 1400) and visitors from Guam, Kiribati, Marshall Islands, Nauru, Northern Mariana Islands, Palau, Yap, Chuuk, Pohnpei and Kosrae are expected to attend this year's Micro Games. The Government of Yap is proud to be hosting the 9th Micro Games from 15 to 27 July 2018, and has decided to make it a Tobacco Free Micro Games to support and accelerate progress towards a Tobacco Free Pacific goal by 2025.

Yap is generally a safe island to visit. The large mass gathering, however, poses unique public health risks, not only to citizens of Yap, but also to visitors. The Government of Yap and its partners are working hard to ensure that your stay during the Micro Games is healthy and safe. But each visitor is equally responsible for protecting their health while in Yap. To protect yourself against illness and injury, please plan ahead and follow the health advice below.



### BEFORE you travel

#### Vaccinations



You should be up-to-date on your routine and recommended vaccinations, including for measles, mumps and rubella (MMR), diphtheria, tetanus, pertussis and polio. You may also want to get vaccines for Hepatitis A, Hepatitis B, Typhoid Fever, and seasonal influenza. Consult your general practitioner for more advice about vaccinations.

#### Physical examination and pre-existing medical conditions



For your own safety and wellbeing, participants and visitors should be fit for travel. All participants are required to complete a physical examination prior to coming to Yap. Those with pre-existing medical conditions must ensure that they are cleared for travel by scheduling a doctor's appointment at least four weeks before travel. Talk to your doctor about medicines that you may need when travelling to Yap during your stay.

#### Weather



In July the weather is generally hot and humid in Yap. Bring sunscreen, sunglasses and a hat to protect against sunburn and sun glare.

### DURING the games

#### Food and water safety



To prevent illnesses transmitted through food and water, consume food that is thoroughly cooked, and wash fruits and vegetables if they are not peeled. Drink water that is safe and clean (no tap water). Follow food safety and water safety guidelines. Practise good hand hygiene, including washing your hands frequently with soap and water, especially before handling food and after going to the toilet. Although hand sanitising gel may be effective against respiratory pathogens, such as viruses that can cause influenza and the common cold, it may not be effective against gastrointestinal pathogens. Therefore, there is no substitute for good hand-washing with soap, running water and use of sanitary paper towel.

#### Sexually transmitted infections



To reduce the risk of contracting sexually transmitted infections, such as HIV, chlamydia and gonorrhoea, practice safe sex and use condoms correctly.

#### Smoke-free areas



Games venues and villages will be completely smoke-free areas, including in public transportation, restaurants and bars.

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## Vector-borne diseases

Take measures to avoid, and to protect against, mosquitoes and insects that spread diseases, such as dengue fever and Zika by: wearing appropriate clothing, such as long-sleeved shirts and long pants; applying an insect repellent (containing one of the following substances: DEET, picaridin, citriodiol, IR3535) to exposed skin; treating clothes with permethrin for added protection; and sleeping under insecticide-treated bed nets.



## Heat

Dehydration and heat-related illness are common in mass gatherings in tropical climates. Avoid long exposure to the sun during the day and wear sunscreen (and take other precautions mentioned above) to avoid sunburn. Stay hydrated by frequently drinking safe water.



## Road safety

In Yap people drive on the right-hand side of the road. Be mindful of this when you are crossing roads, and of course be very careful when driving if you are not used to this. It is also wise to drive slowly and avoid drinking and driving.



**IF YOU DO NOT FEEL WELL**  
(have fever, have diarrhoea and/or are vomiting)  
go quickly to the nearest clinic  
(health-care centre)

## EMERGENCY



In the event of a serious illness or injury:  
**call 911**  
**or 350-3333**  
(Police and fire emergency)  
**or 350-3446**  
(Hospital and ambulance)



## AFTER the games

*If you develop any illness after returning from Yap, you have the obligations to notify immigration and local healthcare authorities. You should report any illnesses you have developed, and indicate your travel history.*

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## GENERAL ADVICE for everyone

Practise healthy habits, such as good hand hygiene and proper coughing and sneezing etiquette (cover your mouth and nose with a tissue, or cough or sneeze into your upper sleeve).

To stay fit and healthy: do not smoke; avoid binge drinking of alcohol and homebrew; avoid drugs and substance abuse; eat more vegetables and fruits; and be physically active every day.