

Health Advice for Travellers to the 9th Micronesian Games, Yap 2018

This is the third health advice for travellers to the 9th Micro Games, Yap State, 2018. We basically have a little more than 30 days before the start of the games. The first health advice was sent to heads of country delegations at the beginning of April, followed by a mumps alert and advice at the beginning of May. An update on the mumps situation is provided in the health advice below, as well as recommendations regarding vaccinations, health check-up, travel health kit and insurance. All the recommendations of the first and second advices are still valid.

- [Mumps update](#)
- [Before you travel](#)
 - [Vaccinations](#)
 - [Health check-up](#)
 - [Health kit](#)
 - [Travel insurance](#)
- [Tips to keep you healthy and safe during and after the Micro games](#)

Mumps update

No new cases of mumps have been reported in Yap State since 1st May 2018. Mumps outbreaks or circulation are still occurring in several other countries in the Pacific (Hawaii, New Zealand and Vanuatu), as well as other regions in the world. Mumps can be prevented with the measles, mumps and rubella (MMR) vaccine. Athletes and visitors are therefore advised to ensure that they are vaccinated against mumps prior to their travel (see the reminder regarding vaccinations 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. Remember that some vaccines require some time to take effect, and more than one dose may be needed.

Health check-up



For your own safety and wellbeing, participants and visitors should be fit for travel. 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.

Health kit

Pack a travel health kit with first aid supplies (sunscreen, painkillers, antiseptic, insect repellent and anti-diarrhoea tablets, alcohol hand sanitizer) and medications, enough to last your entire trip. Please bring one month's supply of your routine prescription medications; carry them in their original packaging and follow the directions for use. Availability of condoms is limited and, if needed, participants are encouraged to bring their own supply.



Travel insurance

Health insurance that covers you in your home country may not cover you in Yap. You will be liable for covering any medical and associated costs. Cover yourself with an appropriate level of travel health insurance.



TIPS TO KEEP YOU HEALTHY AND SAFE DURING AND AFTER THE MICRO GAMES!



Wash your hands frequently

with soap and water, especially before eating and after going to the toilet.



Make healthy choices

- Do not smoke
- Avoid binge drinking of alcohol and homebrew
- Avoid drugs and substance abuse
- Eat more vegetables and fruits
- Be physically active every day



Protect yourself from mosquitoes that spread diseases, such as dengue fever, by:

- applying an insect repellent (containing one of the following substances: DEET, picaridin, citriodiol, IR3535) to exposed skin;
- wearing long sleeves and pants when going outdoors;
- treating clothes with permethrin for added protection; and
- sleeping under insecticide-treated bed nets.



Cover your mouth and nose when you cough or sneeze to avoid spreading germs.



Eat and drink safely

Consume thoroughly cooked food and washed fruits, and drink safe and clean water.



Practise safe sex and use condoms correctly to avoid the risk of contracting sexually transmitted infections, such as HIV or chlamydia.



FOR MORE INFORMATION CALL **350-2110** or **2114**

TIPS TO KEEP YOU HEALTHY AND SAFE DURING AND AFTER THE MICRO GAMES!



Prevent heat exhaustion and heat stroke

- Use sunscreen, sunglasses and a hat to protect against sunburn and sun glare
- Stay hydrated by drinking safe water (no tap water) frequently

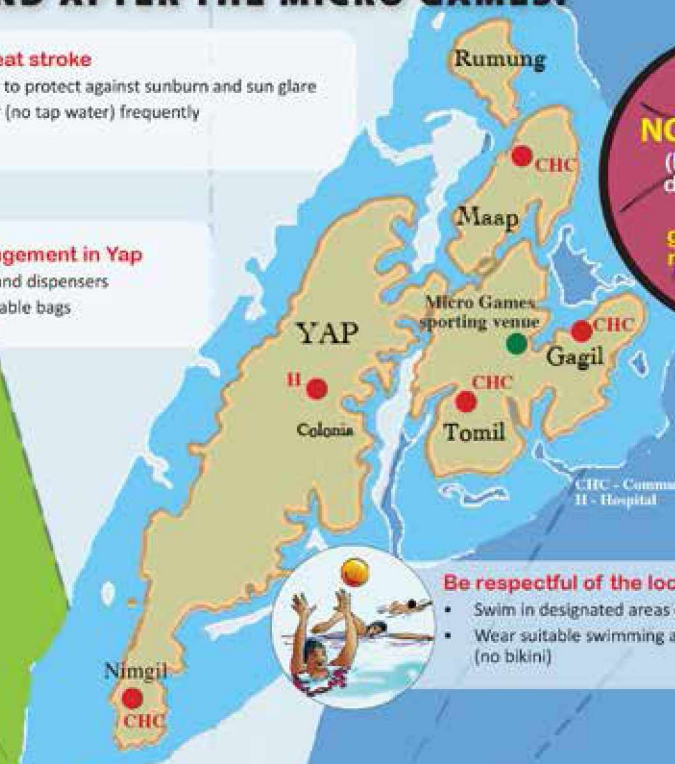


Support waste management in Yap

- Use water containers and dispensers
- Purchase and use reusable bags

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)

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



CHC - Community Health Centre
 H - Hospital



Be respectful of the local community

- Swim in designated areas only
- Wear suitable swimming attire (no bikini)