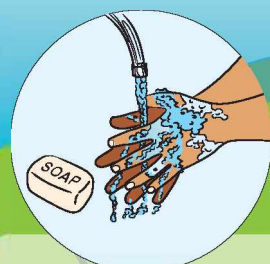


TIPS TO KEEP YOU HEALTHY AND SAFE DURING AND AFTER THE MICRO GAMES!



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



Be respectful of the local community

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

CHC - Community Health Centre
H - Hospital