

# Health Advice for Travellers

## to the 10th Pacific Mini Games, Vanuatu 2017

The Pacific Mini Games is a four-yearly international sporting competition that brings together participants and visitors from the Pacific and beyond. A large number of athletes (over 2000) and visitors from 22 Pacific countries and territories, as well as from Australia, New Zealand and other countries, are expected to attend this year's Mini Games. The Government of Vanuatu is hosting the 10th Pacific Mini Games (**Van2017**) from 4 to 15 December 2017, and has declared the event the Tobacco Free Pacific Mini Games to support and accelerate progress towards a Tobacco Free Pacific goal by 2025.

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



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### 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.

#### Pre-existing medical conditions



For their 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 Vanuatu during your stay.

#### Weather



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

### DURING the games

#### Sexually transmitted infections



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

#### 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. 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.

#### Smoke-free areas



Games venues and villages will be completely smoke-free areas, including in public 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 malaria, 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 using long-lasting and insecticide-treated bed nets. Participants coming from affected countries, such as PNG and Solomon Islands, are especially requested to seek immediate health care for any malaria-like symptoms (fever, chills, rigors, headache and body pain).



## 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 Vanuatu 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 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 112**



## AFTER the games

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

## GENERAL ADVICE for everyone

01

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).

02

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.