



Health advice for travelers to the 12th Pacific Mini Games

29 June–9 July 2025

The 12th Pacific Mini Games will take place from 29 June to 9 July 2025 in Koror, Palau. This much-anticipated sporting event is set to welcome over 1,500 athletes and officials from 24 Pacific nations, along with a vibrant mix of local and international spectators.

While such large regional gatherings are a celebration of unity, sportsmanship and athletic excellence, they can also increase the risk of public health concerns — not only for the people of Palau but also for visitors who may be exposed to unfamiliar health conditions or infectious diseases.

To ensure a safe and healthy experience for everyone, the Government of Palau, in collaboration with its partners, is taking proactive measures to protect the health and well-being of participants and guests.

However, it's important that visitors take personal responsibility for their own health during their stay.

Here are some important health tips to help you stay safe, healthy, and enjoy the Games to the fullest:

BEFORE YOU TRAVEL

To help ensure a safe and enjoyable experience at the Pacific Mini Games, it is important to take a few key health precautions before you depart.

Vaccinations

Ensure your routine vaccinations are up to date, including:

- Measles, mumps, rubella (MMR)
- Diphtheria, tetanus, and whooping cough, Polio
- COVID-19 (strongly encouraged)

Additional vaccinations such as Hepatitis A, Hepatitis B, Typhoid Fever, and influenza may also be recommended, depending on your personal health and travel history.



Physical check-up

All travelers, especially athletes, officials and those with pre-existing health conditions should schedule a medical check-up at least four weeks before travel. Your doctor can:

- Assess if you're fit to travel
- Provide advice on managing chronic conditions abroad
- Recommend any preventive measures on medications for your trip.

Travel health kit

Pack a travel health kit that includes:

- Basic first aid items (pain relievers, bandages, antiseptic)
- Reef-safe sunscreen and insect repellent
- Anti-diarrhea tablets, alcohol-based hand sanitizer
- Your regular prescription medications, in original packaging along with a copy of the prescriptions and the letter from your doctor stating the medication, dosage, and purpose.



Pack enough to last your entire stay, plus a little extra in case of delays.

Travel insurance

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





DURING THE GAMES

General advice

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

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



Vaping is illegal in Palau

Food and water safety

To prevent illnesses transmitted through food and water, eat well-cooked food and wash fruits and vegetables if you can't peel them.

Drink only clean and safe water. Tap water in Koror and Airai is not potable and safe for consumption.

Wash your hands frequently with soap and water, especially before eating and after using the toilet. While hand sanitizers are effective against respiratory pathogens — such as viruses that cause influenza, COVID-19, and the common cold — they may not be effective against gastrointestinal pathogens. Therefore, it's best to wash your hands with soap and running water, and dry them with a clean, sanitary paper towel.

Sexually transmitted infections (STIs)

To reduce the risk of contracting sexually transmitted infections (STIs), such as HIV, chlamydia, and gonorrhea, always practice safe sex and use condoms correctly. Palau Communicable Disease Unit offers free and confidential STI testing and treatment services. More information can be found at:

<https://www.facebook.com/profile.php?id=100064130229364>
or **CALL 488-6500**

Dengue and other vector-borne diseases

Palau is currently not experiencing local dengue transmission. However, dengue is circulating in a number of Pacific Islands and mosquito that can spread dengue are present in Palau, so preventing mosquito bites is always a good idea. Consider applying insect repellent (containing one of the following substances: DEET, picaridin, citriodiol, IR3535) to exposed skin and wearing appropriate clothing, such as long-sleeved shirts and long pants when around mosquitoes.

Heat and hydration

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

Smoke-free areas

All game venues and public areas, like restaurants and transportation, will be smoke-free.

If you don't feel well if you have a fever, diarrhea, or are vomiting, go quickly to the nearest health clinic.

In case of a serious illness or injury

CALL 911

AFTER THE GAMES

If you feel sick after returning from your trip, particularly if you have a fever, talk to a healthcare provider and indicate your travel history.

