

PACIFIC MINI GAMES 2025

TIPS TO KEEP YOU SAFE & HEALTHY DURING AND AFTER THE GAMES:



FOR MORE INFORMATION REGARDING BASIC HEALTH AND SAFETY TIPS, PLEASE CONTACT THE PALAU MINISTRY OF HEALTH & HUMAN SERVICES AT 488-2552/3.

If you have a fever, headache and/or vomiting, seek medical attention.

Wash your hands regularly with soap and water.

Cover your coughs and sneezes with a napkin, hankerchief, or your elbow.

Practice safe sex and use condoms correctly to avoid the risk of contracting sexually transmitted infections, such as HIV & Chlamydia.

Get adequate rest and manage your stress. If you're feeling overwhelmed, call 775-TALK (8255) for advice.

Eat and drink safely-consume thoroughly cooked food and properly washed fruits & drink clean or safe water.

MAKE HEALTHY CHOICES:

DO NOT USE TOBACCO.

AVOID DRINKING ALCOHOL EXCESSIVELY.

EAT MORE FRUITS AND VEGETABLES.

BE MORE PHYSICALLY ACTIVE.

FIND HEALTHY WAYS TO MANAGE STRESS.

PREVENT HEATSTROKE:

STAY HYDRATED BY DRINKING SAFE WATER FREQUENTLY.

WEAR LIGHT/LOOSE CLOTHING.

USE SUNSCREEN, SUNGLASSES AND A HAT.



Mosquitoes can transmit serious diseases, like dengue fever. Avoid mosquito bites by using mosquito repellent and wearing long-sleeved shirts & long pants when going outdoors. For more information about dengue fever prevention and environmental health, please call the Division of Environmental Health Team at (tel:775-6073).

FOR EMERGENCIES, CALL:
911

VICTIMS OF CRIME ADVOCATE, CALL:
775-VOCA (8622)

CRISIS HOTLINE, CALL:
775-TALK (8255)