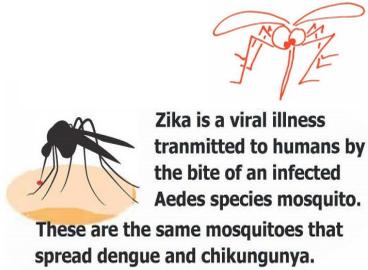


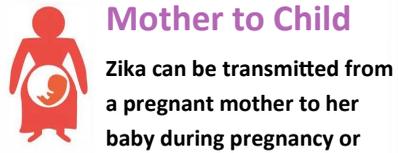
Zika Virus

Transmission

What is Zika Virus?



What other ways that Zika Virus can be transmitted?

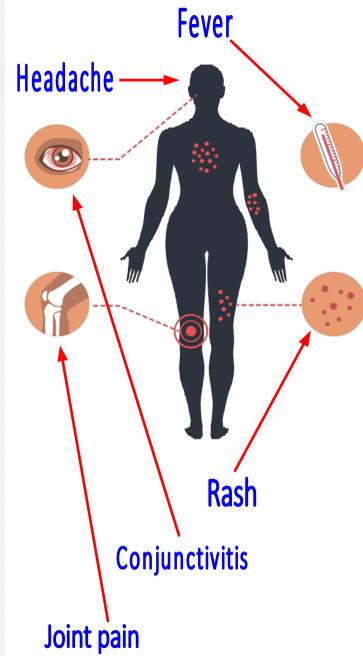


Sexual contact and blood transfusion

There has been reports of possible spread of Zika through blood transfusion and Sexual contact.

Symptoms

The most common symptoms of Zika is mild fever, rash, joint pain, headache, and conjunctivitis.



Prevention

Avoiding mosquitoes
Use physical barriers such as screens, closed doors and windows to prevent mosquitoes from coming inside your home.

Wear long-sleeved shirts and long pants
Wear light colored, long-sleeved shirts and pants to avoid mosquitoes.

Sleep under bed net
Sleep under a mosquito bed net if you are outside or in a room that is not well screened.

Mosquito repellent
Use mosquito repellent or insect repellent on your body.

Permethrin
Mosquitoes may bite through thin clothing. Treat clothes with permethrin for extra protection.

Treatment



Get rest

There is no vaccine or specific treatment for the Zika Virus.



Drink fluids to prevent dehydration

The focus is on relieving symptoms by resting and staying hydrated.



Medicine

For fever, joint pain, muscle pain, and headaches, take acetaminophen. For example, Tylenol



Do not take aspirin

Aspirin and non-steroidal anti-inflammatory drugs (NSAIDs) like ibuprofen should be avoided.



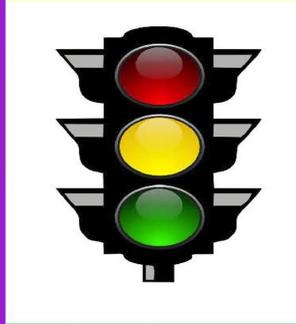
Wash your Hands



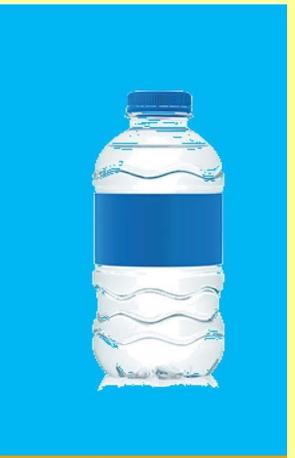
Protect Yourself



Observe Tobacco Free and Alcohol Free environment



Avoid injury and stay safe



Prevent the effects of heat

Health Tips



DEPARTMENT OF PUBLIC HEALTH AND SOCIAL SERVICES

Hafa Adai!

The Government of Guam and its partners have worked hard to ensure that your visit during the 12th Festival of Pacific Arts is a pleasant and enjoyable experience. With that in mind, we would like to share with you some information that you may find helpful during your stay.

All eight lodging sites (Festpac schools) will have a housing manager or supervisor on site. If you are feeling sick, please see the manager or supervisor at the main office and inform them of your condition so that they can assist you. **In the event of an emergency, please call 911.**

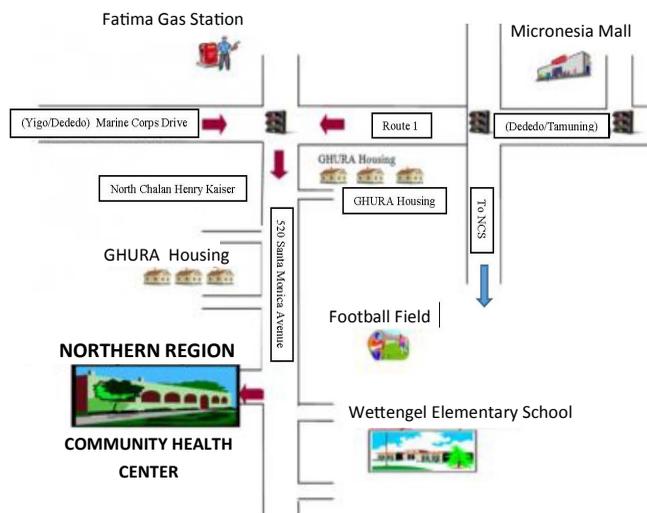
Health Advice for Travellers to the Festival of Pacific Arts. Please review the Health Advice for Travellers included in this document.

Medical Intake Form. All delegates were asked to complete and bring with them this voluntary Festpac Medical Intake Form. It is **NOT** a requirement for participation however it is a valuable document that will assist us so that we can provide you with the appropriate care and assistance if/when needed and will only be asked for at that time.

For more information, please feel free to visit our website at www.dphss.guam.gov or Festpac website at <https://festpac.visitguam.com>

Thank you and welcome to the **12th Festival of Pacific Arts Guam 2016.**

James W. Gillan
Director



The Northern Region Community Health Center (NRCHC) in Dededo provides primary health care, and acute outpatient care and preventive services to the community.

Their hours of operation during the 12th Festival of Pacific Arts are as follows:

Hours of operation: 8 AM to 12 Midnight (Monday thru Sunday including holidays)

Contact Numbers: 635-4410, 635-7400 or 635-7523

After hours: 12 Midnight to 8:00 AM - The NRCHC will be closed, however there will be a Registered Nurse (RN) available during those hours to provide sick call support. The RN's contact number for sick calls is 864-0489



There is no travel restriction in place to any of the affected Pacific island countries and territories; however, all participants and travellers are advised to plan your travel and protect yourself before your departure, based on the recommendations below.

Health check-up

For your own safety and well-being, participants and visitors should be fit for travel. You should consult a healthcare provider on recommended vaccines and medicines that you may need when traveling to Guam FestPac at least four weeks before departure. If you have a pre-existing medical condition, you must ensure that you are cleared for travel.

Immunisation

You should be up-to-date on your routine (measles, mumps, and rubella (MMR), diphtheria, tetanus, and polio) and recommended (hepatitis A, hepatitis B, varicella (chickenpox) and seasonal influenza) vaccines. If you require any vaccines, schedule an appointment with your healthcare provider. Remember that some vaccines require some time to take effect, and more than one dose may be needed.

Health kit

Pack a travel health kit with first aid supplies (sunscreen, painkillers, antiseptic, insect repellent and anti-diarrhea tablets) 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 Guam. You will be liable for covering any medical and associated costs, which could be very expensive. Cover yourself with an appropriate level of travel health insurance. Should you become unwell (fever, diarrhea, vomiting, etc.) in Guam, visit the nearest Community Health Center or Urgent Care at Guam Memorial Hospital (GMH):

Northern Region Community Health Center
520 W. Santa Monica Avenue, Dededo
8:00 AM to 12 Midnight from Monday through Sunday including Holiday.

Southern Region Community Health Center, Inarajan
Monday to Thursday 8:00 AM to 6:00 PM
Friday from 7:30 AM to 5:00 PM
Saturday from 8:00 AM to 12:00 PM
Urgent Care, GMH

Daily from 10:00 AM to 10:00 PM. Monday through Friday only (close on weekends and holidays)

For any additional information please visit the following websites:

Official website of Guam FestPac:
<https://festpac.visitguam.com/>

Official website of Guam Department of Public Health and Social Services:
<http://dphss.guam.gov/>

Official website of SPC: <http://www.spc.int/>

Official website of WHO: www.who.int

Official website of U.S. CDC: <http://www.cdc.gov/>

NOTE: Please refer to Department of Public Health and Social Services page for updated information.

Health Advice for Travellers No. 2 to the **Festival of Pacific Arts, Guam 2016**

This travel health advice No. 2 for participants and travellers to the 12th Festival of Pacific Arts (Guam FestPac 2016) is an update to the first travel advice that was posted on PacNet and issued to country focal points on Friday 26 February 2016.

The risk for Zika virus infection importation and exportation during the staging of this two week-long “Olympic Cultural Festival” is addressed in this advice. Since its emergence in the Pacific region in 2007 and re-emergence in 2013, 16 of the 27 countries and territories participating in Guam FestPac 2016 have reported confirmed cases of Zika virus infection. Guam is one of the 11 countries that has not had any case of Zika virus infection. Guam Department of Public Health and Social Services authorities are closely monitoring the situation and putting in place prevention and control plans in anticipation of any possible introduction of Zika into Guam.

About Zika virus infection

The Zika virus was first discovered in 1947 in the Zika forest of Uganda. The virus is transmitted in the human population through the bite of an infected *Aedes* species mosquito. It usually causes a mild flu-like illness, with symptoms of low grade fever, rash, joint pain and conjunctivitis. The illness typically resolves within a few days to a week without medical intervention and is rarely severe. There is currently no vaccine to prevent Zika and treatment is mainly symptomatic.

Why are we concerned about Zika virus infection?

Zika virus infection in pregnant women has been linked to microcephaly and other adverse birth effects. Microcephaly is a birth defect where a baby’s head is smaller than normal when compared to babies of the same sex and age. Babies with microcephaly show abnormality in brain development and have smaller brains. Due to clustering of microcephaly cases that show evidence of being linked to infection by the Zika virus, the World Health Organization (WHO) declared Zika virus infection a Public Health Emergency of International Concern (PHEIC) on 1 February 2016.

It is possible to transmit the Zika virus via blood transfusions; however, there is no evidence that Zika virus can be transmitted through casual contact or by air. Additionally, recent evidence indicates a risk associated with sexual transmission of the Zika virus.

Travel advice

A disease risk assessment undertaken by the Pacific Community (SPC) in November 2015 and updated in March 2016 indicate a heightened risk for the spread of mosquito-borne diseases during Guam FestPac 2016, due to the fact that neighboring Pacific island countries and territories and southeast Asian countries (Philippines) are experiencing a wave of outbreaks of dengue fever, chikungunya and Zika virus infection. Additionally, there is presence of the *Aedes* mosquito on the island of Guam, which are efficient vehicles for the transmission of these infections.

As a participant or traveller to Guam FestPac 2016 you are advised to consider the following:

- If you are coming from a country with active transmission of Zika virus infection (Fiji, Tonga, Samoa, American Samoa, Kosrae state (Federated States of Micronesia)) and dengue (Papua New Guinea, Solomon Islands, Queensland (Australia), New Caledonia, Samoa, French Polynesia), you should consider closely monitoring the advice provided by your local health authorities, WHO and the United States Centers for Disease Control and Prevention (CDC). Ensure that you protect yourself against mosquito bites. Know the signs and symptoms of Zika virus infection, and if you feel unwell prior to travelling seek medical attention immediately.
- If you are travelling from a Zika-free country, you must still ensure that you protect yourself against mosquito bites while in Guam.

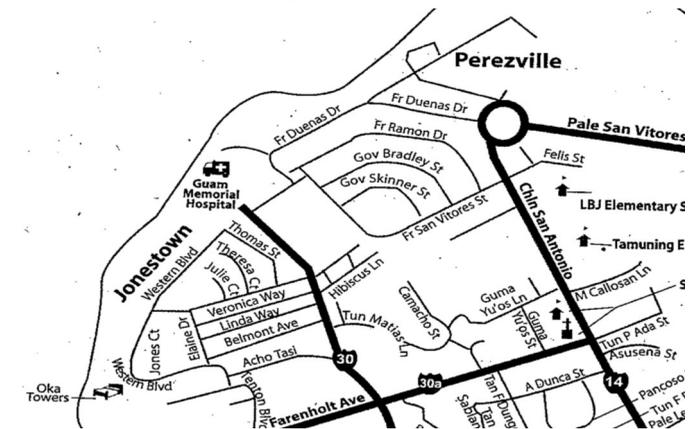
GUAM MEMORIAL HOSPITAL AUTHORITY (GMHA)

Guam Memorial Hospital Authority (GMHA) provides comprehensive, quality inpatient care and outpatient services for adults and children. Services include acute adult and pediatric medical care; 24-hour emergency services; surgical services; obstetrics, labor/delivery and nursery; critical and intensive care (neonatal, pediatric and adult); skilled nursing care; laboratory and blood bank services; inpatient pharmacy services; telemetry and progressive care; radiology, angiography, and CT scan diagnostic services; respiratory care; catheterization laboratory; inpatient and outpatient renal dialysis; cardiac rehabilitation, physical, occupational and recreational therapy, speech pathology; dietetic services; patient education and medical library; social services; and pastoral care services.

The Emergency Department is staffed 24-hours a day by qualified physicians and nursing staff for those who come to GMHA seeking emergency medical care. The Urgent Care Center is staffed from Monday-Friday at 10:00 AM-10:00 PM and closed on weekends and holidays by qualified physicians and nursing staff for those who come to GMHA seeking non-emergent medical care.

GMHA is located at 850 Governor Carlos G. Camacho Road, Oka, Tamuning, Guam, 96913. For more information please visit GMHA’s website at www.gmha.org.

GMHA’s Telephone Numbers: Operator: (671) 647-2552-9
Emergency Department: (671) 648-7906-8
Urgent Care Center: (671) 648-7925-6



Health Advice for Travellers No. 1 to the Festival of Pacific Arts, Guam 2016

The quadrennial Festival of Pacific Arts is one of the largest mass gatherings in the Pacific region, attracting as many as 3000 participants from 22 Pacific island countries and territories, as well as from Australia and New Zealand, and other countries. A large number of participants and visitors are expected to attend this year's festival. The Government of Guam is hosting the 12th Festival of Pacific Arts, (Guam Festpac 2016), from 22 May to 4 June 2016. This mass gathering poses unique public health risks, not only to citizen of the host country, but also to visitors.

The Government of Guam and its partners have worked hard to ensure that your stay during Guam Festpac 2016 is healthy and safe. Guam is generally considered a safe country to travel to. However, each visitor is responsible for protecting their health while in Guam. To protect yourself against illness and injury, please plan ahead and follow the health advice below.



BEFORE you travel

Vaccinations

You should be up-to-date on your routine and recommended vaccinations, including 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 Guam during your period of stay.

Weather

Bring sunscreen, sunglasses and a hat to protect against sunburn.

DURING the festival

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. 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 sanitary paper towel.

Mosquitoes and insects

Take measures to avoid, and to protect against, mosquitoes and insects that spread diseases by: wearing appropriate clothing, such as long-sleeved shirts and long pants; applying an insect repellent containing DEET to exposed skin; and treating clothes with permethrin for added protection.

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 to avoid sunburn. Stay hydrated by frequently drinking safe water.

Road safety

In Guam 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. The legal blood alcohol limit for driving in Guam is 0.08%, however it is wise to avoid drinking and driving.

GENERAL ADVICE for everyone

- 1 Practice 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).
- 2 Avoid abusing alcohol and/or taking any other drugs which may lead to health problems and or increase the risk of unhealthy or dangerous behavior.
- 3 Avoid swimming indiscriminately at beaches and in freshwater lakes and rivers. Follow the [Guam Environmental Protection Agency Beach Advisory for guidance.](#)

