



2023  
PACIFIC GAMES  
SOLOMON ISLANDS  
CHALLENGE • CELEBRATE • UNITE



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# Health Advice for Travellers

## to the 17th Pacific Games, Solomon Islands 2023

The Government of Solomon Islands is proud to be hosting the 17th Pacific Games (or Sol2023 Pacific Games) in its capital city Honiara this year from 19 November to 2 December 2023. A large number of athletes and officials (around 5,000) from 24 countries in the Pacific, as well as visitors and tourists (over 10,000) from overseas and within Solomon Islands' provinces are expected to attend this event.

This large mass gathering poses unique public health risks, not only to citizens of Solomon Islands, but also to visitors who may be exposed to health conditions existing, or to germs potentially introduced and, or circulating in the host country during the games. The Government of Solomon Islands and its partners are working hard to ensure that your stay during the Sol2023 Pacific Games is healthy and safe. But each visitor is equally responsible for protecting their health while in Solomon Islands. 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 for measles, mumps and rubella (MMR), diphtheria, tetanus, pertussis, polio and COVID-19. 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.

### Physical examination and pre-existing medical conditions



For your own safety and wellbeing, participants and visitors should be fit for travel. All participants are required to complete a physical examination prior to coming to Solomon Islands. 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 Solomon Islands during your stay.

### Preventive treatment against malaria

Malaria is present across the Solomon Islands. For effective malaria prevention, you should avoid mosquito bites (see details under vector-borne diseases) and consider

chemoprophylaxis with antimalarial drugs. Recommended options include Doxycycline, Atovaquone-proguanil, and Mefloquine. Make sure to consult a doctor at least two weeks before travelling to Solomon Islands to get advice on the most suitable medication and dosage based on your health and any potential issues with the medication.

## DURING the games

### 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 (no tap water). 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, COVID-19 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 clean paper towel.

### Sexually transmitted infections



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

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## Vector-borne diseases

Take measures to avoid, and to protect against, mosquitoes and insects that spread diseases, such as malaria and dengue fever 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 sleeping under insecticide-treated bed nets.

Consider preventive treatment against malaria.

## Smoke-free areas

Games venues and villages will be completely smoke-free areas, including in public transportation, restaurants and bars.

## 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.

## Support waste management

Help us keep Solomon Islands green and clean! Use water containers and dispensers if at all possible. Use less plastic and prefer reusable bags. Throw your rubbish in bins.



**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 911 or 111**  
(Ambulance)  
**or 999**  
(Police and fire emergency)



## AFTER the games

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

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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) and wear a mask if need be.

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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.