



Guam

Risk Ratings

M MEDIUM MEDICAL RISK for Guam
L LOW TRAVEL RISK for Guam

Know My Risks

COVID-19 is a pandemic. All areas are likely to experience an outbreak and disruption.

International SOS is monitoring the situation closely.

Please see our:

[Medical and Security Alerts for Guam \(US\)](#)

[COVID-19 information for Guam \(US\)](#)

[Dedicated COVID-19 website](#)

Guam, a popular vacation spot, is a safe travel destination; there are no significant travel security risks facing expatriates or foreign visitors. The country has a low crime rate, though petty crime is common in crowded touristic areas. Nevertheless, the presence of US military bases may make Guam an attractive terrorist target.

This information is intended as a summary of the travel security environment; however, the risks can change at short notice during a crisis or evolving situation. Please check our travel security alerts to ensure you are informed of the most recent developments.

[STANDING TRAVEL ADVICE](#)

Alerts

T [COVID-19: Abide by country-specific advice as pandemic, associated consequences move into new phases](#)

T [Continue to defer all travel amid further stringent restrictions due to COVID-19 pandemic](#)

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Alerts

COVID-19: Abide by country-specific advice as pandemic, associated consequences move into new phases

Created and/or Modified: Friday, July 10, 2020 00:34:23 GMT

Level: Advisory

Location: Afghanistan; American Samoa (US); Australia; Bangladesh; Bhutan; Brunei; Cambodia; China, Hong Kong (China SAR), Macao (China SAR); Cook Islands; East Timor; Fiji; French Polynesia (France); Guam (US); India; Indonesia; Japan; Kiribati; Laos; Malaysia; Maldives; Marshall Islands; Micronesia; Mongolia; Myanmar; Nauru; Nepal; New Caledonia (France); New Zealand; North Korea; Northern Mariana Islands (US); Pakistan; Palau; Papua New Guinea; Philippines; Samoa; Singapore; Solomon Islands; South Korea; Sri Lanka; Taiwan (China); Thailand; Tonga; Tuvalu; Vanuatu; Vietnam; Wallis and Futuna (France)

Category: Travel restriction, COVID-19

A number of countries have relaxed some restrictions that aimed to contain the spread of COVID-19. This includes the relaxation of restrictions on internal movement, reopening of businesses and a resumption of some domestic and international travel. Nevertheless, strict measures remain in place, or are being re-imposed, in some locations where there is increasing case activity.

International SOS is issuing this global alert for all countries and territories. In some locations all travel should continue to be deferred, while for others essential travel

can resume after undertaking an individual risk assessment of the COVID-19 situation and entry restrictions, including the potential for sudden changes. Please refer to our dedicated country pages and [alerts](#) for details and location-specific advice.

Advice

Managers

- Closely monitor official advice and the extent of COVID-19 transmission and related developments for impacts on staff mobility or associated security risks.
- Review operational requirements such as:
 - Whether it is practical for any relocated staff to return to certain locations
 - Whether it is best for your staff and dependents to remain certain locations or to relocate
 - The viability of contingency plans for a deterioration in the logistical, security and/or medical environment and impact of a re-imposition of local measures on business operations and the workforce in-country with minimal forewarning.
- Ensure country-specific Business Continuity Plans are regularly reviewed and focused on next steps. These include mobility management, site operations and return to work.
- Ensure the strict compliance of your staff with local government containment efforts.
- Check the [COVID-19 Travel Restrictions Page](#) or contact International SOS for quarantine measures in place or transportation status for specific locations prior to approving a trip.
- Consult our country pages for country-specific advice.

In-country members

- Closely follow all official directives and abide by them. This includes any requirements to wear masks in public places, and self-isolation or quarantine obligations.
- Regularly re-evaluate whether it is best for you and your family to remain in-country or to relocate. Consider the circumstances that influence your ability to remain in-country. These include:
 - Your ability to work with the restrictions, directives and mitigation measures of the authorities.
 - The medical and security threats likely to be impacted by a COVID-19 outbreak.
- Closely monitor reliable sources for the extent of transmission in your location and information relating to security incidents or changes to internal mobility, including the International SOS country-specific [alerts](#).
- Understand your company's medical and security triggers for changes to in-country posture.
- Prepare for an outbreak in your location:
 - Ensure you have a plan to restrict your movements and social interactions, and if required, to stay home for 14 days or more.
 - Keep yourself in the best possible health. Get the recommended amount of sleep each day, eat a healthy diet, and keep up regular physical activity.
 - Speak to your doctor now about any chronic medical conditions you may have and get them under optimal control.
 - Ensure you have adequate supplies of any necessary equipment and medication.
 - Have your annual flu vaccination.
- Reduce the spread of infection:
 - Consider wearing a face mask when in public. In some locations this is mandatory. See [general information on wearing masks](#).
 - Anyone who has any symptoms even if only mild should stay home and seek medical advice.
 - Cough and sneeze into your elbow, not your hands.
 - Do not shake hands, hug or kiss.
 - Wash your hands frequently. Carry hand sanitiser for use when soap and water are not readily available.
 - Avoid sharing food, drinks and personal items.
 - Avoid touching your face.
 - If you must touch objects that are handled by many people (such as handrails, doorknobs) ensure you do not touch your face.
 - Practice social distancing: Keep 1-2 meters (3-6 feet) away from other people. Avoid crowded places.
- Social Distancing: Some people have COVID-19 without noticeable symptoms. Follow these measures:
 - Consider staying home as much as practical.
 - In public, try to maintain a distance of 1-2 meters (3-6 feet) from others.
 - Use private vehicles if possible.
 - Keep face-to-face interactions brief.
 - Choose outdoor activities rather than indoor.
 - Consider whether gatherings with friends and family should be minimised.
- For those who are sick:
 - Stay at home and call for medical advice. Follow the local procedure for your area.

For further health information and advice, see the current International SOS [medical alerts](#) and the [COVID-19 information](#) within the Pandemic Information Site.

Inbound travellers

- **Defer either all or non-essential travel (depending on our country-specific advice).**
- Understand your company's business-specific pandemic and business continuity plans and triggers for changes to in-country operations.
- Discuss all travel with management in accordance with your organisation's travel approval process. Review with your management the necessity of travelling against the potential risks. Consider the following factors:
- Reconfirm flights prior to departure. We do not hold information on specific flights or other modes of transport; contact the relevant service provider or your travel agent.
- Plan flexible itineraries taking into account any residual travel restrictions. Account for additional time required for likely health and temperature screening at airports and other transport hubs. Be mindful of any quarantine and isolation procedures being implemented at point of departure and destination.

More detail

An outbreak or resurgence of COVID-19 cases could occur at any time and location, and could escalate rapidly. This could lead to the re-imposition of border closures and localised restrictions, including lockdowns and business closures. Healthcare facilities may become strained or overloaded, limiting the ability to treat all illnesses, including COVID-19. Medical evacuations may be further constrained. From a security perspective, the socio-economic impact of COVID-19 will continue to resonate for some time. Ramifications will be distinct to local context but will likely exacerbate existing security challenges in the location.

International SOS continues to monitor related developments. Our risk assessment is made jointly by medical and security professionals, and accounts for current risk levels, as well as the likely evolution of risk in the coming weeks and months. Daily updated information on COVID-19-related restrictions worldwide is accessible on the

[COVID-19 Travel restrictions page](#) of our International SOS Pandemic Information site. We will also continue to provide any necessary updates to significant mobility, logistical, medical and security implications, with corresponding advice, in dedicated country-specific [alerts](#).

Continue to defer all travel amid further stringent restrictions due to COVID-19 pandemic

Created and/or Modified: Wednesday, July 01, 2020 00:24:25 GMT

Level: Advisory

Location: Guam (US)

Category: COVID-19, Travel restriction

Members should continue to defer all travel to Guam (US) due to further stringent travel restrictions in response to the COVID-19 pandemic. A state of public health emergency has been further extended **until 30 July**. Additionally, the quarantine restrictions have been tightened to include a list of 'High-Risk' locations (see [COVID-19 information within Pandemic Information Site for details](#)). Effective **1 July**, all arriving travellers regardless of residency status will be subject to 14-day quarantine either at home or a government-designated facility. Travellers originating from designated 'High-Risk' locations are also required to submit a negative COVID-19 test result upon arrival.

Advice

Managers

- Closely monitor COVID-19 related developments for impacts on staff mobility or associated security risks.
- Ensure access to reliable, nuanced information to inform staff communication and business decision-making.
- Ensure the strict compliance of your staff with local government containment efforts.
- Ensure country-specific Business Continuity Plans are regularly reviewed and focused on next steps. These include mobility management, site operations and return to work.
- For further information, advice and current restrictions, see the International SOS medical alerts and the COVID-19 information within the Pandemic Information Site, including Travel Restrictions Flight Operations and Screening.

In-country members

- Closely follow all official directives and abide by them. This includes any requirements to wear masks in public places, and self-isolation or quarantine obligations.
- Defer non-essential domestic travel that would entail long periods of time in close proximity to other members of the public.
- Closely monitor reliable sources for information relating to security incidents or changes to internal mobility restrictions as a result of COVID-19.
- Understand your company's medical and security triggers for changes to in-country posture.
- Monitor our Guam (US) alerts for updates.

Inbound travellers

- Defer travel due to stringent official restrictions, as well as potential entry bans or quarantine at the next destination.

Health advice from International SOS

- Do not travel if you are sick; travellers who are sick face the risk of being tested and quarantined. Monitor your health. Seek medical attention if you develop flu-like symptoms, following the local procedure for your location.
- Pay strict attention to hygiene: Wash your hands frequently. Carry hand sanitiser for use when soap and water are not readily available. Avoid touching your face. Cover coughs and sneezes. Avoid sharing food, drinks and personal items.
- Avoid crowded places. In public areas, as much as possible, keep three to six feet (1-2 metres) away from others.
- Some authorities are advising that anyone over six months of age should receive a flu vaccine, as this will reduce the risk of seasonal flu and possible confusion with COVID-19 symptoms.
- For further medical information and advice, see the current International SOS [medical alerts](#) and the [COVID-19 information](#) within the Pandemic Information Site.

Vaccinations For Guam

Hepatitis A Recommended for all travellers and expatriates, [Read more](#)

Hepatitis B Recommended for most travellers and expatriates, [Read more](#)

Typhoid fever Recommended for adventurous and long-term [Read more](#)

Routine Vaccinations

- All routine vaccinations should be current: these include [Measles-Mumps-Rubella](#), [Polio](#), [Tetanus-Diphtheria-Pertussis](#), and [Varicella](#).
- Annual influenza [vaccination](#).

Other Medical Precautions

- [Before you go - See your doctor and dentist and ensure you are in the best health before you leave. Other preparations:](#)

- [Malaria](#)
- [Zika Virus](#)
- [Health Threats](#)

Alerts

 [COVID-19: Abide by country-specific advice as pandemic, associated consequences move into new phases](#)

 [Continue to defer all travel amid further stringent restrictions due to COVID-19 pandemic](#)

[View All Alerts](#)

Summary

TRAVEL RISK SUMMARY

COVID-19 is a pandemic. All areas are likely to experience an outbreak and disruption.

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STANDING TRAVEL ADVICE

Advice amid COVID-19-related restrictions

- Defer all travel due to restrictions related to COVID-19.
- See country page for latest developments and advice.

Other advice

- Take sensible precautions to mitigate the risk of petty and street crime.
- There is a low risk of terrorist attack by transnational Islamist extremist groups targeting US government or military personnel and assets. Be alert to your surroundings and report any suspicious behaviour or suspect packages to the authorities.

Personal Risk

CRIME

The crimes most commonly reported are pickpocketing and bag-snatching. . In May 2019, a female tourist in Tumon reported that her bag was snatched by an individual driving by in a car. Therefore, travellers are advised to exercise basic security precautions such as avoiding overt displays of wealth and maintaining a healthy suspicion of strangers.

The risk of violent crime is low, though foreign visitors may fall victim to burglaries, car theft and armed robbery.

Guam celebrates Liberation Day on 21 July and many villages hold their yearly fiestas between April and October. While generally good-natured, there are large street carnivals and parties during these events that may render travellers susceptible to petty crime and certain roads will be closed. It is advisable to exercise extra caution during these celebrations.

TERRORISM

The threat from terrorism is low, though members should be aware of the global risk of indiscriminate terrorist attacks, which could be aimed against civilian targets, including places frequented by foreigners, and military targets such as Guam's US bases.

Guam has frequently been mentioned in tense rhetoric between the US and North Korea in recent years. Sporadic missile tests by North Korea and the perception of Guam as an attractive target due to the presence of US military bases on the island, has been a cause of concern. Nevertheless, missile tests to date by North Korea have not caused an immediate threat to the island.

SOCIAL UNREST

There are constant demands for greater self-governance, as well as continuing low-level tensions between the indigenous Chamorros and migrant workers from the Philippines and other Asian countries. However, there have been no major incidents of violence.

BUSINESSWOMEN

There are no specific risks for female travellers or businesswomen. However, all women are advised to follow commonsense security precautions such as:

- Dress modestly to avoid drawing attention. Observe and respect local clothing customs.
- Say no politely to invitations that would take you beyond your personal comfort levels, even if faced by amicable pressure to behave otherwise.
- Plan your itineraries bearing in mind risks incurred by women in various modes of transport available in your location; prioritise security in your choice of transport.
- Do not travel alone after dark.
- If alone, restrict evening entertainment to business-class hotels or membership clubs.

EMERGENCY NUMBERS

Emergency Numbers	
Ambulance	911
Fire	911
Police	911

Country Stability

POLITICAL SITUATION

Guam is a self-governing territory of the US and is administered by the US Department of the Interior. The citizens of Guam are US citizens, though they do not participate in mainland elections. The territory elects a non-voting representative candidate to the US Congress every two years. Guam continues to seek a greater degree of self-governance from the US. There are various movements advocating Guam to become more politically independent from the US, either through statehood or by becoming a commonwealth which would give it political status. However, these proposals have been deemed unfavourable by the US federal government citing that Guam does not have the financial stability to warrant statehood or commonwealth status.

The local legislature consists of 15 senators elected every two years, who pass legislation on local matters, including taxation and fiscal appropriations. Executive power is vested in a civilian governor who is elected by popular vote every four years. Lou Leon Guerrero assumed office in 2019, along with Lt Governor Josh Tenorio. The president of the US is also the president of Guam.

RULE OF LAW

Guam is considered an organised territory and the US Secretary of the Interior has administrative responsibilities. Guam has similar forms of government as in the rest of the US, with elected officials from towns and neighbourhoods and appointed judges. Guam has its own supreme court, and a US district court connected to the US judicial system. The government has effective control over the whole island. The police force is considered effective and reliable.

CORRUPTION

Corruption remains prevalent on the island; however, business travellers and expatriates are unlikely to encounter forthright demands for bribes.




NATURAL DISASTERS

The territory is prone to typhoons, particularly between July and December. Floods and landslides can also occur. In addition, the territory is vulnerable to earthquakes and corresponding tidal activity due to its location in the seismically active Pacific 'Ring of Fire' region. Wildfires are not uncommon during the dry period, which runs between January and April.

RECENT HISTORY

During the Second World War, Guam was occupied by Japan, but was recaptured by the US in 1944. In 1950 it became an unincorporated US territory. The military installations on the island render it one of the most important strategic US bases in the Pacific. Almost 60% of its income is derived from US military bases. Tourism is another major industry and approximately 1m tourists, mostly from Japan, visit Guam every year. Due to the tourism industry, businesses such as construction, retail, banking and financial services also play a significant role in providing employment. The majority of the food and industrial goods are imported.

Alerts

-  [SPECIAL ADVISORY: COVID-19 outbreak impacting health care](#)
-  [SPECIAL ADVISORY: COVID-19 outbreak impacting health care](#)
-  [SPECIAL ADVISORY: COVID-19 outbreak impacting health care](#)
- [View All Alerts](#)

Before You Go

See your doctor and dentist and ensure you are in the best health before you leave. Other preparations:

- **Check your routine vaccinations**

Check your **measles** and other routine vaccinations are up to date (polio; varicella; mumps and rubella; tetanus, diphtheria and pertussis, seasonal influenza). See a travel health practitioner 6 to 8 weeks before departure for destination-specific health preparations. You may need additional vaccinations, some of which require several doses, or be recommended malaria medication which may need to be started a week or more before arriving in the malarial country.

- **Documentation:** Arrange a copy of your personal health record to carry with you when you travel. Include a letter from your doctor explaining your need for all medications you are carrying, including any over-the-counter medications, in English and the language of your destination(s). Make sure you have copies of your prescriptions.

- **Medication:** Check the regulations of your destination country regarding importation of your medication, as some drugs may be strictly prohibited (especially narcotics and psychotropics) and may result in severe penalties. Some restrictions are published on the [International Narcotics Control Board](#). Take any medicines you require *in their original packaging*, including any information leaflets, with them clearly labelled with your name (matching your passport name), and your doctor's name. Have enough to cover the trip, and extra in case of delays, however note that many destinations limit quantities of certain drugs to a 30-day supply. Carry medication in your hand luggage, with copies of your prescriptions.

Vaccinations for Guam

Recommendations may vary for short-term visitors. Always consult your travel health advisor or contact International SOS to discuss your specific needs.

Hepatitis A	<p>Recommended for all travellers and expatriates, especially groups at higher risk including:</p> <ul style="list-style-type: none"> • long-term and frequent visitors. • adventurous travellers who travel to more remote locations or stay in areas with poor sanitation. • gay, bisexual, and other men who have sex with men see (see US CDC). • people who use illicit drugs. • those with liver disease.
Hepatitis B	<p>Recommended for most travellers and expatriates, especially:</p> <ul style="list-style-type: none"> • For long-term or frequent visitors, and health-care workers. • For adventurous travellers who travel to more remote locations. • If possibility of new sexual partner, needle sharing, acupuncture, dental work, body piercing or tattooing during visit. <p>Many travel health professionals recommend hepatitis B vaccination for all travelers, regardless of destination.</p>
Typhoid fever	<p>Recommended for adventurous and long-term travellers, especially those who will:</p> <ul style="list-style-type: none"> • Visit friends and relatives. • Eat from local vendors or restaurants. • Be exposed to conditions of poor sanitation. • Visit smaller cities or rural areas.

[More on diseases in Guam](#)

Malaria

There is no malaria in Guam.

Zika Virus

There is no Zika Virus in Guam.

Standard of Care**Emergency Response**

Always try to call International SOS whenever medical care or advice is required, especially in emergencies.

Dial 911 to reach well-run police, fire and ambulance services.

Emergency Numbers	
Ambulance	911
Fire	911
Police	911

Standard of Health Care

Let International SOS assist you.

International SOS will assist you to find appropriate emergency, inpatient or outpatient care, will provide language assistance, may be able to pay your medical expenses and will assist with evacuation when required.

Inpatient care

The standard of care in Guam is good, although limited in scope and number of specialties available. All doctors and nurses are licensed in the United States, will speak English and are familiar with treating expatriates and travellers. There is no dedicated trauma unit. However, patients can be stabilised prior to evacuation. Most complex cases and procedures can be stabilised prior to being evacuated to a centre of medical excellence such as Hawaii or the continental U.S.

In the case of a diving accident, specific referrals are necessary for access to decompression treatment – contact International SOS for assistance.

OutPatient Care

The medical system in Guam uses the "primary care" model. Initial medical care is provided by a family/general practitioner. If the condition requires further specialist care, a referral will be made. Outpatient care is provided by family practitioners, "walk-in" clinics, "urgent-care" centers or hospital emergency departments. After-hours or urgent specialty consultation can be obtained at hospital emergency departments, and on-call specialists can be consulted.

Paying for Health Care

Hospitals and health care providers may require payment before medical services are performed. In an emergency, go to a hospital. Billing issues can be resolved after the medical condition has been treated. Credit cards are widely accepted in Guam.

Do not defer medical treatment because of financial concerns. Contact International SOS, and if our terms allow, we will make financial arrangements on your behalf.

Dental Care

Selected private dental facilities in Guam provide high quality care for all basic and emergency dental work. Orthodontic and more complex dental work may not be available and require transfer off the island.

Blood Supplies

Blood supplies in Guam are considered safe. Blood is screened according to FDA, American Association Blood of Banks and the College of American Pathology guidelines. The Blood Bank gets 70% of its blood from the American Red Cross and 30% from local donors.

Even in areas where the blood supply is considered safe, it's best to avoid blood transfusions if possible. Screening cannot detect every blood-borne disease, and immune reactions can vary from minor to life-threatening. If a blood transfusion is recommended and circumstances permit, seek a second opinion from International SOS or your health advisor.

Medication Availability

Medications found in most developed countries are available. Pharmacists must hold a U.S. license to practice in Guam.

Since brand names vary, know the generic (chemical) names of your medications. It is always advisable to bring an adequate supply of prescription and other medications from your home country. However ensure you check the regulations of your destination regarding importation of your medication, as some drugs may be strictly prohibited (especially narcotics and psychotropics) and may result in severe penalties. Some restrictions are published on the [International Narcotics Control Board](#).

Clinics & Hospitals

Medical Providers

No matter where you are, contact International SOS first if you are sick, injured or need medical advice.

Our medical staff will advise you, help you select the correct doctor, hospital or clinic, and make any necessary appointments on your behalf. If our terms allow, we will also make financial arrangements for you.

It is recommended that you contact International SOS before accessing medical care in Guam

Hospitals / Clinics

If you are unable to contact International SOS, the following list of hospitals and clinics is provided in case of medical emergencies.

Guam

Guam Memorial Hospital Authority

Category:

Hospital

Address:

850 Gov Carlos G
Camacho Road
Guam, GU 96913 3128

Telephone:

1 671 647 2554
1 671 647 2555

Food & Water

Food and Water Precautions

Travellers have a small risk of developing diarrhoea in any country. It may be advisable to drink bottled water only, especially on short trips. Always wash your hands with soap before eating, or use an alcohol-based hand sanitizer. See the following country-specific recommendations:

Water and Beverages

Tap water is generally not recommended for drinking or brushing teeth in Guam. Drink only bottled or boiled water, or carbonated drinks and avoid ice that may have been made from untreated water.

Food Risk

Food in Guam is generally of high quality. There are occasional outbreaks of food-related illness, which are alerted on and monitored by the Department of Health and Social Services, including information about recalls. Food commonly implicated are fruit and vegetables as well as meat products.

Do the following:

- Wash all produce before eating.
- Ensure food is thoroughly cooked.

[More on food and water safety](#)

Health Threats Summary

Health threats present include:

Animals: [Leptospirosis](#)

Bites and Stings: [Dengue fever](#)

Coughing/sneezing: [*COVID-19](#), [Tuberculosis \(TB\)](#)

Food and/or water: [Hepatitis A](#), [Travellers' diarrhoea](#), [Typhoid fever](#)

Sex/blood/needles: [HIV](#), [Hepatitis B and C](#), & [STIs](#)

Health Threats

^ *COVID-19 | Threat from : Coughing/sneezing

This is a rapidly evolving situation. International SOS is monitoring closely - **please see the MEDICAL ALERT on the "View All Alerts" section of this location guide**, and the [COVID-19 pages](#) of the Pandemic Information website.

Towards the end of December 2019, authorities in Wuhan, Hubei province, announced a cluster of cases of pneumonia associated with the Huanan / South China Seafood Wholesale Market, for which a cause had not yet been identified. By January, a new coronavirus was identified as the cause of the illness. Initially called 2019-novel coronavirus (2019-nCoV), the virus was renamed severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2), and the disease it causes is called Coronavirus Disease 2019 (COVID-19). The situation is now a pandemic, and every location is expected to eventually be affected.

Transmission of the virus is from human to human. Although the exact way this happens with COVID-19 is still being investigated, it is probably occurring in the same way as other respiratory infections - through infected respiratory droplets. The infected person expels these when they cough, sneeze, or talk. Others can get the disease via contact (direct or indirect) with these contaminated droplets. Symptoms include fever, cough, sore throat, shortness of breath and breathing difficulty. Less common symptoms include headache, muscle aches and diarrhoea. Around 15% of cases have been severe and some will die. Older people, and people with underlying health conditions appear to be at higher risk for severe disease. There is no specific treatment - "non-steroidal anti-inflammatory drugs (NSAIDs)", such as ibuprofen, which are often available over the counter without prescription, should NOT be used to treat symptoms. They might make the illness worse. Paracetamol / acetaminophen can be used.

There is no vaccine yet, however research and development has commenced. Prevention is through avoiding potential exposure (keeping 1-2 metres away from other people) and employing general hygiene measures (washing hands, not touching your face, keeping surfaces clean).

Guam

The first imported case was reported on 15 March 2020 with local transmission detected shortly afterwards. The territory experienced a surge of cases in March and early April. See the Department of Public Health and Social Services [COVID-19](#) website.

^ Dengue fever | Threat from : Bites and Stings

Dengue, or "break-bone" fever, is a viral disease of the tropics and sub-tropics. It is transmitted by the *Aedes aegypti* and *Aedes albopictus* mosquitoes that bite during the daytime and are found in and around human habitation. Sexual transmission can occur but is rare. Transmission from mother to child is possible during pregnancy or birth. Symptoms include high fever, severe headaches, joint and muscle pain, nausea and vomiting. A rash often follows. The acute illness can last up to ten days, but complete recovery can take two to four weeks.

Occasionally, a potentially fatal form of dengue called severe dengue (previously known as dengue hemorrhagic fever or DHF) occurs. Severe dengue is more likely in infants and pregnant women, as well as for people who have been infected in the past and are infected again with a different strain of dengue. When a pregnant woman is infected there is a risk of pre-term birth, low birth weight and foetal distress. About 2 to 3 out of 100 severe dengue cases are likely to be fatal.

Prevention is through avoiding mosquito bites. Prevention of sexual transmission is through abstinence or using condoms when infected with dengue. A dengue vaccine, Dengvaxia, is available in several countries however it is not recommended for people who have never had dengue infection. It should only be used in people who have previously been infected with dengue. Hence, travellers who have already had the disease or are seropositive and planning to visit areas with high transmission can consider vaccination in consultation with a travel health specialist.

Guam

In 2019, locally-acquired dengue cases were reported for the first time in over 75 years.

^ Hepatitis A | Threat from : Food and/or water

Hepatitis A is a viral disease that causes liver inflammation. The virus is present in the faeces of an infected person. It spreads through contaminated food and water, and is common in areas with poor sanitation. Person-to-person spread also occurs, when the virus is inadvertently transferred into the mouth, including during sexual activity. People at higher risk of infection include men who have sex with men, illicit drug users and people with liver disease.

Symptoms begin on average 28 days after exposure (range 2 to 8 weeks), and include fever, chills, fatigue, abdominal pain, nausea, vomiting, dark urine and jaundice (yellow colour of the skin and eyes). Many infected people suffer only a mild illness. Most cases recover fully after four or more weeks. However for some, the disease can be severe, and occasionally is fatal. There is no specific treatment and cases are managed through supportive therapy.

Prevention is through vaccination, attention to hygiene, and access to safe food and water.

^ HIV, Hepatitis B and C, & STIs | Threat from : Sex/blood/needles

[HIV/AIDS](#), [hepatitis B](#), and [hepatitis C](#) are spread by contact with bodily fluids (especially blood and semen).

- unprotected sex,
- needle sharing during IV drug use, or
- unsafe blood or medical/dental instruments.

[Genital herpes \(HSV\)](#), [genital warts \(HPV\)](#), [gonorrhoea](#), [chlamydia](#), [syphilis](#) and most other sexually transmitted diseases are spread by genital contact.

Prevention:

- In many countries, hepatitis B is now a routine childhood immunisation and need not be repeated. All non-immune travellers should consider vaccination.
- Always use new condoms (preferably brought from your home country).
- IV drug users should not share needles.
- Avoid having tattoos or piercings done.
- In healthcare settings, make sure that needles and syringes sterile and not shared between patients.
- Call International SOS or your corporate medical department if you are hospitalised.
- Be aware of your risk when assisting anyone with an injury. Protect yourself from contact with bodily fluids.
- Seek medical attention within 24 hours if you accidentally come into contact with someone else's bodily fluids.

^ Leptospirosis | Threat from : Animals

Leptospirosis is a bacterial disease that infects animals and, less commonly, humans. Animals can excrete the bacteria in their urine, contaminating water and soil. People can get the disease via contact with that soil or water.

Left untreated, the disease can cause kidney, liver, heart and respiratory problems as well as meningitis (inflammation of the membrane around the brain and spinal cord). Leptospirosis is sometimes fatal. It can be treated with antibiotic medications.

To prevent leptospirosis, think about water safety when swimming, bathing, boating or wading. Avoid water that might be contaminated with animal urine. If you're unsure if water is contaminated, and you cannot avoid contact with it, wear protective clothing and footwear.

Guam

Sporadic cases occur, mostly in runners and hikers.

^ Travellers' diarrhoea | Threat from : Food and/or water

Travellers' diarrhoea is the most common travel-related illness. It usually occurs within the first week away from home. It is spread through contaminated food and water.

Prevention is through choosing safe food and water, and paying attention to hygiene. Select food that is thoroughly cooked while fresh and served hot. Avoid undercooked or raw meat, fish or shellfish. Avoid salad and raw vegetables unless you can wash them with clean (treated) water and you peel them yourself.

Unless you are certain that the tap water is drinkable - choose bottled water and beverages, avoid ice.

^ Tuberculosis (TB) | Threat from : Coughing/sneezing

[Tuberculosis](#) (TB) is a serious bacterial disease. The bacteria can be coughed or sneezed into the air by an infected person. Most people who contract TB have had prolonged, close, exposure to an infected person. This means they have spent days or weeks – not just a few hours – sharing the same air space with an infected person (e.g. living in the same house). People who work or live in institutions such as nursing homes or correctional facilities are also at higher risk.

Active TB causes a variety of symptoms that are sometimes vague, but often include cough, fever, night sweats, unintended weight loss and lethargy. Latent (inactive) TB causes no symptoms. Most strains of TB can be treated with antimicrobial drugs. Up to four different types of medicines may be used together to treat a patient. If left untreated, active TB can be life-threatening.

Some forms of TB have become resistant to drugs (MDR TB), and some forms are *extensively* resistant to drugs (XDR TB). These diseases are hard to treat. People sometimes contract MDR or XDR TB through direct contact with a person who is already infected. Or, in other cases, people with more traditional TB infections develop a drug-resistant strains. This can happen if anti-TB medication is used inappropriately or stopped too soon.

Many countries where TB is common will routinely give the Bacillus Calmette-Guerin (BCG) vaccine against tuberculosis to babies or children. The BCG vaccine protects these children against severe TB. If you live in an area with higher rates of TB infection, you may also consider vaccinating children up to 16 years old if you plan to live there for 3 months or more.

Travellers and expatriates may be able to reduce their chance of contracting TB by limiting the amount of time they spend in crowded places. Avoiding people who are coughing also minimises risk. Consider TB screening of local staff who live with you – especially if you have young children in your household.

Guam

Guam falls in the "moderate incidence" range for tuberculosis as per the World Health Organization (WHO), with between 50 to 299 new cases per 100,000 population diagnosed each year. BCG vaccination is not routinely administered.

Expatriates or frequent travellers should consider consulting their doctor as TB screening may be offered.

^ Typhoid fever | Threat from : Food and/or water

[Typhoid fever](#) is a serious infection caused by *Salmonella* Typhi bacteria. People are infected through ingesting contaminated food or water. Choosing [safe food and water](#) and vaccination reduces the risk of developing the disease.

Symptoms usually begin one to three weeks after exposure. Although typhoid fever is often called a diarrhoeal disease, some patients do not have diarrhoea. Persistent, high fever is typical. Other early symptoms are flu-like: body aches and pains, weakness, loss of appetite and a continuous dull headache. A rash with pink spots may appear on the chest and abdomen of some patients. In severe cases, perforation of the bowel can cause severe bleeding or infection in the abdomen, which can be fatal.

Typhoid is treated with antibiotics. However there is a growing problem of antibiotic resistance. "Extensively drug-resistant" (XDR) typhoid is present in some locations and does not respond to many of the antibiotics which are usually used against typhoid, making preventive measures even more important.

Getting There

METHOD OF ARRIVAL

By air

Antonio B Won Pat International Airport ([GUM](#)) is located in Tamuning municipality, approximately four miles (6km) north-east of the capital [Hagatna](#). Airport facilities include restaurants, banks/bureaux de change, ATMs, a tourist information desk, duty-free shops and car hire desks.

Airlines have variable security standards. You may wish to consult the European Commission's [website](#) for a list of airlines banned within the EU and the US Federal Aviation Administration's [website](#) for a database of aviation accidents and statistics.

By sea

Apra Harbour is the main port with no regular ferry services, though cruise ships usually dock there en route to other destinations.

Entry & Departure Requirements

Passport and visa requirements are subject to change and vary depending on the length of stay and visa type (business or tourist). Check with your travel advisor, embassy or consulate in your home country. Passports must be valid for at least six months from the date of entry.

	Passport Required?	Visa Required?	Return Ticket Required
Australia	Yes	No/2/3	Yes
United Kingdom	Yes	No/2/3	Yes
Canada	Yes	No/4	Yes
Europe	Yes	No/2/5	Yes
United States	Yes	No	No

Travelling during the COVID-19 outbreak poses significant health, business continuity risks, and potentially second- and third-order security consequences. Defer all travel to Guam. International SOS is monitoring the situation closely. Please see the [Pandemic Information website](#).

The table and information below is intended as a guide. Visa related regulations can change with little or no notice. Furthermore, the complexity of visa related regulations often leaves the process open to the interpretation of local immigration officials who may apply the regulations differently.

Passport notes

Required by all except:

1. US citizens entering Guam from the US mainland or a US territory, provided they hold proof of citizenship and a valid photo ID card.

Note: All visitors must now hold a machine-readable passport (MRP).

Visas

2. Nationals of Andorra, Australia, Austria, Belgium, Brunei, Chile, Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Iceland, Ireland, Italy, Japan, Latvia, Liechtenstein, Lithuania, Luxembourg, Malta, Monaco, Netherlands, New Zealand, Norway, Portugal, San Marino, Singapore, Slovakia, Slovenia, South Korea, Spain, Sweden, Switzerland, Taiwan and the UK may travel to Guam visa free for visits of 90 days under the US Visa Waiver Program ([VWP](#)),

Note

Travellers in the following categories are no longer eligible to travel or be admitted to the US under the Visa Waiver Program (VWP):

- Nationals of VWP countries who have travelled to or been present in Iran, Iraq, Libya, Somalia, Sudan, Syria, or Yemen on or after 1 March 2011 (with limited exceptions for travel for diplomatic or military purposes in the service of a VWP country);
- Nationals of VWP countries who are also nationals of Iran, Iraq, Sudan, or Syria.

3. Nationals of Australia and the UK may travel to Guam visa free for 45 days under the Guam and the Commonwealth of Northern Mariana Islands VWP. This program is based on the following conditions: (a) purpose of visit is for business, touristic or transit purposes only; (b) the air carrier is a participant in the Guam Visa Waiver Program; (c) all visitors are in possession of a completed and signed visa waiver form, I-736 and I-94 (obtainable from the airline).

Note: Travellers who enter Guam visa free are not eligible to travel onward to the US.

4. Nationals of Canada may visit Guam under the same restrictions as a visit to the US.

5. Nationals of Bulgaria, Croatia, Cyprus, Poland and Romania should check US' Passport/Visa section for visa requirements.

Guam is an unincorporated territory of the US. Visa requirements for Guam are the same as for mainland US; travellers require a visa or, if qualified, may travel visa free under the US VWP. Citizens of countries covered by the VWP travelling to the US for tourism or business for 90 days or less do not need to obtain a visa, provided that they have a valid passport. However, as of 12 January 2009, travellers from VWP countries need to obtain an approved application from the Electronic System for Travel Authorization ([ESTA](#)) at least three days before a trip to the US.

Passports of all visitors travelling under VWP must have biometric information (so-called e-passports include a chip with the relevant details). All travellers should check their passports; if they are not machine-readable or e-passports, staff should apply for a visa well in advance of travel. There is also a Visa Waiver Program specifically for Guam and the Commonwealth of Northern Mariana Islands (Guam-CNMI Visa Waiver Program); the countries included under this programme are Brunei, Hong Kong (SAR), Japan, Malaysia, Nauru, New Zealand, Papua New Guinea, South Korea, Singapore and Taiwan, besides those mentioned in bullet no. 3 above. Refer to the US Homeland Security [website](#) for further information.

Apart from VWP countries and Canada, nationals of all other countries must have a visa. Visitors who require a visa should apply at least four weeks before travelling. Urgently needed visas should be applied for through the travel agent booking the ticket.

Departure Tax

- None

Getting Around

BY ROAD

Foreigners intending to drive in the country need to have an international driving permit or a US driving licence. Traffic drives on the right. Seatbelts should be worn at all time. The speed limit is 35 miles per hour (56 kph) in rural areas, 15 mph (24 kph) and 15 mph (24kph) or 25 mph (40kph) in school zone. Motorists should exercise extra caution while driving in the rural areas as roads are not well paved and often lack adequate signage. It is safest to drive defensively and to move with the flow of traffic. Hiring a car is the best way to travel around Guam. Major international car rental companies such as [Avis](#), [Budget](#) and [Hertz](#) operate counters at Antonio B Won Pat International Airport (GUM), hotels and other locations on the island.

BY TAXI

Taxis have regulated meters and are readily available at all hotels and major shopping centres.

BY OTHER MEANS

Buses run by the government-owned Guam Regional Transit Authority (GRTA) can be used, as these provide services to nearly all the villages on the island. They operate from Monday to Saturday from 05.30 to 12.30 and from 14.30 to 19.30, except for the holidays listed on this [website](#). Tickets can be purchased either for one way or travellers can obtain a full-day pass, one-week pass, or a month-long pass. Members can also opt for shopping and tour buses run by private companies, which ply frequently between Micronesia Mall, KMART, Guam Premier Outlets and other selected points.

Language & Money

LANGUAGE

English and Chamorro are the official languages. However, Japanese is also spoken, particularly by older people.

MONEY

The US dollar (USD) is the official currency. Most major credit cards such as American Express, Visa, MasterCard and Diners Club, and traveller's cheques are widely accepted. ATMs are available at the airport, some hotels, shopping centres and supermarkets.

Cultural Tips

General Tips

- It is considered rude and offensive to call attention to oneself or to brag.
- Dress in Guam is casual.
- When greeting someone, a handshake and a smile are customary.
- Bartering and bargain hunting are common at flea markets.
- Homosexuality is legal.

Business Tips

- English is the language of business.
- Men should wear a suit or jacket and tie for business meetings. Women wear a suit or a dress.
- Make appointments in advance.
- After introductions, business cards are distributed.
- It is appropriate to call someone by their title unless instructed otherwise.

Businesswomen

There are no specific risks for female travellers or businesswomen. However, all women are advised to follow commonsense security precautions such as:

- Dress modestly to avoid drawing attention. Observe and respect local clothing customs.
- Say no politely to invitations that would take you beyond your personal comfort levels, even if faced by amicable pressure to behave otherwise.
- Plan your itineraries bearing in mind risks incurred by women in various modes of transport available in your location; prioritise security in your choice of transport.
- Do not travel alone after dark.
- If alone, restrict evening entertainment to business-class hotels or membership clubs.

Tippling

If a service charge has not been added to the bill, a tip of 5-10% is customary.

Working Week

- Office hours: Monday to Friday, 08.00-17.00.
- Banking hours: Monday to Thursday, timings are variable

Phone & Power

Guam Telecommunications

Emergency Numbers

Ambulance	911
Fire	911
Police	911

Dialing Codes	
Country Code	1-671
IDD Prefix (International Direct Dialing)	011
NDD Prefix (National Direct Dialing)	1

Telephone Information

Direct dial overseas telecommunications facilities are available 24 hours a day. There are no restrictions on the use of satellite phones.

Wireless internet services are available at Antonio B Won Pat International Airport (GUM), the Micronesia Mall and some hotels. Internet cafés can be found in the Tumon area. GSM mobile telephone networks are operational and covered by Docomo Pacific, IT&E Overseas, Pulse Mobile LLC and Wave Runner LLC. Reliable postal services are available.

Guam Electricity

Voltage and Frequency

Additional Electrical Information

Voltage: 110 volts

Frequency: 60 Hz

These are the most common plug types used:



Geography & Weather

[Weather data provided by weather.com](https://www.weather.com)

Climate

The temperature is warm and humid throughout the year and ranges from 26-30°C (75-86°F). There is little variation between seasonal temperatures; the dry season is from January to June and the wet season stretches from July to December.

GEOGRAPHY

Guam is the largest island located in the southernmost part of the Marianas archipelago. It is a predominantly hilly island and its northern end is a plateau of rolling hills and cliffs rising 500 feet (152 metres) above sea level. The island narrows in the middle, with the southern half widening into mountains and valleys cut by streams and waterfalls. The most sheltered beaches are on the west coast. US military facilities occupy about one-third of its total land area.

Embassies & Consulates

Embassies

Japan Consulate

Suite 604, ITC Building 590 South Marine Corps Drive; Tamuning

96913

Guam

Telephone: +1 671 646-1290

Fascimilie: +1 671 649-2620

Email: infocgj@ag.mofa.go.jp

website: http://www.us.emb-japan.go.jp/itprtop_en/index.html

South Korea Consulate

153 Zoilo Street; Tamuning

96913

Guam

Telephone: +1 671 647-6488

Fascimilie: +1 671 649-1336

Calendar

2020

21 Jul Liberation Day

This day commemorates the US liberation of the island from Japanese invaders in 1944.

11 Nov Veterans' Day

25 Dec Christmas Day

In some countries, if this holiday falls on a Saturday or Sunday, a public holiday is declared for the following Monday.

2021

01 Jan New Year's Day

In many countries, if this holiday falls on a Saturday or Sunday, a public holiday is declared for the following Monday.

04 Jul Independence Day

If the holiday falls on a rest day, government offices and some businesses may observe it on the next or previous working day.

21 Jul Liberation Day

This day commemorates the US liberation of the island from Japanese invaders in 1944.

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