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PRESS RELEASE PR26-099

JUNE 1, 2026

DPHSS Encourages Residents to be Proactive Against Common Viral Respiratory Illnesses

Hagåtña, Guam — The Guam Department of Public Health and Social Services (DPHSS) encourages the community to take a proactive approach to protect yourself and others from health risks caused by common viral respiratory illnesses including influenza (flu), COVID-19, and respiratory syncytial virus (RSV). The following provides additional practical recommendations and information to help the community lower risk of infection.

- **Vaccination:** Stay up to date with recommended immunizations. Talk to your doctor or trusted healthcare provider about what may be recommended for you and your family.
- **Good Hygiene:** Wash your hands regularly and cleaning commonly touched surfaces.
- **Cleaner Air:** Take steps for cleaner air in areas where you reside or work. Improve air quality by increasing airflow or cleaning air with air purifiers or portable high-efficiency particulate air (HEPA) cleaners.
- **Additional Prevention Strategies:** Include proper use of a face mask when feeling sick and avoiding close contact.

If you are sick with a respiratory virus (e.g., flu, COVID-19, or RSV), stay home, except to seek medical care. Return to normal activities may occur when, for at least 24 hours, both are true:

- Your symptoms are improving; **and**,
- You have not had a fever (and are not using fever-reducing medication).

When you return to normal activities, take added precautions over the next 5 days. Additional information may be found at www.cdc.gov/respiratory-viruses. DPHSS encourages all residents to stay informed, take precautions, and seek medical care if needed.

Residents can view the latest surveillance figures regarding respiratory illness and historical data on the official Guam Communicable Disease dashboard at: <https://elc.guam.gov/epi-reports>.

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