

OTHER HEALTH RISKS

Tobacco

EURO 2012 is completely tobacco free. There is a complete ban on the use, sale or promotion of all forms of tobacco in all stadiums, without exception. For more details, ask for informational material.

Drugs

Use, possession and distribution of recreational drugs in Poland and Ukraine is prohibited and if caught you risk being put in prison immediately.

What to do if it is very hot outside?

Temperatures in the summer can be high, so beware of sunstroke and dehydration! **Remember - if you are over sixty - you are more vulnerable to heat - or if you have children or grandchildren - they are more vulnerable to high temperatures.**

Try to keep out of the heat

- When possible, avoid going outside during the hottest time of the day.
- When outside, stay in the shade and always wear sunscreen.
- Use light bed linen and sheets to avoid heat accumulation.
- If there is no air conditioning in your room and it is safe to do so, open all windows and shutters during the night and the early morning.

Keep cool and drink liquids

- Wear light, loose-fitting clothes of natural materials.
- Wear a wide-brimmed hat or cap and sunglasses outside.
- Dehydration is preventable. Keep drinking water or fruit juice to rehydrate - don't wait until you're thirsty to drink.
- Avoid alcohol and too much caffeine or sugar.

USEFUL LINKS

Information for fans in Poland

www.polishguide2012.pl

Information for fans in Ukraine

www.ukraine2012.gov.ua/en/

Ministries of Health Poland and Ukraine

www.mz.gov.pl

www.moz.gov.ua

WHO

www.euro.who.int/

UEFA

www.uefa.com

PLAN AHEAD FOR YOUR HEALTH AND SAFETY



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HEALTH ADVICE for Travellers to Poland and Ukraine for the 2012 UEFA EUROPEAN FOOTBALL CHAMPIONSHIP

The Governments of Poland and Ukraine have worked hard to ensure your stay at EURO 2012 is pleasant, healthy and safe **but it's you who has the final responsibility for your health.**



KNOW BEFORE YOU GO

Meet with a doctor 4-6 weeks before you leave, to review your travel itinerary and medical history and to make sure you get the right vaccinations, medicines, and information. Check your country's travel advice for any updated information.

Vaccinations

Ensure **all** your routine travel vaccinations are up-to-date. Measles and polio are especially important.

Measles and rubella

There were over 31,000 cases of measles reported in the European Region in 2011, and there have been deaths in adolescents and adults. If you are between 15 and 29 and not vaccinated or immune, you are particularly at risk.

It is very strongly recommended that you are vaccinated against measles and rubella in sufficient time before you travel to EURO 2012. If you are not, you risk being infected, and you may spread measles to others. For information and advice, consult your doctor.

Please make sure you are immunized before you travel

Influenza

You should make flu vaccinations an important priority if you're pregnant or elderly, if you have a chronic disease, or if your immune system is already weakened.

Other matters

Carry a photocopy of your passport. If you have health conditions that could require treatment, copy your health documents too. If you need medication during your trip, prepare a travel health kit with those medicines and keep it with you.

Make sure your insurance covers you for medical treatment in Poland and/or Ukraine. If it doesn't, upgrade it. See if your insurance covers medical transportation, in case you need to be flown home. If you have a valid European Insurance Card, carry it with you.



Consult your country's travel advice for Poland and Ukraine. Some countries have bilateral agreements on emergency medical care that you should investigate before leaving.

DURING YOUR STAY

Safety and security

On arrival, be vigilant and aware of your surroundings. At stadiums and fan zones, locate the emergency exits and the first aid posts. Medical first aid rooms at stadiums and fan zones are signed by a white cross on a green field. Drive carefully, road quality may not be good in all areas. Avoid driving after drinking alcohol, in Poland and Ukraine it is strictly forbidden. Stay within the speed limit, and always wear a seat belt. During EURO 2012, police officers and volunteers will be present to help you, so ask them for assistance if you need to.

Emergency numbers during EURO 2012

 Poland	Emergency number for medical emergency, police and fire brigade: 112 Medical emergency: 999
 Ukraine	From mobile phones only Emergency number for medical emergency, police and fire brigade: 112 From all phones Fire brigade: 101 Police: 102 Medical emergency: 103

If you need medical support during your travel

At stadiums, fan zones or airports	Within host cities	At designated and accredited hospitals	At other medical facilities
Check for medical aid on location (it's free of charge)	Check with volunteers or at designated information points	You will be referred to these hospitals by emergency services or by medical teams at the stadium, fan zone or airport	You can also obtain medical advice from other medical facilities in host cities

Food and water safety

Only drink tap water if you know it's safe.

The five keys to safer food are:

1. Keep food clean
2. Separate raw and cooked foods
3. Cook food thoroughly
4. Keep food at safe temperatures
5. Use safe water and clean ingredients.

Also beware of botulism, a serious form of food poisoning. Botulinum toxins are mainly ingested through improperly prepared food.

Traveller's diarrhoea

Diarrhoea is the most common health problem for travellers. It can be accompanied by nausea, vomiting, abdominal cramps and fever, and is caught from contaminated food or water. If you get diarrhoea, it is very important to avoid becoming dehydrated - especially for children.

What to do if you get diarrhoea?

As soon as diarrhoea starts, **drink more safe fluids**, like boiled, treated or bottled water, or broths. Oral rehydration salts may be available at pharmacies. Avoid coffee, overly sweetened drinks and alcohol. If bowel movements are very frequent, very watery or contain blood, or if they last beyond 3 days, **seek medical help immediately**.

Swimming

Swim only in water that you know to be safe - safe for swimming and supervised by a life-guard, and safe from disease. If you're not sure, check with local officials.

OTHER INFECTIOUS DISEASES

Sexually transmitted infections (STIs)

You can catch STIs during heterosexual and homosexual sex of all kinds: anal, vaginal or oral. These diseases range from gonorrhoea, syphilis, trichomoniasis, hepatitis to HIV/AIDS and they can be caught from sexual partners who seem completely healthy. To avoid the risk of STIs, make sure you use a condom properly - male or female. Avoid sexual contact with prostitutes, who are at high risk of a number of STIs especially HIV/AIDS and hepatitis B, C and D. People living with HIV/AIDS are also at higher risk of tuberculosis.

Tuberculosis

Vaccination does not protect from tuberculosis and there is no pre-exposure prophylactic treatment. Symptoms include coughing that lasts 2-3 weeks, sometimes with fever, night sweats, loss of weight, loss of appetite and fatigue. If you develop these symptoms before, during or after your trip, seek medical advice. Chances of being exposed to tuberculosis can be considered negligible if you avoid crowded and poorly ventilated places.

Rabies

Rabies can be lethal. If you are bitten by an animal, you must seek medical advice immediately at the nearest health care facility. To keep your risk low, avoid contact with wild/stray animals.