

## USEFUL TIPS

### SUFFICIENT FLUID INTAKE AND EXPOSURE TO SUN

Temperatures in summer months can be high, so beware of sunstroke and dehydration! Small children and elderly are more vulnerable to heat.

Sufficient fluid intake is important – adults should daily consume about two litres of liquid and children about one litre of, primarily, drinking water. During hot days keep the body cool and hydrated and especially if you are physically active, drink regularly, but avoid alcohol and too much caffeine and sugar.

### WATER

Tap water in Slovenia is drinkable, except in cases where indicated otherwise. In such cases, drink bottled water.

## EMERGENCY NUMBER IN SLOVENIA

Emergency number for medical emergency, police and fire brigade: **112**.

## HYGIENE RECOMMENDATIONS

### HAND HYGIENE

Wash hands regularly with soap and clean water and especially after using the toilet, before eating and before food handling.



### COUGH HYGIENE

Sneeze or cough into a tissue or your upper sleeve. After using the tissue throw it into waste bin.



### SAFE FOOD CONSUMPTION

Eat freshly prepared food. Always check expiration date on food packaging. Wash fruits and vegetables thoroughly with clean running water. Store food in safe temperature range (> 63°C or < 5°C).

# HEALTH ADVICE for visitors of Mass Gatherings

## KNOW BEFORE YOU GO

Slovenia is a safe country to visit if travellers follow usual safety precautions.

Make sure your insurance covers you for medical treatment in Slovenia. If it does not, upgrade it. If you have a valid European Insurance Card, carry it with you.

If you need medication during your trip, prepare a travel health kit with necessary medicines and keep it with you.

If you have a chronic health condition consult your doctor four-six weeks before you leave. Check your country's travel advice for any updated information.

### VACCINATIONS

According to Slovenian legislation, there are no mandatory vaccinations required for entering the country. Being part of large crowds may increase your exposure to vaccine preventable communicable diseases. Make sure you are up-to-date with routine vaccinations. Measles and Rubella are especially important.

## DURING YOUR STAY

Carry a photocopy of your passport. If you have health conditions that could require treatment, copy your health documents as well.

If you fall ill consult your hotel reception about the nearest primary health care centre or medical emergency centre. In case of a medical emergency, please contact first the medical emergency services by dialing **112** from any telephone.

### ALCOHOL

In Slovenia, it is prohibited to sell and to provide alcoholic beverages to anyone under the age of 18 and to those showing obvious signs of alcohol intoxication. Sale of alcoholic beverages is prohibited one hour prior to and during the sporting event. Intoxicated visitors will not be allowed to enter the sport's facility.

### TOBACCO

In Slovenia, smoking is prohibited in all enclosed public spaces and work premises. The sale of tobacco products is prohibited to persons under the age of 18.

**TRAVELERS CAN ONLY BRING A LIMITED AMOUNT OF TOBACCO PRODUCTS AND ALCOHOL BEVERAGES WHEN ENTERING SLOVENIA.**

### DRUGS

Production and drug trafficking, facilitating consumption, and use of illicit drugs is prohibited in Slovenia.

## USEFUL PRECAUTIONS

### TICK-BORNE DISEASES (MENINGOENCEPHALITIS, BORRELIOSIS)

They are endemic in Slovenia. The risk of exposure can be reduced by using **insect repellents** and **appropriate clothing** in endemic areas (woods, heaths, parks) to prevent tick bites. **Early removal of attached ticks is essential.**

Tick-borne meningoencephalitis can be successfully prevented by timely vaccination.

Typical symptoms for tick-borne meningoencephalitis include fever, headache, fatigue, and for borreliosis a characteristic redness of the skin (erythema migrans) that appears around the area of the tick bite. Tick-borne meningoencephalitis can develop anywhere from 7 to 14 days, and borreliosis anywhere from 3 to 32 days after being bitten so be sure to consult your doctor in case of appearance after your return.

### SEXUALLY TRANSMITTED INFECTIONS (STIs)

Those who have unprotected sex are at risk of sexually transmitted diseases. These diseases include gonorrhoea, syphilis, hepatitis and HIV/AIDS. They can be caught from sexual partners who seem healthy. To reduce the risk make sure you use a condom properly.