

During the Olympic and Paralympic Games, the City of Rio de Janeiro will be in celebration and will welcome a large number of athletes and visitors. Therefore, reporting health risk situations is crucial for preventing outbreaks that can harm and ruin the party for many people. Follow the advice of the Health Surveillance Department and report any irregularity.

WHEN EATING

In restaurants, bars, supermarkets, bakeries and any other food establishments, the facilities, the staff and food must be adequate. Check out what is correct.

- Clean area, with no insects, rodents or other animals;
- Lavatory with liquid soap and disposable towels;
- Drinking straws packaged individually;
- Self-service display counter with shield protector;
- You have the right to visit the kitchen of the establishment (Law nº 2825, of 23.06.1999);
- Staff with clean uniform and hair protection;
- Handling of food and money simultaneously is not allowed;
- Food free of green spots, viscosity variations and unpleasant smell;
- Mustard, ketchup, salt, sugar and sweetener should be served in sachets or in the original packaging;
- Ice cubes for beverages made from filtered water with a hole through the center;
- Juices and smoothies prepared immediately before consumption;
- In self-service buffets, hot preparations should be kept warm and cold ones in refrigerated counters;
- Frozen meat should be packaged and free of red liquid and ice crystals;
- Whole fish with bright, bulging eyes, red gills and no slime, scales attached to the body, firm belly and body, tight anal opening, proper smell;
- Shrimp with head and shell attached to the body, firm body, pink or gray color;
- Salted meats (tenderloin, beef jerky etc.), processed meats (sausages) and smoked foods with a dry surface, not sticky nor soft, and free of green spots and unpleasant smell;
- Products with packaging intact and within the expiration date;
- Frozen foods can not be soft;
- Sliced foods should be packaged and labeled with indication of their origin, weight, date of slicing and expiration date.

AT THE DOCTOR'S OFFICE

Brazil has a unified and universal health care system, with free access for everyone. Therefore, if you have any health issues during your stay in the Rio 2016 Olympic and Paralympic Games, you should seek out a public health unit. However, for those who choose the private sector, it is worth following some tips.

- Certificate for Health License or proof of license request;
- Floor, walls and ceiling coated with smooth and waterproof material, resistant to disinfection;
- A lavatory in the customer service area with liquid soap, paper towels and trash can with pedal;
- Examination stretchers must be disinfected and covered with sheets, disposable or made of fabric, for each patient;
- Robes made of disposable material or fabric should be for individual use and changed after each patient;
- Specialties such as Gynecology, Urology and Proctology should have a bathroom attached to the examination room;
- Proper sterilization in an autoclave of the instruments used on patients;

- Disposal of sharp materials, such as needles, in an appropriate container;
- Expiration date of applied drugs.

BEAUTY SERVICES

The Marvelous City is inspiring. For tourists who want to enjoy their days and also treat themselves with beauty services, there are important tips.

- Certificate for Health License or proof of license request;
- Manicure and pedicure tools should be in sufficient quantity for all customers, individually packaged, sealed, sterilized in an autoclave and opened in front of the customer;
- Brushes, combs, makeup brushes, bowls for manicure and pedicure, towels, bathrobes and sheets made of fabric should be washed, disinfected and changed each time they are used;
- Covers and sheets for beds and chairs, disposable or made of fabric, should be replaced immediately after each customer;
- Spatulas, foot scrapers and nail files should be discarded immediately after each use;
- Residue from waxing should be discarded immediately after each use;
- Razors and alike should be discarded immediately after each use in an appropriate collecting container;
- Disinfection of chairs, beds and counters after each customer;
- Cosmetic products should be labeled with manufacturer's identification, name of brand, batch number, expiration date, chemical composition, Anvisa registration or notice;
- There must be a lavatory in the customer service area for the worker to wash their hands after each client, with liquid soap, paper towels and trash can with lid and pedal;
- There must be enough lighting and air conditioning;
- Coating of floor, walls and ceiling with waterproof and smooth materials, resistant to disinfection.

WHILE INTERACTING WITH OTHER INHABITANTS

In the city, apart from the population of over 6 million people, there are other inhabitants who live in the woods, playgrounds and well hidden places. They are dogs, cats, bats, pigeons and other animals that form an ecosystem that links together forest, asphalt and development. Interaction with these animals is peaceful, but some tips are important so that a good relationship does not turn into a health risk.

Dogs and Cats: They are characters of horror movies, but they are not monsters. In the city, there are many bats and you don't have to be frightened by their presence. Unless you find one fallen on the ground. In this case, the Health Surveillance Department should be immediately contacted. It can be a symptom of rabies.

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Pigeons: Do not feed the pigeons. It causes the proliferation of the birds and an imbalance in the ecosystem, resulting in the transmission of infections to people, such as Cryptococcosis, a disease caused by the inhalation of feces.

The Health Surveillance Department relies on everyone to ensure the protection of public health in the city. Therefore, in order to report other situations that are beyond the tips presented in this brochure, contact the call center by 1746 or visit social networks.