

TRAVELER'S HEALTH



Important tips and guidance for you to take on your trip.



■ PLANNING YOUR TRIP

Before travelling, it is important that you see a doctor to check or assess any pre-existing illness. You should include in your suitcase the medicine you routinely take, in a quantity sufficient to last for the entire trip. Please also take your medical prescriptions.

Postpone your trip if you develop any sudden illness.

All travelers are advised to keep their vaccines up to date. Take your vaccination card on your trips in the event you are asked to present it, and also inquire as to which vaccines are necessary and/or mandatory for your destination.

For example, as far as yellow fever is concerned, it is recommended that all travelers in Brazil (not vaccinated or who have been vaccinated over 10 years ago) be vaccinated 10 days prior to visiting regions which are considered as being at risk.

Check on the possibility of purchasing health insurance, although Brazil has a public health system.

■ WHILE TRAVELLING

If you notice any changes in your health conditions, even if you are still inside the airplane, ship or other means of transportation, advise the personnel on board.

During your stay, be attentive to basic hygiene measures when you consume water or food, specially if it is uncooked.

WASH YOUR HANDS FREQUENTLY.



Diarrhea is one of the most frequent problems and may be caused by ingestion of contaminated water or food. It may come together with nausea, vomiting, abdominal pain and fever.

Avoid dehydration by drinking plenty of liquids.

Beware of mosquitoes, spiders, beetles and scorpions. In your travel through rural areas or woods, wear long sleeved shirts, long boots and do not forget the mosquito repellent.

Dengue Fever is very common in Brazil, specially in the summer. Therefore, if you have symptoms such as fever, headache and pain throughout your body, we advise you to seek medical attention.



Smoking is prohibited in closed public areas. Respect. State Law 5517/09.

■ BACK AT HOME

Seek medical assistance should you notice any of these symptoms and do not forget to mention your trip.

Some illnesses take some time until their first symptoms appear. It is very important to be attentive in case you develop fever, diarrhea, red spots on your body or respiratory symptoms for a period of up to 30 days after you return home.

■ WEBSITES OF INTEREST

Countries that require vaccination certificates:

<http://www.who.int/ith/en>

Vaccination calendar – Brazil:

<http://www.prefeitura.rio/web/sms/vacinacao>

Brazilian towns for which Yellow Fever vaccines are recommended:

<http://portal.saude.gov.br>

For updated information on regions at risk for Yellow Fever, please access the Brazilian Ministry of Health office for Health Surveillance:

<http://www.saude.gov.br/svs>

For additional information on health and travel, please visit Anvisa's website:

<http://www.anvisa.gov.br/viajante/>

Municipality of the City of Rio de Janeiro:

<http://www.prefeitura.rio/web/sms>