… it is very hot outside?
Temperatures in the summer can be high, so beware of sunstroke and dehydration!

- Drink more fluids (nonalcoholic), regardless of your activity level.
- Do not drink large quantities of liquids that contain caffeine, alcohol or large amounts of sugar – these actually cause you to lose more body fluid.
- Wear lightweight, light-coloured, loose-fitting clothing.
- Never leave anyone in a closed, parked vehicle.

… you are bitten by a tick?

- Seek medical care. Primary health care is free of charge in the Russian Federation.
- If you removed a tick yourself (carefully with a thread or fine-pointed tweezers), seek medical advice for laboratory investigation of the tick.

… you are bitten by an animal?

Rarely, bites from an animal can lead to rabies, a life-threatening infection. The risk of rabies is higher for travellers involved in outdoor activities or working around animals, as it is transmitted to humans through the saliva of infected animals.

- Avoid close contact with wild animals and stray dogs and cats. In case of a risky incident, such as a bite or the contact of animal saliva with an open wound, seek immediate medical care.

Risk of infection importation to the Russian Federation from public health events of international concern

An outbreak of Ebola virus disease has been ongoing in the Democratic Republic of the Congo since May 2018. As the Democratic Republic of the Congo does not participate in the 2018 FIFA World Cup, and as no other countries have reported infections associated with this outbreak, the risk of exportation of Ebola virus disease to the Russian Federation is low.

Tobacco, alcohol and road safety

International mass gatherings are often associated with increased risk behaviours associated with smoking, alcohol and other drugs.

The Russian Federation has a comprehensive ban on smoking in indoor workplaces, indoor public places and public transport, including long-distance trains.

Traffic accidents and injuries, mostly caused by motor vehicle crashes, are the leading causes of death among travellers under the age of 55 years. Drive carefully, stay within the speed limit and always wear a seat belt. Driving is illegal after drinking alcohol.

Useful links

http://www.who.int/topics/travel/en/
http://www.who.int/ith/en/
http://www.who.int/foodsafety/publications/consumer/en/travellers_en.pdf?ua=1
https://www.fifa.com/worldcup/
http://www.rospotrebnadzor.ru/

Free hot line phone number
+7-800-555-49-43
Rospotrebnadzor has made available this number for consultations on health issues in English and Russian

Health advice for travellers to the 2018 FIFA World Cup in the Russian Federation

The 21st edition of the Fédération Internationale de Football Association (FIFA) World Cup takes place in 11 cities of the Russian Federation from 14 June to 15 July 2018.

Hosting cities
Ekaterinburg, Kaliningrad, Kazan, Moscow, Nizhny Novgorod, Rostov-on-Don, St Petersburg, Samara, Saransk, Sochi, Volgograd

Safety, security and health risks

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

Make sure your insurance covers medical treatment in the Russian Federation. If it does not, upgrade it or buy travel insurance.

See if your insurance covers medical transportation in case you need to be transported home.

Once you arrive at stadiums and fan zones, locate the nearest emergency exit and the first aid posts.

In case of an accident, immediate medical service will be provided in the Russian Federation free of charge.

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Before departure

In general, Russian health authorities estimate that the sanitary and epidemiologic situation in the Russian Federation is stable; however, travellers should follow some precautionary measures.

Vaccination

There are no mandatory vaccination requirements for travel to the Russian Federation; however, travellers should be vaccinated according to the national immunization schedule in their country of residence. This may vary from one country to another.

Travellers should pay attention to protection against measles, as this is often the disease outbreak during mass gathering events.

Depending on their specific travel itinerary, some travellers may consider additional vaccines. Unvaccinated travellers should consider the following vaccines in accordance with their national recommendations.

- **Hepatitis A**: Hepatitis A is usually contracted through contaminated food and water. However, in recent years, many European countries have reported large outbreaks related to sexual transmission, especially among men who have sex with men. Travellers should ensure food and water hygiene and practice safe sex. Seek vaccination if risk of sexual transmission is high.
- **Hepatitis B**: The risk of contracting hepatitis B is likely to be low, except for those engaging in high-risk behaviours such as unprotected sex, tattooing or injecting drug use.

Vector-borne diseases

In the Russian Federation, there are endemic areas where diseases transmitted by vectors – mainly ticks and mosquitoes – could be found.

Travellers should take the following personal protective measures to prevent insect bites, in particular in the evenings and when in nature.

- Wear long-sleeve clothes.
- Use repellents applied to exposed skin or to clothing in strict accordance with instructions on the label, especially regarding the duration of protection and timing of reapplication.
- If using repellent and sunscreen together, apply sunscreen first and repellent afterwards.

Sexually transmitted infections

The risk of infection with HIV, syphilis, gonorrhoea, chlamydia, herpes, hepatitis B, hepatitis C and other sexually transmitted infections is primarily limited to travellers engaging in sexual risk behaviours such as unprotected sex, especially with sex workers, men who have sex with men and people who inject drugs. Travellers engaging in these behaviours are recommended to adopt safer sex practices, with consistent and correct condom use.

Seasonal influenza and respiratory illness

Although respiratory illness is less frequent in the summer months in the Russian Federation, travellers who become ill with a severe acute respiratory infection should seek care immediately. Abide by general rules of personal hygiene, including washing hands frequently.

Food and drink safety

As gastrointestinal infections can be common during mass gathering events, take precautions to avoid illnesses caused by unsafe food and drink.

Travellers should:

- wash hands frequently and always before handling and consuming food;
- make sure that food has been thoroughly cooked and remains steaming hot before consumption;
- avoid any uncooked food, apart from fruits and vegetables that can be peeled; and
- avoid foods at buffets, markets, restaurants and street vendors if they are not kept hot or refrigerated/on ice.

Tap water is safe in the Russian Federation; for drinking purposes, bottled water is preferable.

What to do if …

... you get diarrhoea?

Diarrhoea is the most common health problem for travellers. It can be accompanied by nausea, vomiting, abdominal cramps and fever, and is often caught from contaminated food or water.

- As soon as diarrhoea starts, drink safe fluids such as boiled, treated or bottled water, or broth. Oral rehydration salts may be available at pharmacies. Avoid coffee, overly sweetened drinks and alcohol. If bowel movements are very frequent, or if stools are very watery or contain blood, seek medical care immediately.