

#MigrationHealth

It's starting to get very **cold**. Our plan is to reach a **safe shelter** where we can **rest**.

We've crossed both sea and land with our **young children**. We've had long stretches without **clean water** and **proper food**.

My **pregnant wife** hasn't received **prenatal care**. We don't know when we will be able to see a doctor.

It's been a long journey under **difficult conditions**. We have **skin wounds** and other **physical injuries**; it makes it difficult to keep going.

I have **heart disease** and I don't have much **medication** left. **Physical exhaustion** might worsen my condition.

Most of us are **stressed** and **anxious** about our future. We're often **shunned** because people think we carry infectious diseases.

My son has **food poisoning**, with **nausea** and **diarrhoea**. He is **dehydrated** and **weak**. Will I be able to explain his condition to a doctor?



The WHO Regional Office for Europe supports countries to meet the health needs of refugees and migrants.

www.euro.who.int/en/migration



World Health Organization

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