

Remember that the national cuisine of Azerbaijan may be unfamiliar to you. Don't drink from taps, use only bottled water.

Be prepared for the hot weather

Bring clothes for hot weather. And don't forget your sunscreen with a minimum Sun Protection Factor of 15.

What to do if you have diarrhea



Diarrhea - the most common problem of travelers. At the first signs of **diarrhea**, **drink plenty of fluids**, in particular boiled or bottled water. Rehydration salts can also be purchased in pharmacies.

Avoid drinking coffee, sugary drinks, and alcohol. If you suffer frequent and watery stools, **immediately seek for medical help**.

Swim in specially designated waters, where the lifeguard are available and the quality of water is monitored.



Baku 2015
1st EUROPEAN GAMES

Ministry of Health, helping to support the Baku 2015 Games.

USEFUL LINKS

OFFICIAL SITE OF THE FIRST EUROPEAN GAMES
www.baku2015.com

MINISTRY OF HEALTH AZERBAIJAN
www.sehiyye.gov.az

WORLD HEALTH ORGANIZATION
www.who.int



Ministry of Health
of Azerbaijan Republic



Get set for a healthy Baku 2015 1st EUROPEAN GAMES

Memo with recommendation for health maintenance for the guests and participants of the **1st European Games 2015** in Azerbaijan.

The Azerbaijani government has done a great job to ensure you a comfortable, healthy and safe stay in the country. However, remember that the responsibility for your health eventually is your personal duty.

Ministry of Health
of Azerbaijan Republic



9103
HOTLINE

Before the travel



Before travel if you have an existing medical condition make sure to get medical advice from your doctor and make the necessary preparations.

Vaccination

According to www.who.int/ith no specific recommendations for vaccinations.

General Tips



Make sure that your medical insurance provides coverage for the cost of treatment in Azerbaijan. Clarify whether your insurance policy includes medical transportation to your home country if necessary.

If during the trip you will need to take any kind of medication, don't forget to make copies of necessary prescriptions or collect medicines in your first aid kit and check that you are able to bring them to Azerbaijan.

During the stay



Be vigilant. After arriving at the location, check with the locations of nearby pharmacies and health centers. When you will be at the venue note the location of emergency exits and first aid station.

At the time of the first European Games volunteers and the police will help you. If necessary, refer to them.

Emergency numbers during the games



To get extra information related to health, medical facilities and pharmacies call the hotline of the Ministry of Health of Azerbaijan:



Ministry of Health
of Azerbaijan Republic

All phone numbers are available for calls from mobile phones as well as from land lines.



All pharmacies of Baku and other cities marked by the following identification symbol.

For emergency, please call:

103

Safe nutrition and water



Recommended by the WHO 5 key techniques to safer nutrition:

- Keep the area clean
- Separate raw foods from cooked
- Cook food thoroughly
- Keep food at safe temperatures
- Use safe water and food.