

USEFUL TIPS

FLUID INTAKE AND EXPOSURE TO SUN

Temperatures in September can be high, so beware of sunstroke and dehydration! Small children and elderly people are more vulnerable to heat.

Sufficient fluid intake is important – adults should daily consume about two litres of liquid and children about one litre, primarily of drinking-water.

During hot days, keep your body cool and hydrated. Especially if you are physically active, drink regularly, but avoid alcohol and too much caffeine and sugar.

WATER

Tap water in Slovenia is drinkable, except when indicated otherwise. In such cases, drink bottled water.

USEFUL LINKS

ORGANIZER

INTERNATIONAL BASKETBALL FEDERATION (FIBA)
EUROPE

(www.EuroBasket2013.org)

NATIONAL INSTITUTE OF PUBLIC HEALTH OF THE
REPUBLIC OF SLOVENIA

(www.ivz.si; info@ivz-rs.si)

EUROPEAN CENTRE FOR DISEASE PREVENTION AND
CONTROL (ECDC)

(www.ecdc.europa.eu)

WORLD HEALTH ORGANIZATION

WHO HEADQUARTERS

(www.who.int/ith)

WHO REGIONAL OFFICE FOR EUROPE

(www.euro.who.int)

EMERGENCY NUMBER IN SLOVENIA

Emergency number for medical emergency, police and fire brigade: **112**.



Health Advice for Travelers to Slovenia for EuroBasket 2013

We want everyone who comes to EuroBasket 2013 to have a happy, safe and healthy experience. This leaflet provides information about the health services in Slovenia and tips on staying well during your visit.



KNOW BEFORE YOU GO

From 4 to 22 September 2013, Slovenia will host [EuroBasket 2013](#). Twenty-four teams and about 30 000 spectators from different countries are expected to attend.

Slovenia is a safe country to visit if travellers follow the usual safety precautions.

Make sure your insurance covers medical treatment in Slovenia. If it does not, upgrade it. If you have a valid European Insurance Card, carry it with you.

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

If you have a chronic health condition consult your doctor 4–6 weeks before you leave. Check your country's travel advice for any updated information.

VACCINATIONS

According to Slovenian legislation, no mandatory vaccinations are required to enter the country. Being part of large crowds may increase your exposure to vaccine-preventable communicable diseases. Make sure you are up to date with [routine vaccinations](#). Immunization against measles and rubella is especially important.

DURING YOUR STAY

Carry a photocopy of your passport. If you have health conditions that could require treatment, copy your health documents as well.

If you fall ill, consult your hotel reception about the nearest primary health care centre or medical emergency centre. In case of a medical emergency, first contact the medical emergency services by dialing **112** from any telephone.

ALCOHOL

In Slovenia, the sale or provision of alcoholic beverages to anyone under the age of 18 and those showing obvious signs of alcohol intoxication is prohibited, as are sales of alcoholic beverages one hour prior to and during the sporting event. Intoxicated visitors will not be allowed to enter the sports facility.

TOBACCO

Smoking is prohibited in all enclosed public spaces and work premises in Slovenia. The sale of tobacco products to people under the age of 18 is prohibited.

Travelers can bring only a limited amount of tobacco products and alcohol beverages into Slovenia.

DRUGS

Producing or trafficking in illicit drugs, and facilitating consumption, are prohibited in Slovenia and punishable with imprisonment.

USEFUL PRECAUTIONS

TICK-BORNE DISEASES (MENINGOENCEPHALITIS, BORRELIOSIS)

Tick-borne diseases are endemic in Slovenia. You can reduce the risk of exposure by using [insect repellents](#) and wearing [appropriate clothing](#) in endemic areas (woods, heaths, parks) to prevent tick bites. **Early removal of attached ticks is essential.**

Timely vaccination can prevent tick-borne meningoencephalitis.

Typical symptoms include fever, headache, fatigue and, for borreliosis, a characteristic rash that appears around the area of the tick bite. Disease can develop anywhere from three days to one month after being bitten, so be sure to consult your doctor if you experience symptoms after your return home.

SEXUALLY TRANSMITTED INFECTIONS (STIs)

People who have unprotected sex are at risk of STIs, including gonorrhoea, syphilis, hepatitis and HIV/AIDS. STIs can be caught from sexual partners who seem healthy. To reduce the risk, make sure you use a condom properly when having sex.