

Stay Healthy During the World Cup in South Africa



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Several cities in South Africa will host the 2010 FIFA World Cup June 11 through July 11. Follow these tips from CDC to safeguard your health and stay active while enjoying the World Cup.

Prepare for a Winning Trip!

See a doctor familiar with travel medicine at least 4-6 weeks before your trip. When talking to your doctor, make sure you share all your travel plans, including side trips and activities. Your doctor will talk to you about any vaccines, medications, or other protective measures you need to stay healthy. Find out from your doctor about vaccines for the seasonal flu and the 2009 H1N1 flu. Even though it is summer in the United States, it is winter – and flu season – in South Africa and the rest of the Southern Hemisphere. It is important to get vaccines to prevent the flu. Measles and Rift Valley Fever, a disease spread by animals and mosquitoes, have recently caused outbreaks in South Africa so talk to your doctor to ensure you're vaccinated against measles and that you know how to protect yourself from Rift Valley Fever.

Remember!

If you have the flu, delay your travel plans until your fever has been gone for 24 hours. Remember the simple rules of "Stop, wash, and go." You can help prevent the spread of flu by covering your sneezes and coughs with tissues and washing your hands often with soap and water.

Develop a Game Plan!

Pack smart. With some planning, you can pack most of the items you'll need to stay healthy during the World Cup. Learn more about packing a travelers' health kit on the CDC Travelers' Health website.

- Register your trip with the U.S. Department of State to make it easier to get help in case of an emergency. See the Tips for Traveling Abroad page on the U.S. Department of State website for more safety and security tips.

- Check with your health insurance provider to find out the extent of your medical coverage outside the United States. If necessary, purchase medical travel insurance to cover unexpected health incidents during your time in South Africa.

Defend Your Health!

Be mindful of these health and safety tips while enjoying the matches and the rest of your trip:

- Follow safe food and water practices.
 - Always eat foods that are fully cooked and served hot.
 - Avoid food from street vendors.
 - Eat fruits and vegetables that you can wash and peel yourself.
 - Stay away from unpasteurized dairy products.
 - Drink beverages that have been bottled and sealed (water, carbonated drinks, or sports drinks) and don't put ice in your drinks.
- Wash your hands with soap and water. If you don't have soap, use an alcohol-based hand gel.
- Use sunscreen with SPF 15 or higher, a hat or head covering, and sunglasses with UV protection.
- Drink and eat regularly to stay hydrated.
- Use an insect repellent containing DEET (30-50 percent) or picaridin (up to 15 percent).
- Avoid risky behaviors, especially those related to alcohol use, sexual activity, and drug use.
- Avoid touching or petting animals, even pets.
- Swim only in chlorinated water.

Smart Safety Habits

Spectator crowds can provide challenges, particularly if they become unruly after a match. While in South Africa, practice all of the smart safety habits you normally would at home.

- Stay alert, especially in crowds. Be aware when you move from a safe neighborhood to a dangerous area. Travel with a friend or group rather than venturing out alone.
- Choose a place to meet if you get separated from your group.
- Wear a helmet when you ride a bike or motorcycle.
- Wear a seatbelt.
- Be careful when participating in recreational activities, including swimming.
- Be careful crossing the street.
- Follow local laws and customs and World Cup security regulations.
- Avoid political protests and rallies.
- Make a photocopy of your passport to carry with you at all times.

For more information, please visit
<http://www.cdc.gov/Features/WorldCup>
www.cdc.gov/travel or call 1-800-CDC-INFO.