

Health advice for your trip



WATER



Drink treated or bottled water



FOOD



Eat cooked food and fruit that you can peel



Avoid eating raw foods and drinking fresh milk



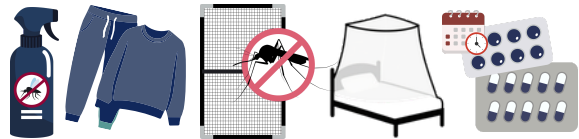
SWIMMING IN FRESH WATER



Avoid swimming in fresh water, such as rivers, lakes, lagoons or ponds



MOSQUITOES AND MALARIA



Avoid mosquito exposure at dawn and dusk



TO PREVENT RABIES



DO NOT approach, touch or pet unfamiliar animals



IN CASE OF A BITE OR SCRATCH



Wash immediately with soap and water, seek medical attention without delay, and follow the prescribed treatment



IF YOU DEVELOP A FEVER AFTER YOUR RETURN



If you develop a fever, chills, headache or muscle pain, seek medical attention without delay

Questions and concerns: 973 03 22 86 (Centre de Vacunacions Internacionals de Lleida)

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