

Ljubljana, 2015

HEALTH RECOMMENDATIONS FOR PARTICIPANTS OF MASS GATHERINGS

In accordance with the general action plan for mass gatherings as regards infectious diseases and environmental risks and in accordance with the general European guidelines, the National Institute of Public Health has set up the cooperation with the organisers of mass gathering events. The cooperation takes place in preparing the required medical notifications and preparedness of the epidemiological service for managing risks of communicable diseases.

Vaccination Recommendations for Participants

In Slovenia, Immunization program defines mandatory vaccination against the following infectious diseases: diphtheria, tetanus, pertussis, poliomyelitis, Hib infections, measles, mumps, rubella, and hepatitis B.

According to Slovenian legislation there are no mandatory vaccinations required for entering the country. A mass gathering event can enhance the risk of importation and spread of some infectious diseases.

Participants are recommended to check their vaccination status, especially for measles (2 doses) and, if necessary, receive the missing doses.

The event will take place over the period of increased number of acute respiratory infections, including influenza. The implementation of general hygiene measures (i.e., cough hygiene, hand washing) and vaccination against influenza is recommended.

In the late fall, winter and early spring, the outdoor temperatures can drop significantly, thus protection against cold with warm clothes and adequate shoes is needed.

For the prevention of gastrointestinal infections, we recommend safe food consumption and implementation of general hygiene measures such as hand washing, which is especially important after using the toilet, before food handling or food consumption.

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