

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.

Large parts of Slovenia are endemic for tick borne encephalitis and Lyme disease. Thus, we advise to use protective measures against tick and insects bites during outdoor activities. These include wearing protecting clothing with long sleeves and long trousers tucked into socks or boots, as well as using repellents on exposed skin. Vaccination is the most effective protection against tick-born encephalitis.

Outdoor temperatures in summer months can get high, so there is a risk of getting sunburns as well as developing dehydration and/or sunstroke. Concerning to that, protection with sunscreen is needed and sufficient fluid intake is necessary (2 – 2.5 liters of fluid per/day for adults, primarily drinking water; physical or any other activity will require even more fluid intake in relation to outdoor temperatures).

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.

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ZDRAVSTVENA PRIPOROČILA ZA UDELEŽENCE MNOŽIČNIH PRIREDITEV

V skladu s splošnim načrtom preprečevanja nalezljivih bolezni in okoljskih tveganj na množičnih prireditvah ter v skladu s splošnimi evropskimi smernicami, je Nacionalni inštitut za javno zdravje vzpostavil sodelovanje z organizatorji množičnih prireditev. Sodelovanje zajema pripravo potrebnih zdravstvenih obvestil in ukrepanje epidemiološke službe ob tveganjih za nalezljive bolezni na prireditvi.

Priporočilo za cepljenje udeležencev

V Sloveniji so po letnem programu cepljenja obvezna naslednja cepljenja: proti davici, tetanusu, oslovskemu kašlju, okužbam s Hib, otroški paralizi, ošpicam, mumpsu in rdečkam ter hepatitisu B.

Ob obisku večjega števila udeležencev in obiskovalcev prireditve se poveča možnost vnosa in širjenja nekaterih nalezljivih bolezni.

Udeležencem priporočamo, da preverijo svoj cepilni status, posebej še za ošpice (2 odmerka) in po potrebi prejmejo manjkajoče odmerke.

Slovenija je endemsko področje za klopni meningoencefalitis in Lymsko boreliozo, zato ob aktivnostih v naravi priporočamo ustrezno zaščito pred klopi (dolge hlače, visoka obutev in uporaba sredstev, ki odganjajo mrčes). Proti klopnemu meningoencefalitisu se lahko zaščitite tudi s cepljenjem.

V poletnih mesecih so temperature v Sloveniji lahko visoke, zato je potrebna zaščita pred soncem in dehidracijo. Pomembna je uporaba pokrival, sončnih krem z UV zaščito ter uživanje zadostnih količin tekočine predvsem pitne vode (dva do dva litra in pol za odraslo osebo, oz. več ob visokih temperaturah in povečani telesni aktivnosti).

Za preprečevanje okužb s povzročitelji črevesnih nalezljivih bolezni priporočamo uživanje varne hrane ter izvajanje splošnih higienskih ukrepov, kot so redno in temeljito umivanje rok, še zlasti pred pripravo in uživanjem hrane ter po uporabi sanitarij.

Pred obiskom prireditve naj obiskovalci poskrbijo, da imajo urejeno zdravstveno zavarovanje za morebitno zdravljenje.