

CDC provides health and safety tips for travelers to 2014 World Cup in Brazil

Every four years, millions of people from around the globe gather for the World Cup, the popular professional soccer tournament. For Americans who plan to attend this year's World Cup, CDC is providing recommendations to stay healthy and safe.

The World Cup runs from June 12 to July 13, 2014, in twelve cities across Brazil.

Travelers to Brazil should schedule an appointment with a health care professional at least four to six weeks before the trip to get vaccines and medicines recommended for Brazil. Travelers should also:

- **Plan ahead.** Purchase [travel health and medical evacuation insurance](#) and pack a [travel health kit of over-the-counter medicines to take with you](#). Make sure you have a sufficient supply of any medications that you usually take.
- **Avoid mosquitoes.** Use insect repellent to help avoid mosquitoes that can carry dengue, which is common in Brazil. Yellow fever and malaria, also spread by mosquitoes, are also found in some areas so talk to a doctor about your itinerary to see if you need vaccination or medicines to prevent these diseases.
- **Practice healthy habits.** Wash your hands often, and avoid contact with people who are sick to reduce exposure to germs. If you drink alcohol, do so in moderation. [Protect yourself from the sun](#). Avoid unprotected sex.
- **Eat and drink safely.** Drink bottled water and follow [food safety guidelines](#) to protect against [travelers' diarrhea](#) and other foodborne illnesses. Don't eat food from street vendors, make sure cooked food is served hot, and only eat fruits and vegetables you have washed in clean water or peeled yourself.
- **Stay safe.** Choose [safe transportation](#) and wear seat belts. Avoid traveling alone at night and don't wear expensive jewelry or other valuables.
- **Talk to a doctor or nurse** if you become seriously ill or have a fever while in Brazil or after returning to the United States.

For more detailed health information for travelers to Brazil, please visit

<http://wwwnc.cdc.gov/travel/destinations/brazil.htm> or
http://travel.state.gov/travel/cis_pa_tw/cis/cis_1072.html