

## Whether entering or leaving Colombia...

Make sure you have:

Health insurance, and insurer contact and care provider numbers at hand.

Documentation regarding any special health condition, in case of an emergency.

The prescription, if you are taking medicine.

Although compulsory vaccinations are unrequired in order to enter Colombia, it is recommended to have current vaccinations, including measles - rubella and yellow fever.



## REMEMBER!

If you have a respiratory infection, use a facemask when traveling by plane or mass transit to avoid infecting others.

If, after arriving from your trip or arrival into the country you are visiting, you have skin rash and fever, go to the health services and inform on the history of your trip.

If you have diarrhea, take plenty of fluids and go immediately to the health services.

Before traveling, always ask if the country of destination requires vaccines. You should be vaccinated at least 10 days before the trip.

In Brazil, call 192 and mention your citizenship.

### Ministry of Health and Social Protection

For more information, visit the website:  
<http://www.minsalud.gov.co>

If you have any health problems and you need assistance, contact the health office nearest you.

# Health tips for travelers



MinSalud  
Ministry of Health  
and Social Protection

**PROSPERIDAD  
PARA TODOS**



## Avoid getting sick. Always consider ...

1. When coughing or sneezing, cover your nose and mouth with a disposable cloth or handkerchief. If you do not have one, cough or sneeze into your inner arm, but never onto your hand.
2. Wash your hands often with soap and water, before and after eating, coughing or sneezing and using the bathroom.
3. If there is no soap and water available, apply hand sanitizer that contains at least 60% alcohol.
4. Eat only properly treated or bottled water.
5. Avoid drinking ice unless it has been made with drinking water.
6. Use sun protection mechanisms such as sunscreen, sunglasses and/or hats.
7. To reduce the risk of insect bites, use repellents and/or mosquito nets.
8. If you are bitten or scratched by an animal, wash the wound with abundant soap and water. If the immunization status of the animal is unknown or if it is a wild animal, seek medical attention.

9. Purchase alcoholic beverages (liquor) in approved facilities.
10. Avoid purchasing food and alcoholic beverages (liquor) from street vendors.
11. Avoid raw food that is different from fruit and vegetables that can be peeled; and avoid fruits with damaged skin.
12. Avoid eating raw seafood.
13. Prevent STIs by using condoms.
14. Avoid touching your eyes, nose or mouth with unwashed hands. If you must touch your face, make sure your hands are clean.
15. Try to avoid close contact with people who are sick with flu or have a respiratory condition (kissing, hugging, or sharing eating utensils or drinking glasses.)

## Measles Rubella

### How is it transmitted?

- It is transmitted from person to person by infected saliva drops; transmission is airborne.
- They are the most contagious diseases.
- Everyone not vaccinated, exposed to these diseases, will contract the disease.

## Symptoms

- High fever
- Cough
- Nasal discharge or runny nose
- Conjunctivitis
- Skin eruption or rash all over the body
- In the case of rubella: in addition to the above, swollen lymph nodes behind the ears.

## How to prevent it

- With vaccination, by MMR vaccine given to children 1 year of age and booster at 5 years of age.
- Also with double viral vaccine (MR) for adolescents and adults who have not yet been vaccinated or have not had the disease.

## What to do when in doubt

- Go to the nearest health facility or doctor to rule out infection.
- You will be required to deliver: a sample of blood, of urine and nasopharyngeal swab.
- There is no specific treatment for these diseases; in general, they are symptomatic.

