

PUBLIC HEALTH RECOMMENDATION FOR TRAVELERS PARTICIPATING IN THE JUBILEE 2025

A few simple rules to protect your health and well-being.



To attend the event safely, make sure you are protected: **check that you are vaccinated** against measles-mumps-rubella (MMR), whooping cough (pertussis), tetanus, diphtheria, polio, Covid-19, or other diseases.



Not vaccinated? **Talk to your doctor and start the vaccination schedule** at least two weeks before your trip.



If you need **emergency medical assistance**, call **118**.
If you need a **doctor**, call the Continuity of care service (Guardia Medica) at **+39 116117**.

PREVENTION DEPARTMENT
ASL Roma 1
Hygiene and Public Health
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RESPIRATORY INFECTIONS

They are quite common infections, but can sometimes progress to more serious forms, particularly in the elderly, people with chronic diseases, pregnant women, and children.

To protect yourself from respiratory infections:

- avoid close contact with sick people;
- wash or clean your hands frequently;
- don't touch your eyes, nose or mouth.

If you have cough, fever or sore throat:

- stay at home or in your hotel and limit your contact with other people;
- wash your hands frequently;
- clean surfaces and objects you touch often;
- ventilate rooms;
- if you go out, wear an FFP2 mask, especially in crowded places like public transport: you protect the most vulnerable people and limit the spread of the infection.



FOOD AND WATER SECURITY

In Rome, you can safely drink tap water.

In summer, heat and humidity favor **the proliferation of bacteria in food**. Although many food-borne diseases are mild, some can be more serious or even fatal.

To protect yourself from food-borne diseases:

- eat well-cooked food and always wash fruit and vegetables or peel them before consuming;
- do not eat cooked or perishable food left at room temperature for more than two hours, especially during a heatwave;
- wash your hands often, especially before touching food and after using the bathroom. Using soap and water is the best solution, but having a hand sanitizer with you is a good option if you use it often.



INSECT-BORNE DISEASES

Mosquitoes can transmit serious diseases such as Dengue, Chikungunya, Zika, West Nile virus infection and others.

Climate change and increased international travel favor the spread of these diseases.

Asian tiger mosquitoes, very common in Italy, are more active mainly during the day and can transmit these diseases.

To reduce the risk of contracting **mosquito-borne diseases** during your stay in Italy:

- wear light, breathable clothing that covers most of your body (long sleeves and pants);
- use mosquito repellents always following the instructions
- and applying sunscreen first, if necessary;
- sleep in a room with air conditioning or fans and use mosquito nets for baby cribs.

If you have a **high fever, severe headache, eye pain, muscle and joint pain, nausea, vomiting, swollen glands, or rash**, seek medical attention immediately and inform the doctor about your travel history.