Risks Facing Travelers to Mass Gatherings

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CDC Travelers’ Health Branch

Winnipeg, Manitoba
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What is this?
Disaster or Refugee Camp?
Displaced Population?
Religious Event?
Woodstock 1969
The Day After
What is a MG?

**Definition:**
“A gathering of persons usually defined as “more than a specified number of persons (which may be as few as 1000 persons although much of the available literature describes gatherings exceeding 25,000 persons) at a specific location for a specific purpose (a social function, large public event or sports competition) for a defined period of time”.

Source: WHO, Communicable disease alert and response for mass gatherings
Effectively

- An organized or unplanned event can be classified as a mass gathering if the number of people attending is sufficient to strain the planning and response resources of the community, state or nation hosting the event.
Outline

• CDC Travelers’ Health Branch
• Types of mass gatherings
• Risks associated with mass gatherings
• Assessing risk
• Surveillance
• Activities with previous mass gatherings
• Advice for physicians and travelers
CDC Travelers’ Health Branch

• Mission:

To safeguard the health of U.S. residents traveling or living internationally.

Canadian equivalent:
Travel Health Division, Public Health Agency of Canada
Health Information for Travelers to Canada

Travel Notices in Effect

› 2011 Measles Update March 21, 2011

Top of Page

Safety and Security Abroad

› Registration of Traveler Emergency Contact and Itinerary Information January 13, 2011
› Transportation Security Administration
› U.S. Department of State

Preparation for Your Trip to Canada

Before visiting Canada, you may need to get the following vaccinations and medications for...
U.S. Residents Traveling Abroad*

*ITA, includes travel to Canada and Mexico
Travelers’ Health Risks

Of 100,000 travelers to a developing country for 1 month:
• 50,000 will develop some health problem
• 8,000 will see a physician
• 5,000 will be confined to bed
• 1,100 will be incapacitated in their work
• 300 will be admitted to hospital
• 50 will be air evacuated
• 1 will die

Steffen R et al. J Infect Dis 1987; 156:84-91
Deaths Related to International Travel

N = 2463

Infectious Disease Risks to the Traveler

- Malaria
- Diarrhea
- Leishmaniasis
- Rabies
- Dengue
- Meningococcal Meningitis
- Schistosomiasis
- Tuberculosis
- Leptospirosis
- Polio
- Yellow Fever
- Measles
- JEV
Other Health Risks to the Traveler

• Accidental injury
• Motor vehicle accidents
• Drowning
• Animal bites, stings and envenomations
• Crime and assault
• Environmental hazards
• Deep vein thrombosis (DVT)
• Jet lag
Types of MGs

Mass gatherings

Spontaneous
(e.g. Pope’s funeral)

Planned

Recurrent events,
different locations
(e.g. Olympics, World Cup)

Recurrent event,
same location
(e.g. Hajj, Wimbledon)

Source: WHO, Communicable disease alert and response for mass gatherings
4th of July

- 2007
- Washington, DC
- Pop: 580,000
- Attendees: 500,000
- Average stay: hours
Super Bowl

• 2007
• South Florida
• Pop: 2,300,000
• Visitors: 112,000
• Average stay: 4-5 days
2008 Olympics

• 2008
• Beijing, China
• Pop: 17,000,000
• Visitors: 2,000,000
• Average stay: days-weeks
The Hajj

- Dec 28 – Jan 2, 2007
- Mecca, Saudi Arabia
- Pop: 1,500,000
- Pilgrims: 2,500,000
- Average stay: 40 days
Factors That Define MGs

- Size
- Venue
- Purpose
- Duration
Size

- Potential overcrowding
  - Not absolute numbers, rather density
- Crowd control issues
- Disease transmission
- Injury and violence
- Hygiene
- Sanitation facilities
- Food and water
Venue

- Physical environment
  - Indoor or outdoor
  - Fixed or mobile (processions, pilgrimages)
  - Stadium, stands
  - Facilities for sanitation, food and water

- Geographic location
  - Climate and weather
  - Social and political stability

- Local health conditions
  - Endemic disease

- Local health capacity
  - Emergency planning
  - Surge capacity
Purpose

• Attendee demographics
  • Age
  • Origin (local, regional, international)
  • Cultural characteristics
  • Homogeneous or heterogeneous

• Attendee behaviors
  • Crowd mood
  • Alcohol and drugs
  • Political protests
  • Violence
  • Religious fervor
Duration

Hours to Days to Weeks
Why are We Concerned?

• Mass gatherings have been associated with significant morbidity and death

• Safety:
  • 11 deaths at the 1972 Munich Olympics
  • 1 death at the 1996 Atlanta Olympics
  • Crowd crushes at the Hajj in Saudi Arabia

• Disease outbreaks
  • Meningococcal outbreaks during Hajj
  • Measles outbreak in the US in 1991 at the International Special Olympic Games
Literature Reviews on Mass Gatherings

- 1997 review, 44 events in US and UK
  - 48% rock concerts
  - 75% single-day events
  - 68% hot weather conditions

- 2002 review identified risk factors
  - weather
  - event type
  - event duration
  - crowd age
  - mood and density
  - attendance numbers
  - alcohol and drug use

Health Problems Commonly Observed at Mass Gatherings

- Heat-related illness
- Drug/alcohol-related
- Minor musculoskeletal
- Lacerations
- Trampling
- Head injury
- Cardiac
- Asthma exacerbation
- Viral syndrome
- GI illness


Major Anticipated Health Risks

- Heat or cold related illness
- Foodborne and waterborne illness
- Communicable diseases
- Accidents and other types of injuries
<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Event</th>
<th>Problem</th>
<th>Deaths</th>
<th>Injuries</th>
</tr>
</thead>
<tbody>
<tr>
<td>1988</td>
<td>Katmandu, Nepal</td>
<td>Soccer game</td>
<td>Crowd surge</td>
<td>90</td>
<td>700</td>
</tr>
<tr>
<td>1988</td>
<td>Ramstein, Germany</td>
<td>Air show</td>
<td>Crash into spectators</td>
<td>70</td>
<td>500</td>
</tr>
<tr>
<td>1989</td>
<td>Hillsborough, UK</td>
<td>Soccer game (50,000)</td>
<td>Crowd craze</td>
<td>95</td>
<td>400</td>
</tr>
<tr>
<td>1989</td>
<td>Teheran, Iran</td>
<td>Funeral of Ayatollah Khomeini</td>
<td>Crowd violence</td>
<td>10</td>
<td>500</td>
</tr>
<tr>
<td>1990</td>
<td>Mecca, Saudi Arabia</td>
<td>Religious festival</td>
<td>Crowd surge</td>
<td>1,426</td>
<td>“Thousands”</td>
</tr>
<tr>
<td>1992</td>
<td>Hong Kong</td>
<td>Street festival (20,000)</td>
<td>Crowd surge</td>
<td>20</td>
<td>89</td>
</tr>
</tbody>
</table>

Source: Safe and healthy mass gatherings: a health, medical and safety planning manual for public events
### Selected mass-gathering events resulting in casualties, 1988–1998 (cont.)

<table>
<thead>
<tr>
<th>Year</th>
<th>Location</th>
<th>Event Type</th>
<th>Cause</th>
<th>Casualties</th>
<th>Injuries</th>
</tr>
</thead>
<tbody>
<tr>
<td>1993</td>
<td>Madison, WI</td>
<td>Football game (12,000)</td>
<td>Crowd crush</td>
<td>0</td>
<td>69</td>
</tr>
<tr>
<td>1994</td>
<td>South Africa</td>
<td>Political rally (20,000)</td>
<td>Crowd surge</td>
<td>3</td>
<td>21</td>
</tr>
<tr>
<td>1994</td>
<td>Mecca, Saudi Arabia</td>
<td>Religious festival (2,500,000)</td>
<td>Crowd surge</td>
<td>270</td>
<td>Unknown</td>
</tr>
<tr>
<td>1994</td>
<td>Baytown, TX</td>
<td>Sports event</td>
<td>Grandstand collapse</td>
<td>1</td>
<td>17</td>
</tr>
<tr>
<td>1997</td>
<td>Mecca, Saudi Arabia</td>
<td>Religious festival</td>
<td>Fire</td>
<td>343</td>
<td>2000</td>
</tr>
<tr>
<td>1997</td>
<td>Tel Aviv, Israel</td>
<td>Sports event</td>
<td>Bridge collapse</td>
<td>4</td>
<td>Unknown</td>
</tr>
</tbody>
</table>

Source: *Safe and healthy mass gatherings: a health, medical and safety planning manual for public events*
# Effects on Infectious Disease

## Aspects of Mass Events with Implications for Infectious Disease Risk

<table>
<thead>
<tr>
<th>Aspect of Mass Event</th>
<th>Potential Effects on Infectious Disease Risk</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Primary Aspects</strong></td>
<td></td>
</tr>
<tr>
<td>Increase in population</td>
<td>• Increase in absolute number of cases</td>
</tr>
<tr>
<td>and population density</td>
<td>• Increase in frequency of interpersonal contact</td>
</tr>
<tr>
<td>Population movement</td>
<td>• Increase in proximity of interpersonal contact</td>
</tr>
<tr>
<td><strong>Secondary Aspects</strong></td>
<td></td>
</tr>
<tr>
<td>New services and behaviors</td>
<td>• Locals are exposed to visitors’ diseases</td>
</tr>
<tr>
<td></td>
<td>• Visitors are exposed to local diseases</td>
</tr>
<tr>
<td></td>
<td>• Visitors carry disease home</td>
</tr>
<tr>
<td>Infrastructure strain</td>
<td>• Poor hygiene in new temporary food outlets</td>
</tr>
<tr>
<td></td>
<td>• Increase in risky sexual behaviors</td>
</tr>
<tr>
<td>Terrorism target</td>
<td>• Breakdown in PH safeguards, e.g. food safety, water quality, public toilets</td>
</tr>
<tr>
<td></td>
<td>• Manmade pathogen release</td>
</tr>
</tbody>
</table>

Epidemiological Assessment

- Endemic disease at the location
- Current disease outbreaks
- Domestic surveillance capabilities
- Risk of disease translocation
  - history of importation into U.S.
Population Movements

United States

Venue Endemic Disease

Disease brought back from venue

U.S. travelers exposed
Population Movements

United States → Venue → Disease brought to venue → Region X → Country Y
Venue Assessment

• Characteristics of the venue:
  – Geographical location
  – Season & weather
  – Physical environment
  – Political and social stability
  – Local health infrastructure
  – Response capacity
  – Type of venue
  – Hygiene, food & water facilities
  – Accommodations
Exposure Assessment

• Characteristics of the event:
  – Venue characteristics (from above)
  – Type / purpose
  – Participant demographics
  – Size (density)
  – Duration
Information Sources

- Open sources
- Local organizers
- National and local government
- Local health authorities
- Professional organizations
- International organizations
- U.S. Department of State
- U.S. Department of Defense
Developing a Methodology

- Formalize & streamline assessments
- Standardized approach
- Have developed a protocol to study proposed approach
## Risk Classification Scoring Form

<table>
<thead>
<tr>
<th>Category</th>
<th>Grouping</th>
<th>Weight</th>
<th>Event Scoring</th>
</tr>
</thead>
<tbody>
<tr>
<td>Event Description</td>
<td>Cat 1 - e.g. Classic Music / Children's concert / Youth camps/religious events</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Cat 2 - e.g. Family events &amp; shows / local sporting events / School</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Cat 3 – e.g. Festivals/ Major sporting event /</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Cat 4 – e.g. Rock Concert / Extreme Sporting events</td>
<td>8</td>
<td></td>
</tr>
<tr>
<td>Number of people</td>
<td>&lt;2000</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2001-5000</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td></td>
<td>5001-10,000</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td></td>
<td>10,001 - 50,000</td>
<td>8</td>
<td></td>
</tr>
<tr>
<td></td>
<td>50,001 - 100,000</td>
<td>16</td>
<td></td>
</tr>
<tr>
<td></td>
<td>&gt;100,000</td>
<td>32</td>
<td></td>
</tr>
<tr>
<td>Type of people attending</td>
<td>Families / religious groups</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Fan clubs / support groups</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td></td>
<td>International performers / competitors / visitors</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td></td>
<td>VIPs</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>Age Group</td>
<td>30-65</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td></td>
<td>&gt;65 / 0 - 10</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td></td>
<td>11 - 15</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td></td>
<td>16-30</td>
<td>8</td>
<td></td>
</tr>
<tr>
<td>Event location/confine</td>
<td>Outside - open area</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Outside - confined area</td>
<td>2</td>
<td></td>
</tr>
</tbody>
</table>

Source: Adapted from “Medical Risk Classification for Mass Gatherings” Western Australia Department of Health
# Severity-Probability Analysis

<table>
<thead>
<tr>
<th>Severity Level</th>
<th>Probability of Occurrence</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>A: Frequent</td>
</tr>
<tr>
<td>I Catastrophic</td>
<td></td>
</tr>
<tr>
<td>II Critical</td>
<td></td>
</tr>
<tr>
<td>III Marginal</td>
<td></td>
</tr>
<tr>
<td>IV Negligible</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Risk</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Extremely High</td>
</tr>
<tr>
<td>2</td>
<td>High</td>
</tr>
<tr>
<td>3</td>
<td>Moderate</td>
</tr>
<tr>
<td>4</td>
<td>Low</td>
</tr>
</tbody>
</table>
Surveillance at Mass Gatherings
Surveillance

- Communicable diseases not a significant cause of health events:
  - 1996 Atlanta Olympic Games and 2000 Sydney Olympic Games
  - < 1% of health care visits

- But...

- Significant infectious disease outbreak may cause major problems
- Therefore enhanced epidemiological surveillance and response preparedness is an essential part of the preparation for an MG
Goal of Surveillance

• The primary task of public health surveillance systems for communicable disease during mass gatherings is to reduce the time to detection of illness, so that public health interventions (e.g. post-exposure prophylaxis) can be employed to prevent further illness, or to reduce morbidity and mortality.
The Importance of Early Detection

First cases seek medical care

Public health systems notified

3 days to:
- Identify source & exposed persons
- Locate the exposed, give prophylaxis.

Timeframe for effective prophylaxis of exposed asymptomatic persons (incubation period of disease)

Source: WHO, Communicable disease alert and response for mass gatherings
Diseases of Concern

- List of notifiable diseases, surveillance for the Winter Olympic Games, Torino, Italy, 2006

<table>
<thead>
<tr>
<th>Anthrax</th>
<th>Rabies</th>
<th>Trichinosis</th>
</tr>
</thead>
<tbody>
<tr>
<td>Measles</td>
<td>Viral hepatitis</td>
<td>Relapsing fever</td>
</tr>
<tr>
<td>Botulism</td>
<td>Typhus</td>
<td>Tularemia</td>
</tr>
<tr>
<td>Plague</td>
<td>Viral hemorrhagic fever</td>
<td>Legionellosis</td>
</tr>
<tr>
<td>Cholera</td>
<td>Cluster of foodborne disease</td>
<td>Smallpox</td>
</tr>
<tr>
<td>Poliomyelitis</td>
<td>Tuberculosis</td>
<td>Bacterial meningitis</td>
</tr>
<tr>
<td>Diphtheria</td>
<td>Yellow fever</td>
<td></td>
</tr>
</tbody>
</table>
## Syndromes of Concern

- **List of syndromes under surveillance for the Winter Olympic Games, Torino, Italy, 2006**

<table>
<thead>
<tr>
<th>Syndrome</th>
<th>Diagnosis/Condition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fever and respiratory symptoms</td>
<td>Sepsis or unexplained shock</td>
</tr>
<tr>
<td>Hemorrhagic illness</td>
<td>Lymphadenitis with fever</td>
</tr>
<tr>
<td>Gastroenteritis without blood</td>
<td>Acute coma</td>
</tr>
<tr>
<td>Botulism-like illness</td>
<td>Nervous system syndrome</td>
</tr>
<tr>
<td>Gastroenteritis with blood</td>
<td>Unexplained death</td>
</tr>
<tr>
<td>Localized cutaneous lesion</td>
<td>Acute-onset jaundice</td>
</tr>
<tr>
<td>Fever and rash</td>
<td></td>
</tr>
</tbody>
</table>
Topics of Interest for Travel Health

- **Safety and security**
  - Road safety
  - Crime
  - Counterfeit drugs

- **Disease epidemiology**
  - Malaria
  - Japanese Encephalitis
  - Rabies
  - Food and water borne disease
  - Avian influenza

- **Medical Services**
  - Practices
  - Facilities

- **Environmental**
  - Climate
  - Air pollution
  - Heat-related illness
Studies in Traveling Groups

• Pilgrims to the Hajj:
  • Pre- and post-travel surveys
  • Knowledge, attitudes and practices
  • Minnesota & Michigan

• U.S. Olympic delegation to Beijing:
  • On-site surveillance
  • Post-travel survey
  • Effectiveness of communications
Previous Mass Gatherings

- **Types:**
  - World Cups, Olympics, World Expos, Hajj, World Youth Day

- **Concerns:**
  - Illness and injury in U.S. travelers
  - Translocation of disease

- **Actions:**
  - Communications
We all win!
Nous y gagnons tous!

- Wash your hands
  Lavez-vous les mains
- Cough and sneeze into your arm
  Toussez et éternuez dans votre bras

Quick Tips about the 2010 World Cup

Recommendations and Information for the General Public

Recommendations and Information for Healthcare Providers
Cricket World Cup Caribbean 2007

- Hosted by 9 Caribbean nations
- Teams from South Asia, Africa, Western Europe and Australia
- 100,000 fans from around the world
Map

Malaria

Dengue

Yellow Fever

Chikungunya

Malaria
Transportation Hubs for Travelers to the Caribbean

- Los Angeles
- Houston
- Miami
- Atlanta
- San Juan, PR
- Chicago
- Washington
- New York
Travelers' Health

Announcement
Tips for Travelers to the Cricket World Cup
This information is current as of today, February 6, 2008, 05:09:42 PM

Released: February 20, 2007

The Cricket World Cup (Cup) will be held in several Caribbean nations (Jamaica, St. Kitts & Nevis, Antigua & Barbuda, St Lucia, St Vincent & Grenadines, Barbados, Grenada, Trinidad & Tobago, and Guyana) March 4–April 28, 2007.

Thousands of people from all over the world are expected to gather for the Cup. Mass gatherings may pose an increased risk of illness or injury so CDC recommends a few safety and travel health tips:

Before Travel

- Consult your doctor or health-provider to be sure you are up to date with all routine vaccinations (e.g., measles, mumps, rubella, tetanus, diphtheria, pertussis, polio and Hep A and B). This may require an additional trip to your health-care provider 4-6 weeks before travel.

Download the Poster

- Color 8 1/2 x 11 PDF (109 KB)
- Color 11 x 17 PDF (115 KB)
- Color 22 x 34 PDF (115 KB)

Topic Contents

- Destinations
- Vaccinations
- Diseases
- Insect and Arthropod Protection
- Safe Food and Water
- Illness and Injury Abroad
- Travel Medicine Clinics
- Yellow Book
- Avian Influenza and Travel
- Yellow Fever Vaccination Clinics
- References and Resources

Information for Specific Group

- Traveling with Children
- Cruise Ship and Air Travel
- Special Needs Travel
- Traveling with Pets

Contact Info

Travelers' Health Automated Information Line
PHONE: 877-FVL-TRIP toll free
CWC Media Campaign
2. Outbound Poster

- Aimed at travelers to the event
- Placed in community centers, religious centers, clinicians offices, travel agencies, cricket organizations, etc.
CWC Media Campaign

3. Inbound Poster

- Directed at returning travelers
- Placed in federal areas of selected airports
Travelers' Health

Site Topics
- Destinations
- Regions
- Vaccinations
- Travel Notices
- Diseases
- Insect & Arthropod Protection
- Safe Food and Water
- Illness and Injury Abroad
- Travel Medicine Clinics
- Yellow Book
- Avian Flu and Travel
- Yellow Fever Vaccinations Clinics
- References & Resources
- Information for Specific Groups
  - Traveling with Children
  - Air Travel & Cruise Ship
  - Special Needs Travel
  - Traveling with Pets

Travelers' Health Home > Gold Medal Travel Health Tips for the 2008 Beijing Olympic Games

Gold Medal Travel Health Tips for the 2008 Beijing Olympic Games

HOW WILL YOU SPEND YOUR TRIP TO THE BEIJING OLYMPICS?

Getting a firsthand look at China's culture and heritage ... or getting a firsthand look at a hospital waiting room?

Sitting in the stands watching Olympic athletes make history ... or sitting in your hotel room watching TV because you are too sick to go out?

Getting to know people from all over the world ... or getting to know germs from all over the world?

Easy choices, right?

You may be a spectator at the 2008 Olympic Games, but don't get sidelined on your trip by a travel illness or injury. You can be a Gold Medal Traveler in China! Use this website to learn about travel health tips for the Beijing Olympic Games.
2008 Beijing Olympics

Information for Athletes Traveling to China for the Olympic and Paralympic Games

CONGRATULATIONS ON MAKING THE U.S. OLYMPIC OR PARALYMPIC TEAM!
As you strive for the gold, don’t get sidelined by a travel illness or injury. Use this website as your travel training handbook. Keep reading to learn more about how you can have a safe and healthy trip to the Beijing Olympic or Paralympic Games.

Information for Olympic and Paralympic Athletes Traveling to China

- Learn about disease risks in China
- Preparing for your trip to China
- Stay healthy and safe in China
- Instant replay

This section of the website contains information specifically for athletes preparing to compete in Beijing. General information for people traveling to watch the Olympic or Paralympic Games is available from the main Gold Medal Travel Health Tips for the 2008 Beijing Olympic Games webpage.

Passing the Torch of Good Health
The health tips on this website are important for anyone traveling to China, including your family and friends who are coming to cheer you on. Make sure your loved ones are protected. Share what you’ve learned about good
2008 Beijing Olympics

Let's take a look at some of the disease risks in China and what you can do to prevent them. For some of these diseases, we'll recommend vaccines. For all of them, we'll give you tips on things you can do to stay healthy.

HEPATITIS A

Hepatitis A is a liver disease you get from contaminated food and water. It can cause fever, tiredness, loss of appetite, upset stomach, stomach pain, dark urine, and yellowing of the skin and eyes.

➤ CDC Recommends

- Get hepatitis A vaccine (2 shots).
- Eat foods that are fully cooked and served hot.
- Drink beverages that have been bottled and sealed (water, carbonated drinks, or sports drinks).

Note: If you have time to get only the first hepatitis A shot before you go to China, that's OK. The first dose will help protect you during this trip, and you can get the second shot after you come home for lasting protection.

HEPATITIS B

Hepatitis B is a liver disease you get from coming in contact with blood and other body fluids of infected persons. Signs of hepatitis B include fever, tiredness, loss of appetite, upset stomach, stomach pain, and yellowing of the skin and eyes.

➤ CDC Recommends

- Get hepatitis B vaccine (3 shots).
- Use condoms if you have sex.
- Avoid sharing needles or getting tattoos.

TYPHOID FEVER

Typhoid fever is a disease that you get from contaminated food and water. Typhoid fever can cause a very high fever (103° - 104°). Other common signs include headache, tiredness, loss of appetite,
Stay healthy and safe in China

You practice health and safety at home. Take these good habits to China, too!

Stay Safe
- Don’t drink and drive.
- Wear a helmet when you ride a bike or motorcycle.
- Wear a seatbelt.
- Be careful when participating in recreational activities, including swimming.
- Be careful and stay alert in crowds.

Stay Legal
- Follow local laws and customs and Olympic Games security regulations.
- Avoid political protests and rallies.

Stay Healthy
- Follow safe food and water practices. (See next page.)
- Wash your hands with soap and water before you eat, after you cough or sneeze, and after you go to the bathroom. If you can’t wash your hands, use an alcohol-based hand gel.
- Drink plenty of water and eat regularly to avoid heat-related illness.
- Use condoms if you have sex.
- Use sunscreen with SPF 15 or higher.
- Use an insect repellent containing DEET.
- Avoid touching or petting animals, including birds.
- Swim only in chlorinated water.
DON'T FLUSH YOUR OLYMPIC DREAMS.
PLAY IT SAFE WITH FOOD AND WATER

Wash your hands often. 
Eat food that is fully cooked. 
Drink beverages that have been bottled and sealed.

www.cdc.gov/travel

DON'T MAKE YOUR OLYMPIC MEMORIES HERE

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www.cdc.gov/travel
2010 Vancouver Winter Olympics

- Preparing for a mass gathering during a pandemic
- 2009 H1N1 Influenza
We all win!
Nous y gagnons tous!

- Wash your hands
  Lavez-vous les mains

- Cough and sneeze into your arm
  Toussez et éternuez dans votre bras

For health info call 8-1-1
Besoin d'information sur la santé?Composez en tout temps le 8-1-1
2010 Vancouver Winter Olympics
Advice for Travelers and Physicians

• All travelers should be evaluated 4-6 weeks before travel
• Pre-travel consultation
  – Risk assessment
  – Risk management
  – Risk communications
Advice for Travelers

• Be aware of likely risks associated with the event

• Avoid certain gatherings
  – Alcohol & drug use
  – Political & religious events in socially unstable areas
  – Inadequate resources contributing to an unhealthy environment
  – Densely congested areas with limited egress
Advice for Travelers

• Informed about destination country
• Practice safe behaviors:
  – Safe food & water habits
  – Prevention of insect bites
  – Avoidance of animals
  – Hygiene & hand washing
  – Safe driving
Questions?