



## In case of emergency:

112 – Emergency telephone number  
999 – Ambulance service  
998 – Fire service  
997 – Police

There are marked medical facilities at the World Youth Day meeting area, as well as volunteers with IDs and tagged shirts.



## Protect yourself from the heat:

Choose bright, light and breathable clothing and headwear. Remember to wear sunglasses and apply sunscreen with high SPF.



Drink at least 2 litres of water a day, preferably non-carbonated. There are potable water stations at the World Youth Day meeting area. During heat waves, apply water to your face, hands and feet.

In case of such symptoms as: dizziness, nausea, rapid heart rate, or raised body temperature – immediately go to the nearest medical aid facility or call the emergency telephone number.



Kraków  
**ŚDM** 2016



## Health and hygiene:

Wash your hands often, always before a meal and after using the toilet.

There are sinks and toilets at the World Youth Day meeting area. Use antibacterial gels or cleansers, alcohol-based tissues and hand antiseptics.

Wash fruits and vegetables before eating them.

Do not eat expired food.

Keep food in a cool place, according to instructions specified on its label.

Use your own cup or bottle.

Drink only safe water – from marked stations or bottled.

