

Risky behaviours

ALCOHOLIC BEVERAGES

Any drinking of alcohol is risky, so the recommendation is to drink as little alcohol as possible or none. In principle, the more alcohol we drink on one or more occasions, the more we put ourselves, our families and others at risk.

In Slovenia, the sale and supply of alcoholic beverages to persons under the age of 18 and to persons who show obvious signs of intoxication is prohibited. It is also prohibited to sell or offer alcoholic beverages to persons who can reasonably be expected to pass them on to persons under the age of 18 or to persons who show obvious signs of intoxication. The sale or offer of alcoholic beverages containing more than 15 percent alcohol by volume is prohibited in sports facilities and on the associated grounds one hour before the start and during a public sports event. The organizer may prevent a person who is visibly under the influence of alcohol from entering the event.

TOBACCO PRODUCTS

In Slovenia, smoking tobacco and tobacco products and the use of related products (electronic cigarettes, heated tobacco products, herbal products for smoking) is prohibited in all closed public and work spaces, in all vehicles in the presence of persons under the age of 18, and on functional grounds of educational or training facilities. The sale of tobacco and related products to persons under the age of 18 is prohibited.

ILLICIT DRUGS

In Slovenia, it is prohibited and punishable to produce, traffic and consume illicit drugs.

Adapting to weather condition and drinking enough fluids

During the summer months, temperatures in Slovenia can be high, so protection from the sun and heat is necessary. Small children, pregnant women, elderly people and chronic patients are more sensitive to exposure to high temperatures and the sun.

It is important to consume sufficient amounts of liquid, especially drinking water. Adults should consume from two to two and a half litre, and small children one litre to one and a half litre of liquid per day. On hot days, especially with simultaneous increased physical activity, it is necessary to increase the amount of liquid consumed accordingly. We do not recommend very cold, flavoured, carbonated, sweetened, non-alcoholic or alcoholic energy drinks to replace liquid.

In case of bad weather, it is necessary to wear suitable clothing against the effects of cold and humidity, drink warm drinks and avoid alcoholic beverages.



HEALTH GUIDELINES FOR VISITORS TO MASS EVENTS IN SLOVENIA



Health care

Please attend the event only if you are healthy.

Make sure you have adequate health insurance to cover the needs of possible treatment.

If you fall ill while attending the event, contact your local tourist information centre for help and ask about the nearest health care centre or hospital.

In case you need emergency medical help, call 112.



Respiratory infectious diseases

In crowded settings, there is an increased risk of spreading infectious diseases, including respiratory diseases. These occur throughout the year, but are more frequent in the colder months. Respiratory pathogens can be transmitted aerogenously between event participants, by droplets or by contact with infectious droplets from coughing, sneezing, talking and through contaminated hands and objects.

To prevent the spread of respiratory infections, we recommend:

- Staying at home in case of developing symptoms or signs of possible infection (e.g. cold symptoms, cough, fever, shortness of breath, headache, muscle pain, loss of smell or taste, sore throat);
- Frequent washing of hands with soap with clean, warm water (if this is not available, use a disinfectant);
- When coughing / sneezing, do so into the upper part of the sleeve or into a paper handkerchief, which is discarded after use;
- Avoiding sharing personal items and sharing bottles or glasses and eating utensils;
- Frequent ventilation of enclosed spaces when they are occupied by large numbers of people.

If you are a frequent visitor of mass events or a member of vulnerable groups, we recommend vaccination, which is the most effective way to protect against the spread of respiratory infections, while at the same time protecting against the more severe course of the disease.



Intestinal infectious diseases

In order to prevent infections with the causative agents of intestinal infectious diseases, we recommend eating safe food and implementing general hygiene measures.

It is recommended to eat freshly prepared food. Before using food, it is always necessary to check the expiration date on the product packaging. Fruits and vegetables must first be thoroughly cleaned and washed under clean running water. Store food in a safe temperature range (i.e. in the refrigerator at a temperature below 5 °C).

We recommend frequent hand washing with soap and clean warm water, especially after using the toilet, before eating and before preparing food.

Water from public water supply systems in Slovenia is potable and (if there are no other specific instructions) can be used for drinking and hygiene. In areas outside the regulated infrastructure, we recommend the use of packaged water.



Tick-borne meningoencephalitis and Lyme disease

Both tick-borne diseases (tick-borne meningoencephalitis and Lyme disease) are common in Slovenia. By using protective products that repel carrion and by using clothing with long sleeves and trousers, the risk of infection in forests and parks can be greatly reduced. It is crucial that a person is carefully examined after visiting a natural environment. In the case of a discovered tick, it is important to remove it correctly as soon as possible.

Typical symptoms of tick-borne meningoencephalitis are fever, headache and fatigue while Lyme disease is characterized by redness at the site of the tick bite, which slowly spreads over the skin and later takes the shape of a ring. Tick-borne meningoencephalitis develops within 7-14 days, and Lyme diseases 3-32 days after a tick bite. In the event of any symptoms, it is necessary to consult a doctor.