04 Jun 2018

**World Cup: Russia 2018**

Travelling to Russia for the 2018 FIFA Football World Cup? Check out our travel health advice

Large numbers of football fans are expected to travel to Russia for the [2018 Football World Cup](https://travelhealthpro.org.uk) which is due to take place from 14 June to 15 July 2018.

Russia is a large country and matches will be held in 11 host cities, so fans are likely to travel significant distances. The England team will be based in Repino, near St Petersburg and will play Tunisia in Volgograd on 18 June, Panama in Nizhny Novgorod on 24 June and Belgium in Kaliningrad on 28 June.

The [Foreign and Commonwealth Office](https://travelhealthpro.org.uk) (FCO) is advising fans plan ahead, as there will be large crowds and limited accommodation.

All fans should have appropriate [travel insurance](https://travelhealthpro.org.uk) and remember that a European Health Insurance
Card (EHIC) is NOT valid in Russia.

Advice for travellers

Check our Russia Country Information page for current vaccine and health advice and see your GP, practice nurse, pharmacist or travel clinic to check you are in date for all appropriate travel and routine vaccines.

Make sure you’ve had a Mumps, Measles and Rubella (MMR) vaccine.

Take a basic first aid kit containing diarrhoea treatment, pain relief, gauze, antiseptic, tape and plasters. Carry a good supply of any prescription and/or over the counter medicines in your hand luggage. See our Travelling with medicines factsheet for more advice.

Russia can get very hot in the summer, so remember to drink plenty of non-alcoholic fluids and protect yourself from the sun with clothes, sun glasses and high factor sun screen.

Insects can also be a pest- as well as bites causing irritation; they can spread diseases, so reduce your risk by using insect repellents and stay in air-conditioned accommodation when possible.

Follow good food and water hygiene advice and wash your hands after visiting the toilet and before preparing or eating food. Alcohol gel is useful when hand-washing is not possible.

Eat before you start drinking alcohol and try to moderate your intake: have plenty of water and soft drinks to stay hydrated. Avoid alcohol sold in unlicensed places and never accept drinks from strangers or leave your drink unattended.

Remember - alcohol reduces inhibitions and can increase your chance of having an accident or doing something risky.

Body piercing, tattoos, illegal drug use and unprotected sex all carry the risk of blood-borne illnesses like HIV, hepatitis B and hepatitis C. If you decide to have tattoos or piercings in Russia, always check sterile, single use needles are used and disposed of carefully after each procedure.

Carry your own condoms and practice safer sex by using a new one for every sexual encounter.

Check our general travel health advice and outbreak surveillance database for more health risk information.

Make sure you know the latest travel advice for Russia by signing up for FCO email alerts.

Resources

- Diseases transmitted by insects and ticks in Europe
- European Centre for Disease Prevention and Control: Rapid risk assessment: Mass gathering event, FIFA World Cup, Russia 2018
- FCO: Be on the Ball: World Cup 2018
- Football Supporters’ Federation: England fans to travel more than 4,000 miles this summer
- Football Supporters’ Federation: Guidebook out now: Free Lions at the 2018 World Cup
- England Supporters Club: Russian 2018: Urgent Fan ID Information
- Personal safety
- National Cyber Security Centre: Avoid scoring a cyber security own goal this summer