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## Japan: Rugby World Cup 2019

**Travelling to Japan for the 2019 Rugby World Cup? Check out our travel health advice**

Many rugby fans are expected to travel to Japan for the 2019 [Rugby World Cup](#) which is due to take place from 20 September to 2 November 2019.

Matches are being held in [12 host cities](#) across Japan. Twenty teams, including England, Scotland, Ireland and Wales, will be in action and details of fixtures can be found on the [match schedule](#).

The [Foreign and Commonwealth Office](#) (FCO) is advising fans to plan ahead, as there will be an increased demand on transport and accommodation. Accommodation in the more remote Southern areas may be particularly limited.

All fans should have suitable [travel insurance](#) that covers them for their trip and any pre-existing conditions.

### Advice for travellers

Check our [Japan 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](#).

The flu vaccine is usually available from mid to late September in the UK. Consider having yours before you travel; particularly if you fall into a [risk group](#) eligible for a free flu 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.

Even though the Rugby World Cup is being held in autumn, some host cities may still be warm. 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 Japan, 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 Japan by signing up for FCO [email alerts](#).

## Resources

- [Insect and tick bite avoidance](#)
- [Personal safety](#)