

STAY SAFE ON YOUR TRAVELS!

WHAT YOU SHOULD KNOW ABOUT RABIES

WHAT IS RABIES?

Rabies is a disease that mammals can have. They can pass it on to humans through bites, scratches, or licking open wounds or broken skin. The disease affects the brain and makes people very, very sick. The good news is: you can protect yourself from it.

Some people get a **rabies vaccine** from us at the Travel Clinic before their trip. The vaccine doesn't protect you completely, and even after getting it, you still shouldn't touch mammals while traveling. But if you do get bitten or scratched, you'll just need a few more shots afterwards.



HOW CAN YOU TELL IF AN ANIMAL MIGHT HAVE RABIES?

An animal might have rabies if it:

- Has foam or lots of **drool around its mouth**
- **Walks stiffly**, wobbly, or can barely move
- Acts angry, restless, or **aggressive**
- Seems extremely **sleepy or confused**
- Is a wild animal that normally avoids people but **suddenly comes very close**



IMPORTANT!

You can't always tell if an animal has rabies.

That's why the rule is:

Always keep your distance!

ANIMAL RULES FOR SAFE TRAVELING

Even if an animal looks really cute, you still have to stay away. Here's what to keep in mind when you're traveling:

- **Don't** Touch any animals (dogs, cats, monkeys, etc.) – even if they are lying injured on the side of the road and you want to help them.
- **Don't** feed, pet, or play with animals you don't know
- **Don't** touch baby animals – their parents might be nearby and get scared
- **Don't** interact with animals that come up to you
- **Don't** take selfies with animals

At home in Switzerland, you are allowed to pet dogs and cats if you know the owners and they give you permission – **but not when you're traveling!**

WHAT TO DO IF AN ANIMAL SCRATCHES OR BITES YOU?

Don't panic – but act fast:

- 1 **Tell** your mum, dad, or another **adult right away**
- 2 **Wash the wound** with lots of soap and water for at least 15 minutes, then use iodine to **disinfect it**
- 3 Go see a **doctor or hospital as soon as possible**



HAVE A GREAT TRIP AND STAY HEALTHY!