



# General health information for visitors

**EURO**  **VISION**  
SONG CONTEST  
BASEL 2025

**This year's Eurovision  
Song Contest (ESC) – the  
biggest music competition  
in the world – is taking place in  
Basel from 10 to 17 May 2025.**

Far from being just a music competition, the ESC connects and inspires people around the world. This flyer has been put together by the local health authorities to provide you with general health information and tips for your visit. Look after yourself and stay healthy!

**This information  
was compiled by:**  
Health Department of  
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# Medical assistance in Basel

You might catch a cold during the ESC, need medication or even fall seriously ill. This chapter lists useful addresses in Basel as well as offering general information on where and how you can get assistance for health matters.

## Emergency services



**Emergency services will be stationed at all ESC venues (Main Venue, Arena Plus, Eurovision Village, EuroClub & Café, Eurovision Square).** They represent your first point of contact. The staff will tell you how to deal with basic issues and point the way in the case of more urgent medical matters, some of which might require a hospital visit.

## What should I do if I fall ill?

### Pharmacies



**Pharmacies** provide competent advice on minor medical matters and on medication. Their qualified staff also help you decide whether or not you should consult a doctor. Basel is home to around 70 pharmacies. Basel's **24-hour pharmacy** across from the University Hospital Basel is open 24/7.

**Further information:**  
(information in German)



**Basel 24-hour pharmacy:**  
(staff also speak English and French)



## I am in need of medical advice.

### Medical Emergency Helpline MNZ



If you need urgent medical assistance, call the **Medical Emergency Helpline** on +41 61 261 15 15. You will receive free medical advice round the clock. The website provides directions for use in several languages.

**Further information:**



**Phone:**  
+41 62 261 15 15

## In the event of an emergency.

### Emergency services hotline 144



In life-threatening situations, call the **emergency service hotline** on **144**.

**Costs:** Please note that insurance cover is provided by your health insurance in your country of residence. If you make use of medical services in Switzerland, costs will arise. These costs are payable according to your insurance scheme; you may have to make an advance payment.

# Water and food safety

## Tap water and drinking fountains



In Switzerland, tap water is safe to drink. The same applies to public drinking fountains, unless a «No drinking water» sign («Kein Trinkwasser») is clearly displayed.

**Map of drinking fountains:**



## Swimming in the River Rhine



In Basel, people like to swim in the Rhine. As a rule, the river is clean, and it is safe to swim in it. However, due to powerful currents, only strong swimmers should attempt this. Jumping from bridges is prohibited. Do not go swimming alone, or after having consumed any alcohol or drugs. If the water level exceeds 6,50 m, swimming is not advised.

**Further information on swimming in the Rhine:**



## Food



Food quality is very high in Switzerland. However, please comply with the **Five Keys to Safer Food** issued by the **WHO**:



# Sexually transmitted diseases (STDs)

It is important to protect yourself against infections that are transmitted during sex. Well-known STDs include HIV, mpox, chlamydia, gonorrhoea, HPV and syphilis. These infections can be transmitted during all types of sexual activities. If left untreated, sexually transmitted diseases can lead to serious health problems.

## Symptoms



Classic symptoms associated with STDs include itchiness, burning sensation, unusual discharge and skin irritations in the genital area. Further symptoms may include fever, yellowing of skin, pain when urinating or during sex, or flu-like symptoms.

Not everyone who is infected has symptoms. Hence, people can pass on a disease they are not aware of.

## Protection



It is therefore important to protect oneself against sexually transmitted diseases:

- **Vaccination:** Vaccines are available for a number of STDs (e.g. HPV, mpox, hepatitis A and B). Find out which vaccinations are available in your home country before travelling.
- **PrEP and PEP:** In the case of HIV, medicines can be taken under medical supervision to prevent infection, either before (PrEP) or after (PEP) possible exposure to HIV.
- **Condoms:** When used right, condoms and women's condoms protect against HIV.
- **Testing:** Get tests and advice to rule out diseases when you experience symptoms or regularly have multiple sexual partners.
- **Notify others:** Let your sexual partners know if you have been diagnosed with an STD. Your partners can then get tested and obtain treatment if necessary.

**Further information:**



# Consumption of alcohol, tobacco, cannabis and party drugs

## Alcohol



In Switzerland, the legal age for buying, possessing and consuming alcohol is 18. At age 16, you can buy and consume beer and wine, but no spirits or alcopops.

Please use alcohol **responsibly** and **limit your consumption**. Alcohol may be a stimulant in small quantities, however, in general it slows down brain activity. In higher doses, it can lead to cognitive impairment and attention deficits.

Under the influence of alcohol, there is a higher risk of getting involved in violent situations or accidents. It is important to stay with a person who is drunk and get medical assistance.

### **Avoid binge drinking**

Binge drinking means drinking a lot of alcohol in a short time to the point of intoxication. A possible outcome is life-threatening alcohol poisoning. Take alcohol breaks and keep drinking sufficient amounts of water.

Driving a car or bicycle after drinking alcohol is strictly discouraged. If you are caught driving with a blood alcohol level of 0.5 or above, you will have to pay a fine in Switzerland.

**Consider your health and safety and stick to either little alcohol or, even better, no alcohol.**

## Tobacco



In Basel-Stadt, the legal age for buying, possessing and consuming tobacco products, tobacco substitute products and electronic cigarettes (or vapes) is 18.

This includes traditional cigarettes, electronic cigarettes with or without nicotine, snus, shisha products with or without tobacco, nicotine products for oral consumption or snuff as well as smoking products with hemp flowers with a high cannabidiol (CBD) content and a THC content of under one percent.

To protect against passive smoking, **it is prohibited to smoke in public spaces and on public transport**, including the use of e-cigarettes and heated tobacco products. Designated smoking areas usually exist at train stations, airports and restaurants.

## Cannabis



Cannabis products with a THC content of over 1 percent are classified as illegal drugs in Switzerland and are subject to the Swiss Federal Narcotics Act. The possession, consumption and trade of such products is prohibited. Driving a car under the influence of cannabis is prohibited in Switzerland.

Adults caught consuming cannabis in Switzerland may be fined by the police. Adolescents may be reported by the police.

The consumption of cannabis affects judgement, increases anxiety and causes a lack of concentration. An overdose may lead to circulatory problems and vomiting.

**Principally, consumption of cannabis is hazardous at any age.**

## Cocaine, MDMA and other party drugs



Substances like cocaine, amphetamine, MDMA (ecstasy), LSD and ketamine are subject to the Federal Narcotics Act. The consumption, trade and possession of these substances is prohibited.

Drug consumption is associated with numerous risks. Party drugs can trigger jaw cramps, muscle tremors, headaches and nausea. The heart, liver and kidneys can be severely affected. There is also a danger of life-threatening overheating as the body temperature rises and the body dehydrates. An overdose may lead to hallucinations and subsequently to depression when it wears off.

### **Beware of mixed consumption**

Mixed consumption of various substances like alcohol, medication and other drugs substantially increase the risk of health hazards. Risks and effects range from cramps and loss of consciousness to death by respiratory paralysis or cardiac arrest. Extreme caution must be exercised in the case of mixed consumption.

The Canton of Basel-Stadt offers a Drug Checking service which promotes risk-aware and responsible use of psychoactive substances.

### **Drug Checking during the ESC:**



**Substance warnings:** (information in German; substance warnings presented visually, no German required)



## Fake news: handling false information



At large-scale events like the ESC, an infodemic – too much information, including false or misleading information – may arise, which can cause confusion and lead to behaviour that is harmful to health.

It is therefore important to always use tips and instructions from official sources, including national and international health authorities or international organisations such as the WHO.

Check your source of information and analyse the content before taking any action and sharing information with others.