



Department of Public Health of the Canton of Basel-Stadt

General health information for visitors of the UEFA Women's Euro 2025 in Basel

In July, Basel will host part of the UEFA Women's Euro tournament.

Five games will be held at the St. Jakob-Park stadium between 2 and 27 July, among them the opening and the final match. On top of that, two fan zones on Barfüsserplatz and Messeplatz will turn the city centre into a big football celebration hub. 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!



Basel

Medical assistance in Basel

While staying in Basel, you or a member of your family, might catch a cold, need medication or even fall seriously ill. This chapter lists useful addresses in Basel as well as offering general information on where and how adults and children can get assistance for health matters.

First-aid stations



There will be first-aid stations located in both **fan zones at Barfüsserplatz and Messeplatz**. 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. The first-aid stations are also the place to go if you are overheating and need access to a cool room.

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:
(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 61 261 15 15

In the event of an emergency.

Emergency Service 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.

Sun and heat

Too much sun and heat can cause serious UV- and heat-related illnesses and may, in the worst case, be fatal. Please follow the advice below to protect yourself against sun and heat:

Shade



Stay in the shade as much as possible. Avoid strenuous activities during the hottest time of the day and stay in the shade. Do not leave children or animals in parked cars and try to spend 2-3 hours a day in a cool place.

Sunscreen



Keep your body cool and use sunscreen. Wear light and loose-fitting clothes and a hat as additional protection. Use generous amounts of sunscreen, factor 30 or higher, on all exposed parts of the skin, even if you stay in the shade. Wear sunglasses to protect your eyes.

Hydration



Keep drinking water. Don't forget to drink enough water. Body fluids are lost through heavy sweating. You should therefore drink at least 1.5 litres spread throughout the day, even if you don't feel thirsty. Avoid alcohol and limit your intake of caffeine and sugar as these substances dehydrate the body and affect your circulation.

Food



Light meals. On hot days, it is better to avoid heavy meals. Eat fruit and vegetables that contain a lot of water. Avoid fatty foods and anything that is hard to digest.

Overheating may lead to:

Faintness, confusion, dizziness, headaches, muscle cramps, dry mouth, nausea, vomiting, diarrhoea.

You must act immediately:

Rehydrate, cool your body, go to a shady/cool place, call a doctor or 144 in emergencies.

The exercise and sport facilities on Messeplatz are mostly covered and offer protection against the sun.

Hand fans with information and recommendations on sun and heat protection will be handed out in both fan zones. There will also be sunscreen dispensers in the fan zones including information on sun protection.

Stadtcasino Basel will offer cool rooms for «play and chill» activities.

Weather forecast for Basel:



Download the MeteoSwiss app:



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.

All public drinking fountains within the fan perimeter will be marked as «Drinking water». In addition, both fan zones will have water/refreshing stations.

Map of drinking fountains:
(in german)



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.

On match days, the city will provide information on swimming in the Rhine.

Further information on swimming in the Rhine is available on:



Food



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



Protection against mosquitos and ticks

As well as being troublesome, mosquitos and ticks can also transmit diseases.

Ticks



The Basel region is a tick-borne encephalitis (TBE) and borreliosis (Lyme disease) area. There are vaccinations against TBE. Find out about the availability of vaccination in your country before your trip.

Mosquitos



Asian tiger mosquitos and other mosquitos are common in the Basel region. They can be troublesome – especially the tiger mosquito which is active during the day and can bite more than once. Some mosquitos may also transmit diseases.

Schutz



Protect yourself against mosquito and tick bites during the day, as well as at dawn and twilight:

- Wear light and loose-fitting clothes that cover most of your body.
- Use tick/mosquito repellent on all exposed skin and follow the manufacturer's instructions.
- Apply sunscreen first and wait for around 10 minutes before applying the tick/mosquito repellent.
- Check your whole body for ticks every evening.

**Further information
on Asian tiger mosquitos:**
(in German)



Further information on ticks:
(in German)



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 and attention impairment.

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.

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

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



Fake news: handling false information



At large-scale events like the UEFA Women's Euro, 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.

This information was compiled by:

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