

# General guidelines while traveling to another country

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## Identification

Take with you your identification documents, with information on personal contacts, blood type, if you are the carrier of a disease or condition that requires special attention, such as allergies, diabetes or others.

## Basic care on tours

Constant liquid intake is recommended to avoid dehydration.

Use insect repellents whenever necessary.

Use comfortable clothes and footwear.

To protect yourself from the sun, use light ventilated clothes, a hat or cap and dark glasses.

Avoid direct exposure to the sun between 10 am and 4 pm.

Use sunscreen with an adequate protection factor according to the color of your skin, even in colder places, in accordance with the instructions of the manufacturer.

Wash your hands with soap and water several times a day, mainly before food intake, after using public transport, visiting markets or places with a large

circulation of people.

Avoid consuming food whose hygienic conditions of preparation and packaging are questionable.

## **Care with food and drinks**

Pay attention to the temperature of exposed food on sale.

Prefer foods containing low sugars, fats and salt.

Drink plenty of liquid, preferably mineral water or juice.

Avoid raw or undercooked foods, mainly seafood.

Packed food should contain the identification of the manufacturer and the expiry date on the label and the packaging must be intact.

During rural tourism, give preference to food that can remain without cooling and which does not deteriorate with the heat.

In the event of diarrhea and vomiting resulting from ingestion of food and beverages, take care with dehydration. Remember that sports drinks do not compensate adequately for losses and should not be used for treatment of diarrheal disease.

For more information on care with food, see the recommendations of the [World Health Organization](#).

## **Prevention of violence**

The global security situation varies widely in the world and each country has different conditions and risks. In some destinations, crime is very low, and people can travel with normal safety precautions. In others, care must be greater and there are those where there may be serious security risks.

To make a conscious journey, access [here](#) the information available about each country. The Itamaraty recommends 5 different levels of security and the classification of each country in one of the categories is made by the consular area of the Ministry of Foreign Affairs of Brazil. For this purpose, reports of the

Brazilian Consular Network about the different local realities, violence identification, threats to health or well-being of tourists and any other structural problems that may affect travelers, including cultural, social or political differences with a real impact on the lives of foreigners. Objective criteria, such as the existence of a Brazilian consulate or embassy in the country, war threats, recurrence of natural disasters and deficiencies in infrastructure are also considered. This rating is annually reviewed and may also be changed exceptionally in exceptional situations.

Crimes, with different degrees of violence, occur anywhere in the world. During trips abroad, Brazilians should remain vigilant and act with caution, regardless of the destination chosen. Most nonviolent crimes, such as thefts and robberies, can be avoided by taking normal safety precautions, with increased attention to personal belongings and strange movements in public places. In the event of crimes involving victims, you should immediately contact the local police authorities and the nearest Brazilian Embassy or Consular Office.

### **Victims of crime**

If Brazilian citizens are a victim of crime abroad, adopt the following measures:

- Consult a doctor, if necessary;
- Immediately contact the nearest police authority and record an incident report with the following information: date, place and time of the incident, material loss and personal injury or crime (providing all the elements useful to the investigation); physical description of the author, type and colors of clothing, particular signs, model, color and license plate number, if applicable;
- Inform the Diplomatic Representation or Consular Office of Brazil about the situation.

### **Security Emergencies**

In case of death, hospitalizations or serious security emergencies involving Brazilian citizens abroad, consult the information available [here](#).

## **SAFETY TIPS IN SOME DAILY SITUATIONS**

### **ASSAULT VEHICLE**

- Park in busy and bright place.

- Use alarm system, main switch and currents in the direction.
- Avoid weapons and documents in the glove compartment.
- When parking or stopping at intersections, especially at night, observe suspicious persons nearby.
- Sound, wheels and certain accessories arouse marginal attention.
- Avoid leaving valuables inside your car.
- IN ASSAULT CASE, NOT REACT.

## **AT THE RESIDENCE**

- Alarm system is always effective.
- Do not leave light on during the day.
- A good watchdog.
- Answer the door after prior identification.
- Keep the garage door always closed.
- Wait for the closing of electronic control gates.
- Do not accept incoming unsolicited technicians.
- When leaving or returning home, take care of strangers in the neighborhood.
- At night, leave at least one lighted lamp in the area of higher risk of residence (using photocells).
- Keep ladders and tools in a safe place.
- If you lose the keys, replace the secrets of locks.
- When traveling, notify relatives or trusted neighbors to occasionally check the residence and collect the mail.
- Give guidance to family members and employees not to comment on the property belonging to the family as much as their habits.
- Do not give information by phone to unknown persons.

## **IN THE BUS**

- Pay the bus with pocket change or use the transportation card.
- Beware of pickpockets.
- Avoid being near the entrance/exit, it is the suitable place for the practice of pickpockets.
- Keep the bag in front of the body.
- Do not carry a lot of money or keep the wallet in your back pocket.

## **DISPLACEMENT**

- Noticing being followed, try changing several times the side of the road.
- Do not carry valuables, large sums of money or credit cards, if there is no

need.

- Avoid places with no light and little movement.

### **AT ATMs**

- Do not tell your password to anyone.
- If you need help, ask for the bank employees.
- Look carefully at the people in suspicious attitudes near the site.
- Avoid times and hazardous locations.
- Avoid withdraw large amounts of money.