

Joint public health advice for WorldPride events in the Netherlands, 2026

WorldPride 2026 brings the world's largest LGBTQI+ celebration to Amsterdam, the Netherlands, from 25 July to 8 August 2026. This will transform Amsterdam's historic canals and parks into hubs for music, culture and community gatherings, expected to attract around one million people to the city from the Netherlands and abroad.

Whether you join the festival in Amsterdam or celebrate at local pride gatherings, we encourage you to follow this public health advice¹ to protect yourselves and others for the duration of this exciting event.

Before attending the event

Vaccines



Check your vaccination status and consult your doctor to find out whether you are due for any vaccinations according to your country's national immunisation schedule. Make sure that you do this as early as possible before you travel.

Depending on factors, such as your age, where you live, previous vaccination status and any underlying health conditions, the vaccinations you need may include measles, whooping cough (pertussis), tetanus, diphtheria, polio, coronavirus disease 2019 (COVID-19), mpox, hepatitis A and hepatitis B, or meningococcal disease.

For European Union/European Economic Area (EU/EEA) countries, you can check your country's immunisation schedule [here](#).

World Health Organization (WHO) recommendations on immunisations are available [here](#).

¹ NB The contribution of the European Centre for Disease Prevention and Control (ECDC) to this advice only concerns threats to human health posed by infectious diseases, according to its legal mandate.

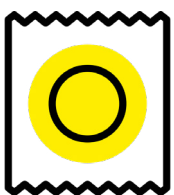
Other health issues to consider before the event

Health impacts of hot weather



High temperatures can have a negative impact on your health, but many of the adverse effects of hot weather are preventable. Check the weather before you travel to know the range of temperatures expected at your destination and pay attention to any warnings or regulations in place. Pack appropriately: take light UV-protective clothing, a hat, sunglasses, waterproof sunscreen with a high sun protection factor, and a reusable drinking bottle. Plan your route and travel itinerary to ensure that you can seek shelter and stay cool during the hottest part of the day.

Sexual health



Before travelling consult a healthcare provider to discuss precautions based on your sexual health risk assessment: they may recommend pre-exposure prophylaxis (PrEP) for HIV. Remember that PrEP does not protect against other sexually transmitted infections (STIs), such as chlamydia, gonorrhoea or syphilis. If you are under the PrEP programme in your home country, make sure you are following your personal schedule and bring sufficient medication for the duration of your trip. If you forget your PrEP, local doctors in Amsterdam can help you out.

Chronic health conditions



If you have a chronic health condition such as diabetes, cardiovascular or pulmonary disease, don't forget to bring your medication and/or any medical equipment you use regularly, as well as any medical reports or background clinical information that might be needed in case of an emergency.

Allergies



If you have any allergies to food, medicines, latex, etc. make sure that this information is clearly documented and readily accessible in case of emergency.

Mental health

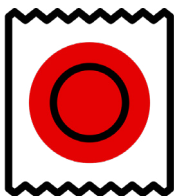


Bring anything that helps you stay calm and centred, including your usual medication and any anti-stress devices you use to maintain your mental health and well-being.

Do not forget to bring your European Health Insurance Card, or other documents that can support your access to necessary medical services.

While attending the event

Sexually transmitted infections (STIs)



When having sex, it is important to protect yourself from STIs. Common STIs in Europe include chlamydia, gonorrhoea, and syphilis. Sexually transmitted diseases are on the rise in the EU countries, with early signs suggesting that antimicrobial-resistant gonorrhoea is spreading domestically.

Other infections, such as HIV, human papilloma virus (HPV), viral hepatitis, mpox and dermatophilosis, can also be transmitted during sexual contact. Untreated STIs, viral hepatitis and mpox can lead to serious health issues, while an HIV infection requires life-long treatment. To help protect yourself and others against STIs, you can:

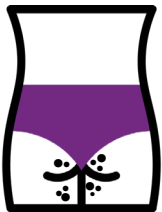
- Use condoms. Condoms decrease the risk of STIs and HIV transmission. Although using a condom won't fully protect you from mpox and dermatophilosis, it may reduce your risk or the extent of exposure. Condoms are available in drugstores, pharmacies and supermarkets.
- Continue your PrEP. If you are under the PrEP programme in your home country, make sure you are following your personal schedule and bring sufficient medication for the duration of your trip. If you forget to bring your PrEP to World Pride in Amsterdam, or if you lose it, there are doctors available to help you: [Get PrEP during World Pride 2026 in Amsterdam | Man tot Man](#).
- Be aware of symptoms. Common signs include unusual discharge from the genitals or rectum, itching, pain during urination, rectal pain, skin changes (including rashes or blister-like lesions), yellowing of the skin, pain during sex or influenza-like symptoms. However, it is important to remember that STIs do not always cause symptoms.
- Get tested. If you have had unprotected sex (without a condom) or sex with multiple partners, it is important to get tested for STIs, especially if you have symptoms. Even if you do not have any symptoms, it is still advisable to get tested as if you have an infection you could pass it on to your sexual partners. Public Health Service of Amsterdam (GGD Amsterdam) has a test location open at Pink Kwaku, Nelson Mandelapark, on Sunday 19 July 2026 from 13:00 till 21:00.
- Consult a healthcare provider (see below for contact details) if potential HIV exposure has occurred in order to receive post-exposure prophylaxis.



Stay safe!

- You can reduce the risk of contracting sexually transmissible skin diseases, including mpox and dermatophilosis, by avoiding close contact with people who have visible skin lesions or symptoms like fever, rash, or swollen lymph nodes. Do not share personal items (e.g. razors, towels, sheets, sex toys). Wash your hands regularly, especially after physical contact and keep sex toys clean;
- Always use a condom. Change condoms between anal and oral sex;
- Use disposable gloves or condoms on sex toys, clean toys properly after each use;
- Use disposable gloves for fingering or fisting;
- Use dental dams during oral-anal sex;
- Wash your hands, genital and anal areas before and after sexual contact.

Dermatophilosis



Dermatophilosis is usually a mild, treatable skin infection. Since December 2025, clusters have been reported in France, Germany, Spain, Sweden, and also in the Netherlands, mainly among gay, bisexual and other men who have sex with men. The infection has also been diagnosed in Austria and Norway. You can catch dermatophilosis through sex or other physical contact. Read more on how to recognise the symptoms and stay safe from it: [Dermatophilosis | Man tot Man](#).

For consultation on STIs, you can contact:

- Doctors available for visitors, such as [Amsterdam Tourist Doctors](#) and [Central Doctors](#).
- [Public Health Service of Amsterdam](#) (GGD Amsterdam). Please be aware that there may be long waiting times for services at GGD Amsterdam.

Heatwaves



High summer temperatures can pose serious health risks. Everyone is at risk, especially elderly people, young children and pregnant women. Typical symptoms include tiredness, headaches and difficulties with concentration. Those at greater risk may also develop more serious health problems, such as dehydration, heat exhaustion and heat stroke. This is why it is important to look after each other.

To protect yourself from sun and heat, follow these recommendations:

Remember to stay hydrated. Drink water, tea or coffee. It is a good idea to drink fluids often, even if you are not thirsty.

Tip: always carry a bottle of water with you, especially when you are going outside or travelling somewhere in a car.

Keep yourself cool

Stay in the shade and limit your physical activity in the afternoon.

Tip: if you need to go shopping or want to go for a walk, try to do so in the mornings and evenings when it is cooler. Take a cooling bath, foot bath or shower.

Look after each other

During hot weather, pay extra attention to the people close to you, who may need your help. Check on any family and friends who may be with you. Remember that people at increased risk of threats to health from extreme heat may need assistance on hot days.

Tip: If anyone you know is at risk, help them to get advice and support.

Medicines and heat

Some medicines can lead to health problems during hot weather, because the balance of fluids and salts in the body becomes disrupted. This can lead to dehydration, not sweating enough and feeling unwell.

Read more about heat and health: [Health problems due to heat \(RIVM\)](#).

Consult a doctor if you have unusual symptoms, if symptoms persist or if you suspect a fever. If someone has hot dry skin, is delirious and/or experiencing convulsions or is unconscious, call a doctor or an ambulance immediately by dialling 112.

Sun exposure and ultraviolet (UV) radiation



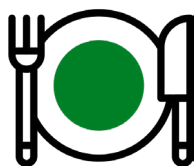
Too much UV radiation is bad for our health. When we get sunburnt, our skin ages more rapidly. UV radiation is also the leading cause of skin cancer. Too much sunlight can also damage your eyes.

Protect yourself

It is important to protect yourself and your children against too much UV radiation all year round.

- Stay out of the sun as much as possible.
- Cover up with sun-protective clothing and wear a wide-brimmed cap or hat.
- Wear sunglasses that offer UV protection.
- Use and regularly reapply sunscreen with a Solar Protection Factor (SPF) of at least 30 on all uncovered skin, even if you are in the shade.
- Take extra care to protect children against UV radiation. Use and regularly reapply sunscreen with an SPF of 50 on children.
- You can check the current and expected maximum UV-index for the day here: [The UV-index](#)

Food and water safety



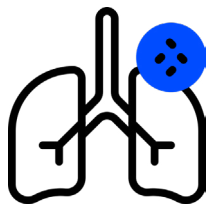
Tap water in Amsterdam and across the Netherlands is safe to drink. Check for nearby [Water Refill Points](#).

During the summer, hot and humid weather creates favourable conditions for germs to multiply quickly which means that food can rapidly become unsafe when it is not refrigerated.

Contaminated food can be dangerous even when it looks, smells and tastes normal. You can reduce your risk of illness from food by following a few simple precautions when eating at food stalls, restaurants or other venues:

- Ensure the food you eat is thoroughly cooked.
- Always wash fruit and vegetables, or peel them before eating.
- Avoid consuming cooked or perishable food that has been kept at room temperature for more than two hours.
- Wash your hands frequently, especially before preparing food, consuming food or after using the bathroom. Soap and water is best, but if unavailable alcohol-based sanitisers can also be used.

Respiratory diseases



Although many respiratory infections peak during the colder months, they can occur throughout the year, including the summer. While most cases are mild, these infections can sometimes lead to severe illness, especially among people at increased risk, including older adults, people with chronic diseases, pregnant women and young children.

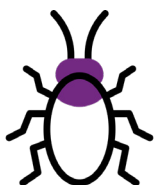
To help protect yourself and others against acute respiratory infections, you can:

- Consult your doctor to understand your risk and find out if you are eligible for vaccinations against COVID-19 and/or other respiratory diseases.
- Avoid close contact with those who are unwell.
- Frequently wash your hands with water and soap or clean them with an alcohol-based product.
- Avoid touching your eyes, nose or mouth if you are around people who might be ill.

If you experience acute respiratory symptoms, which often include coughing, fever, shortness of breath, or sore throat, you can help protect others by:

- Covering your nose and mouth with your elbow when coughing and sneezing;
- Staying home or in your hotel room if possible;
- Increasing ventilation in closed spaces (e.g. by opening windows);
- Wearing a face mask in crowded settings where physical distancing is not possible.

Tick-borne diseases



Ticks can transmit diseases that may result in severe chronic conditions or even death. If you are going to be spending time outdoors, remember that ticks are most active from April to September.

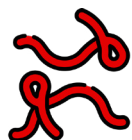
Ticks are not only present in forests; they can also live in city parks, gardens and backyards. If you are in a green area, have been spending time in a park or plan to hike in woods, you can reduce the risk of being bitten by ticks by:

- Using approved insect repellents on the skin (carefully following the instructions on the product). Insect repellent should be applied on a child by an adult;
- Wearing light and breathable clothes, such as long sleeves and long trousers, that protect most of your body;
- Tucking trouser legs into socks, so that ticks cannot crawl up inside your clothes (in parks or green areas);
- Wearing light-coloured clothes to help you find ticks more easily;
- Checking clothes and skin regularly for ticks, especially after outdoor activities, including the scalp, armpits and inguinal area (i.e. around the groin).

If you have any local or general symptoms within a month of a tick bite, consult your doctor.

See also: [Tick bites | RIVM](#)

Ebola disease precautions



There is an ongoing Ebola virus disease outbreak caused by the Bundibugyo virus in the Democratic Republic of the Congo (DRC) and Uganda.

If you are travelling from these countries or have visited them in the last 21 days, monitor your health. If you develop symptoms such as fever, vomiting, diarrhoea, headache, or unexplained bleeding, you should limit direct contact with others immediately.

Do not visit a clinic directly; instead you should isolate yourself and contact the local 24/7 public health response service (for contact details, see www.ggd.nl), explicitly stating your travel history and symptoms.

Ebola disease is a rare but severe infectious disease transmitted through direct contact with an infected person's body fluids or contaminated objects. The risk of Ebola in Europe is currently very low.

Use of alcohol, tobacco and drugs



Alcohol

The legal drinking age in the Netherlands is 18 years.

Alcohol consumption poses serious health risks, such as an increased risk of cancers and various cardiovascular diseases, and it is one of the leading risk factors for injuries. Alcohol affects the brain and can have an impact on both mood and behaviour. It can also generate disturbances in perception and attention: judgement, coordination and speech may become impaired. Accidental poisonings can occur when large amounts of alcohol are consumed.

If you choose to consume alcohol, limit your intake. While small quantities of alcohol can have a stimulating effect, overall, it slows down brain activity. For your health and safety, drinking less alcohol is better, and not drinking at all is best.

Tobacco

All forms of tobacco use are harmful, and there is no safe level of exposure to tobacco smoke.

Smoking, including e-cigarettes and water pipes (shisha), is not allowed indoors in the hospitality industry, at work or in public buildings. Outside, you are not allowed to smoke in school playgrounds or at Dutch railways stations. In some places, smoking is not allowed on terraces and at events. The legal age for buying tobacco products in the Netherlands is 18 years.

Tobacco use and second-hand exposure to tobacco smoke pose a serious risk to health, including heart disease, respiratory diseases, and cancer.

New nicotine products, such as e-cigarettes and nicotine pouches, are also harmful. The nicotine they contain is highly addictive and can affect brain development in children and adolescents, increasing dependence, and negatively affecting cardiovascular health.

The best way to protect your health and the health of those around you is to avoid or quit using all tobacco and nicotine products.





Drug use

Non-medical drug use poses serious risks to your health, including overdose and death.

In addition, drug consumption can cause memory impairment and provoke drastic changes in judgement and behaviour. Not taking drugs at all is always the safest option. However, if you choose to use drugs despite the risks, you should never take them while you are alone and avoid mixing different drugs.

Take care of people around you. Contact the emergency services if you see someone who is acting in a confused manner, visibly unwell, or unconscious.

In the Netherlands, it is against the law to possess, sell or produce drugs. However, the sale of soft drugs is tolerated in 'coffee shops'. A coffee shop is an establishment where cannabis is sold subject to certain strict conditions, but no alcoholic drinks are sold or consumed.

The Dutch Public Prosecution Service does not prosecute members of the public for possession or use of small quantities of soft drugs. They do prosecute all other forms of possession, sale or production of soft or hard drugs.

More information: <https://www.government.nl/themes/family-health-and-care/drugs>

Chemsex means having sex while using drugs. This can be sex between two people or a group. Examples of the drugs in question are uppers and downers. Uppers give you energy (e.g. ecstasy or cocaine). Downers, on the other hand, slow you down (e.g. weed or GHB).

Some people use uppers and downers together, sometimes also with poppers and erection pills. It can be dangerous to mix different drugs, and sometimes, it can reduce the effect of the drugs you take.

In cases of serious drug intoxication, call the medical emergency number 112. More information on chemsex:

[Sex and drugs: chemsex | Man tot Man](#) and <https://chemsex.nl/en/>

Stay safe in the crowds



If something feels wrong, move away from the situation as quickly as possible.

While taking care of yourself, remember to also check on friends and family who may be with you. Stay in touch regularly and agree on meeting points in case you get separated during the event. If you attend an event alone, let family or friends know your plans. If you witness or experience violence or harassment, report it to event staff or to police. Contribute to digital safety by not sharing images or videos without consent.

You need medical assistance?



Amsterdam has an abundance of English-speaking doctors and medical care services for travellers, such as [Amsterdam Tourist Doctors](#) and [Central Doctors](#).

In an emergency, including a medical emergency, dial 112 which is the European emergency number, free of charge from fixed and mobile phones everywhere in the EU. It will connect you to local emergency services: police, ambulance and fire brigade.

- Avoid seeking urgent care unless you need immediate help, as you might experience long waiting times. For people with pre-existing medical conditions, if possible, it is advisable to bring a summary of your medical records, to inform doctors in the event of an emergency visit to the doctor.
- Only call 112 in the event of an emergency such as difficulty breathing, chest pain, serious injury or bleeding, sudden loss of consciousness, suspected stroke or heart attack, fire or other life-threatening situation.

Medical insurance



If you are an insured national of an EU/EEA country or Switzerland, the European Health Insurance Card (EHIC) allows you to benefit from health insurance in EU/EEA countries and to access the health system more easily. To obtain this card, you must apply for it via your health insurance provider.

If you are a citizen of a non-EU/EEA country with a tourist visa for a period not exceeding 90 days, you can access urgent healthcare services.