

JOINT PUBLIC HEALTH ADVICE* FOR TRAVELLERS ATTENDING THE JUBILEE 2025

The Jubilee will take place in Rome, Italy and the Vatican City State, in 2025. Also known as a Holy Year, the Jubilee is one of the Catholic Church's major global events, expected to draw more than 30 million visitors, spread out across the year, until its end on 6 January 2026. Traditionally held every 25 years, it's a period during which pilgrims travel to Rome and the Vatican and visit certain designated churches and attend religious services.

If you are travelling to attend, follow this health advice to protect your health and well-being.*

Before attending the event

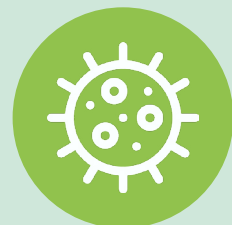
Vaccination



Check your vaccination status and consult your doctor on whether you or your children are due for any vaccinations in line with your country's national immunization schedule as early as possible before you travel. Depending on factors, such as your age, the place you live, any underlying health conditions and previous vaccination status, these may include vaccinations against measles, whooping cough (pertussis), tetanus, diphtheria, polio, coronavirus disease 2019 (COVID-19) or other diseases. Check and follow your country's immunization schedule.

Measles is circulating in the [WHO European Region](#), including in [Italy](#).

Anyone is at risk of measles infection if they have not been fully vaccinated or have not had measles in the past. If you plan to attend the Jubilee, be sure you are protected and protect others: check your own and your family's measles-mumps-rubella (MMR) vaccination status as soon as possible and, if unprotected, consult with your health-care provider. You should plan to be fully vaccinated against measles at least two weeks before travelling.



More information on recommended vaccines in Italy: [here](#).

WHO information and recommendations on COVID-19 vaccination: [here](#).

WHO recommendations: [here](#).

*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.



Respiratory diseases

Respiratory infections are quite common and can sometimes be severe, particularly for people at higher risk of severe consequences, such as old persons, people with chronic diseases and pregnant women.

Attending a mass gathering event increases your chances of being exposed to respiratory diseases. Measures to **protect yourself and others** include vaccination (according to your country's national immunization schedule).



Consult your doctor to understand your risk and find out if you are eligible for vaccinations against COVID-19 and/or other respiratory diseases.

In addition to vaccination, there are other protective measures that people may take to reduce their risk of infection from respiratory viruses, including the following.

- Avoid close contact with sick people.
- Wash or clean your hands frequently.
- Avoid touching your eyes, nose, or mouth.



If you are experiencing flu-like symptoms such as a cough, fever or sore throat, you can **avoid infecting others**, especially those who are most vulnerable, by doing the following.

- Maintain good respiratory hygiene and etiquette: cough or sneeze in your elbow.
- Wash or clean your hands frequently with soap or an alcohol-based product.
- Clean frequently touched surfaces and objects.
- Increase ventilation (e.g. by opening windows).
- Stay home or in your hotel and limit contact with others.
- Wear a face mask in crowded settings where physical distancing is not possible (e.g. public transport, Jubilee venues and cultural events).



Water and food safety



Tap water in Italy is safe to drink; there is no need to buy bottled water.

During the summer, hot and humid weather improves the conditions for germs to multiply quickly and make food unsafe. Contaminated foods may not appear, taste or smell different from safe ones. Some foodborne illnesses are mild and resolve within days, but others can be severe or even fatal.

To prevent illness transmitted through food, follow these recommendations.

- **Eat food that is thoroughly cooked**, and always wash fruit and vegetables or peel them before consumption.
- **Avoid consuming cooked or perishable food** that has been kept at room temperature for more than two hours (even more so if there is a heatwave).
- **Wash your hands frequently**, especially before touching food and after going to the toilet. Using soap and water is best, but carrying a hand sanitizer in your bag is a good option, too, if you're often on the go.



Heatwaves and sun exposure

High summer temperatures can be expected in Italy, which can pose serious health risks, especially for older persons, young children and pregnant women. Fortunately, most heat-related health effects are preventable through simple precautions.



Extreme heat can exacerbate chronic conditions, cause heat stress and lead to heat stroke which can be life-threatening if not treated. Sun exposure can also lead to illnesses related to ultraviolet (UV) radiation.

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



- **Keep out of the heat when possible.** Spend as much time as possible or at least 2–3 hours of the day in a cool place and during the hottest time of day.

- **Do not leave children or animals in parked vehicles.**



- **Stay hydrated.** Remember to drink enough and often, even before feeling thirsty. Heavy sweating causes our body to lose a lot of water. Therefore, you should drink around 2–3 litres of fluid, such as water or chilled teas without added sugar, throughout the day during a heatwave.

- **Avoid alcohol and limit caffeine and sugar**, as these can dehydrate you and strain your circulation. Carry a reusable water bottle with you: Rome's public nasoni drinking fountains provide clean drinking-water, and extra water dispensers across Rome have been installed for the Jubilee year. A nasoni map can be found [here](#).



- **Keep your body cool.** Carry a fan with you and moisten/wet your body as often as possible. This will reduce the risk of getting a heatstroke.

- **Avoid direct sun exposure.** Stay in the shade when possible and always apply sunscreen with sun protection factor (SPF) 30 or higher, even if you plan to stay in the shade. Wear long, airy, light-coloured clothing and a hat for additional protection. Don't forget sunglasses to shield your eyes.



While taking care of yourself, remember to check on your family and friends who are with you.

Diseases transmitted by insects



Mosquito-borne diseases

Diseases transmitted by mosquitoes include dengue, chikungunya, Zika, West Nile virus and others. The circulation of these diseases is increasing, partly due to globalization, international travel and climate change. Mosquito-borne diseases in Italy usually occur from early summer until the end of autumn.

You can **lower the risk** of getting mosquito-borne diseases during your stay in Italy by protecting yourself from mosquito bites through the following.



- **Wear light, breathable clothing** that covers most of the body (e.g. long sleeves and pants).
- **Use insect repellents** (follow the instructions of the manufacturer). Insect repellent should be applied on a child by an adult. Apply sunscreen and insect repellent at different intervals. Sunscreen should be applied first, followed by the insect repellent.
- **Sleep in an air-conditioned room or use fans** when sleeping and **mosquito nets** for baby carriers.

If you experience high fever, severe headache, pain behind the eyes, muscle and joint pains, nausea, vomiting, swollen glands or a rash at any time during or after attending the Jubilee, seek medical care and mention your travel history.

Tick-borne diseases

Ticks can transmit diseases that may result in severe chronic conditions or even death, although Italy is considered a country with very few cases of these disease. While you are outdoors, remember that ticks are most active from April to September.



Ticks aren't just in forests; they can also be in city parks, gardens and backyards. If you are in a bushy area, have been staying in a park or plan to hike in wooded areas, you can reduce the risk of being bitten by ticks through the following.



- **Use approved insect repellents on the skin**, following instructions. Insect repellent should be applied on a child by an adult.
- **Wear light and breathable clothes**, such as long sleeves and long trousers, that protect most body parts.
- In parks or green areas, **tuck trouser legs into socks**, so that ticks cannot crawl up inside your pants.
- **Wear light-coloured clothes** to help you find ticks easily on clothes.
- **Check 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.

Use of alcohol and tobacco

Alcohol



For your health and safety, less alcohol is better, and none is best.

In Italy, it is prohibited to sell or offer alcoholic drinks to minors aged under 18 years. Since December 2024, Italy has a **new road code with stricter penalties** for drivers detected under the influence of alcohol. It is prohibited to drive with a blood alcohol level equal to or greater than 0.5 grams per litre of blood. For new drivers, the limit is 0.0 grams per liter of blood. Penalties for offences are high.



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 impacts the brain and can affect thinking, mood or behaviour. It can generate disturbances in perception and attention: judgment, coordination and speech become impaired.

Accidental poisonings can occur when large amounts of alcohol are consumed. In hot weather, consuming alcohol can lead to increased circulation problems, loss of consciousness and even a life-threatening drop in blood pressure.



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. At higher doses, it can lead to disturbances in perception and attention.

Tobacco



Quitting smoking is the single best way to protect your health and the health of those around you.

In Italy, smoking is **banned in indoor public spaces**, such as train stations, airports and restaurants, except in designated smoking areas. Smoking in a public space outside a designated area is punishable by a fine.



Tobacco use and exposure to tobacco smoke pose serious health risks, including respiratory diseases, cardiovascular diseases and increased cancer risk.

Infections transmitted through sex

It's important to protect yourself from infections transmitted while having sex. Common sexually transmitted infections (STIs) in Europe include chlamydia, gonorrhoea and syphilis. Other infections, such as HIV, viral hepatitis and mpox, can also be transmitted during sex. Untreated STIs and mpox can lead to serious health issues, while HIV infection requires lifelong treatment.



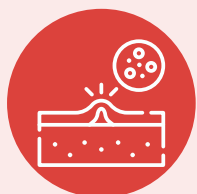
Condoms, when used correctly and consistently, are effective at decreasing the risk of STIs and HIV transmission. In Italy, condoms are available in drugstores, pharmacies and supermarkets. Using a condom won't fully protect you from mpox but it may reduce your risk or extent of exposure.

Consult your health-care provider in your home country to discuss necessary vaccinations or precautions based on your sexual health risk assessment. They may recommend pre-exposure prophylaxis (PrEP) for HIV, but note that PrEP does not protect against other STIs. Effective vaccines exist for hepatitis A, hepatitis B and mpox.



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, getting tested is still advised, as you might have gotten the infection and could pass it on to your sexual partners.

For potential HIV or mpox exposure, contact outpatient departments or HIV and STI specialist practices for post-exposure prophylaxis. More information is available [here](#).



STIs might have no symptoms; however, 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.

How to access STI testing and treatment in Italy, if needed

If you suspect that you have become infected or if you notice symptoms of an STI or mpox, you should seek medical advice and, if necessary, get tested. Early detection makes treatment easier and prevents transmission to others.



You can find more information [here](#).

For more in-depth information as well as for specific guidance on carrying out the tests, you can also contact the **AIDS and STI toll-free telephone** number of the Istituto Superiore di Sanità (ISS): **800861061** (Italy prefix: +39).

What do I do if I need medical assistance?

If you need medical care, whether urgent or not, you can contact the Tourist Medical Guard for the Jubilee Year at **116117** (Italy prefix: +39) active from 08:00 to 20:00.



You can find useful information for pilgrims and tourists on health-care services available in Rome and Lazio [here](#).

Avoid seeking urgent care unless you need immediate help, as you might experience long waiting times. For **persons with pre-existing medical conditions**, it is advisable to bring a summary of your medical records, if possible, to inform doctors in case of an emergency visit.



Access to medical care for persons with disabilities

In Italy, it is mandatory for **health facilities to be accessible for persons with disabilities**. Mobility information for persons with disabilities [here](#).

Medical insurance

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

If you are a **citizen from a non-EU/EEA country** with a tourist visa for a period not exceeding 90 days, you can benefit from urgent or non-urgent health services upon payment of the relevant fees established by the Lazio Region. If your country has bilateral agreements of reciprocity of health care with Italy, the management of health expenses may follow the same rules as for EU citizens.

Useful numbers:

- **112** 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.
- **116117** is for non-urgent medical matters.
- Some pharmacies are **open 24h/7** in Rome: they are listed [here](#).

How and where do I get medication?

Most medicines are available in the pharmacy, and over-the-counter medicines can also be found in drugstores (parafarmacie) and the “health corners” of major supermarkets. If you are travelling to Italy, do not forget to bring the medications you are taking for your chronic diseases with you.



If you need to take medication during your stay in Italy, ask your doctor to prepare a prescription and bring the necessary medical documentation with you. If you do not have the prescription with you, or if your prescription is not accepted by the pharmacist, you can contact the [Tourist Medical Guard](#), *Guardia medica turistica*, at 116117 (Italy prefix: +39), active from 08:00 to 20:00 to obtain the necessary prescription.



For EU/EEA country citizens, you can get your medications in a pharmacy in Italy if you have a prescription and, there, you can be directed suitably. More information available [here](#).

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