CHEER ON YOUR HEALTH

5

HEALTH AND SAFETY RULES
EURO 2012 free of tobacco smoke.
Thank you for the smoking ban observance, also in stadiums.

Drinking alcohol (including beer) in the streets, squares, parks, means of public transport and public transport stops is punishable by a fine.
In Poland, the permissible limit of blood alcohol level is 20 milligrams per 100 milliliters. Driving with a blood alcohol level over the states maximum permissible blood alcohol limit is forbidden.

More information: www.parpa.pl

Avoid casual sexual intercourses!
Use condoms to reduce risk of HIV and other STIs.

More information: www.aids.gov.pl +48 801 888 448

DON’T TAKE drugs!
In Poland, possession of any kind of drugs is forbidden and punishable by law.

More information: www.narkomania.org.pl +48 801 199 990

Keep in mind personal hygiene!
Wash your hands. Wash fruits and vegetables. Make sure you drink enough, especially still water and stay hydrated.