

Public health recommendations
for travelers attending the
2026 FIFA World Cup

**WITH HEALTH
WE ALL WIN**



Pan American
Health
Organization



World Health
Organization

Americas Region

Before the opening whistle: get vaccinated

Check your vaccination status and get vaccinated at least two weeks before traveling. Some vaccines take time to give protection or need more than one dose.

Check your protection against measles

The Americas region is seeing a large rise in measles cases, including in all three host countries. It is one of the most contagious diseases: in crowded spaces, the risk of exposure is significant for those who are not protected.

Most countries in the Americas recommend two doses of the MMR (measles, mumps, rubella) vaccine for full protection. Please note that vaccination requirements and immunity guidelines vary by age and by country. If you are unsure about your vaccination history or immunity, talk to a health professional (doctor, nurse) before traveling.

More information: <https://www.paho.org/en/topics/measles>

Other important vaccines you should not forget

- **Tdap (tetanus, diphtheria, pertussis):** A booster shot every 10 years is recommended. Some countries have reported whooping cough outbreaks.
- **Influenza:** Annual vaccination is recommended for children aged 6 months to 5 years, adults aged 65 and older, pregnant women, individuals with chronic health conditions, and healthcare workers.
- **COVID-19:** Keep your schedule updated according to your country's recommendations.
- **Hepatitis A and B / typhoid fever:** Follow recommendations based on the sanitary conditions of the destination and type of travel.
- **Yellow fever:** Host countries do not ask for this certificate for general entry, but it may be required depending on your country of origin, especially if traveling from areas with transmission risk. More information at: <https://www.paho.org/en/topics/yellow-fever>

Find out what vaccines you need in the vaccination schedule:
<https://www.paho.org/en/get-up-to-date>

Pack your bag before the match

Preparing your health kit before leaving is very important. At a mass event – with heat, crowds, frequent transfers, and medical care in a health system that is not your own – having the essentials with you makes a real difference.

Bring enough prescribed medication for your entire trip, along with a copy of your prescription or a doctor's note supporting its use, as some countries may require this documentation for entry.

Also bring broad-spectrum sunscreen (SPF 30 or higher) and insect repellent with DEET, picaridin, or IR3535.

Keep digital copies of your passport, visa, health insurance policy, and vaccination card. Having these documents to hand can speed up assistance in an emergency and help prevent disruptions to your trip. We also recommend that you inquire about international health insurance coverage.

Habits that make a difference

The physical and mental condition you arrive in at the stadium directly impacts how you experience the event and how your body responds to various risks. Before traveling, consider the following habits:

- **Physical activity.** If you don't have a regular routine, start gradually before your trip. The World Cup involves long walks, queues, transfers, and long periods on your feet: an active body handles that physical demand better. For example, walk 30 minutes a day one week before your trip.
- **Sleep and rest.** Try to sleep well before traveling. Time-zone changes, noise, and the intensity of the tournament can make rest difficult once at the venue. Getting enough sleep before departure is a real advantage.
- **Healthy eating:** Maintaining a varied, balanced, adequate, and moderate diet before and during the trip contributes to health and good immune system function, and improves your body's ability to adapt to new environments, climates, and routines. Some practical recommendations:
 - Include as many vegetables and fruits as you can in each meal; the goal is 5 servings of vegetables and fruits per day.
 - Eat a diet rich in whole grains, legumes, and nuts.

- Avoid ultra-processed products such as candy, processed meats, fried foods, cookies, pastries, boxed cereals, and sweetened beverages; prefer fresh, natural, minimally processed, local, and seasonal foods.
- Drink plain water throughout the day; avoid sugary drinks, juices, and sports drinks.
- Avoid adding salt to already-prepared meals.

Beat the heat

The June and July matches come at the hottest time of the year in the host cities. Long exposure to heat and ultraviolet radiation can cause heat-related illnesses and, in severe cases, can be life-threatening.

- **Avoid heat when possible.** Stay in the shade and reduce physical activity during the hottest hours of the day. Never leave children or animals inside vehicles.
- **Stay hydrated.** Do not wait until you feel thirsty: by the time thirst appears, your body may already be starting to dehydrate. Drink water regularly throughout the day and avoid alcohol and too much caffeine, as these promote dehydration.
- **Protect your skin.** Wear light, loose-fitting, light-colored clothing. Apply broad-spectrum sunscreen SPF 30 or higher, even if you stay in the shade, and reapply every two hours or after sweating. Wear a hat and sunglasses.
- **Eat light.** On days of intense heat, choose light meals in small portions, including fresh fruits and vegetables.
- **Check your medications.** Some medications can affect the body's ability to regulate temperature or fluid balance. If you take regular medication, talk to your doctor before traveling about heat tolerance and storage conditions.
- **Recognize warning signs.** Heat stroke is a medical emergency. If you or someone near you experiences dizziness, weakness, confusion, hot skin, or loss of consciousness, seek medical attention immediately. While waiting for help, move the person to a cool or shaded place and apply damp cloths to help lower body temperature.

More information: <https://www.paho.org/en/documents/heatwaves-guide-health-based-actions>

Food safety

In summer, heat and humidity mean that microorganisms in food multiply fast. Contaminated food may not look, smell, or taste different from safe food. Some foodborne illnesses are mild and clear up within a few days, but others can be serious.

Street stalls, stadiums, markets, fairs, new restaurants, unusual schedules: eating is part of the experience, but choosing wisely is also part of taking care of yourself. To reduce risk:

- Drink safe, potable water.
- Eat well-cooked food. Avoid food that has been at room temperature for a long time.
- Choose places with high customer turnover and visible hygiene conditions.
- Wash your hands with soap and water before eating and after using the bathroom.

If you experience diarrhea, vomiting, fever, or abdominal pain after eating, stay hydrated with safe water or oral rehydration solutions and talk to a health professional (doctor, nurse).

Five keys to safer food:

<https://www.who.int/publications/i/item/9789241594639>

Respiratory infections: the invisible opponent

Attending a mass event increases exposure to respiratory viruses such as influenza and COVID-19. Stadiums, public transport, enclosed spaces, and crowds all facilitate the spread of these viruses.

Anyone can become infected, but older adults, pregnant women, immunocompromised individuals, and those with chronic conditions are at higher risk of developing serious illness.

To protect yourself and others:

- Wash your hands frequently with soap and water, especially after using public transport and before touching your face.

- If you have respiratory symptoms, wear a mask in enclosed or crowded spaces, such as public transport, the route to your accommodation, or poorly ventilated spaces.
- Ventilate spaces: if safe to do so, opening a window is a simple and effective measure.
- If you have a fever, stay in your accommodation and avoid contact with others. If the fever continues or you have difficulty breathing, talk to a health professional (doctor, nurse) and tell them the places you visited.
- Get enough rest. Fatigue built up over several days of intense activity can make you more vulnerable to respiratory infections.

More information:

<https://www.paho.org/en/topics/influenza-sars-cov-2-rsv-and-other-respiratory-viruses>

Mosquitoes: a small opponent, a big risk

In several host cities, especially in Mexico, the *Aedes aegypti* mosquito can transmit dengue, Zika, and chikungunya. Mosquitoes are found not only in natural areas but also in urban environments such as houses, hotels, buildings, parks, gardens, and outdoor spaces that provide conditions for breeding sites.

A bite may go unnoticed, but symptoms can appear days later: fever, headache, intense pain behind the eyes, pain in your muscles, bones, and joints, or skin rashes.

To reduce risk:

- Use repellent with DEET, picaridin, or IR3535 according to product label instructions and health authority guidelines.
- Wear clothing that covers arms and legs, so reducing exposed areas of the body.
- Reduce exposure to bites, especially in areas where mosquitoes are present.

If you develop a fever during your trip, do not self-medicate. In destinations where dengue, chikungunya, and Zika are present, some commonly used medications – such as ibuprofen and aspirin – can increase the risk of complications. Talk to a health professional (doctor, nurse), tell them where you have been, and follow their guidance.

More information:

<https://www.paho.org/en/topics/dengue>

<https://www.paho.org/en/topics/chikungunya>

<https://www.paho.org/en/topics/zika>

Crowd safety: know your surroundings

Large crowds at stadiums, fan zones, and transport hubs carry a risk of crowd crush, especially at entry and exit points and after matches. Being aware of your environment can make a real difference.

- Stay aware of crowd density. If the crowd feels dangerously packed together and you cannot move freely, try to move sideways toward the edge rather than fighting the flow. Do not push forward.
- Identify exits when you arrive. When entering any stadium or fan zone, note the location of at least two exits relative to your position.
- Keep children close. In dense crowds, carry young children rather than pushing a stroller. Before entering the venue, agree on a meeting point in case of separation.
- Avoid bottlenecks. At the end of matches, if possible, wait inside the stadium for 15–20 minutes for initial crowd flows to clear before exiting.

If someone near you falls down, alert those around you loudly and try to create a protective space. Call for help immediately using the emergency numbers at the end of this document.

Injuries and first aid

Physical trauma (falls, crush injuries, or clashes) is one of the most common reasons for medical care at mass gatherings. All FIFA World Cup venues and fan zones will have first aid posts on site.

For any serious injury or medical emergency inside a venue, alert stadium staff immediately or go to the nearest first aid post. All three host countries use 911 as the emergency number.

Your best defense starts with protection

It is important to protect yourself from sexually transmitted infections (STIs). The most common STIs include chlamydia, gonorrhea, and syphilis. In addition, HIV, viral hepatitis, and mpox can also be transmitted during sexual intercourse or intimate contact.

Condoms, used correctly and consistently, are effective in reducing the risk of STIs and HIV. In the case of mpox, condoms can reduce risk but do not completely eliminate the possibility of exposure, as lesions may be in areas not covered by the condom.

Before traveling, talk to a health professional (doctor, nurse) about available vaccines – there are effective vaccines against hepatitis A, hepatitis B, and mpox – and about pre-exposure prophylaxis for HIV, if applicable to your situation.

Don't let sexually transmitted infections win

Sexually transmitted infections may not present symptoms, but the most common signs include unusual discharge from the genitals or rectum, itching, pain when urinating, or skin lesions. If you notice any of these signs, talk to a health professional (doctor, nurse). Early detection facilitates treatment and reduces transmission.

If you have unprotected sex or sex with multiple partners during your trip, consider getting tested for STIs when you get home.

More information:

<https://www.paho.org/en/topics/sexually-transmitted-infections>

Mpox

Mpox is transmitted through close contact with a person who has the disease, including through skin-to-skin contact, lesions, body fluids, or contact with contaminated objects. Intimate contact is one of the most common routes, but not the only one.

Mpox symptoms usually appear 7–14 days after contact with an infected person and may include fever, swollen lymph nodes, and skin lesions on the face, hands, feet, or genital area. If you develop any of these symptoms, seek medical attention and inform a health professional (doctor, nurse) about your recent travel and any possible contact.

More information: <https://www.paho.org/en/mpoxdisease>

Celebrate without alcohol

Any alcohol consumption carries risk.

- Alcohol speeds up dehydration. In hot conditions, this effect intensifies and can go unnoticed. Drink safe water and non-sweetened hydrating beverages.
- Alcohol impairs judgment and makes it harder to recognize early signs of heat stroke – such as headache, dizziness, or confusion.
- Mixing alcohol with other substances or medications has negative health effects, especially in environments with heat and possible dehydration.
- Alcohol significantly impairs the ability to drive. If you drink, do not drive: not a car, not a motorcycle, not a bicycle. Use public transport or ride-sharing apps. Plan accordingly.

Pay attention to those around you. If someone in your group is not feeling well, acting in time can make all the difference.

For your health and safety, avoiding alcohol is the best option.

Cigarettes stay out of the game

In the host countries, in most enclosed public spaces – such as public transport, airports, and restaurants – smoking is prohibited, as is the use of electronic cigarettes (vapes). Tobacco consumption and exposure to smoke carry risks for respiratory health and increase the risk of chronic diseases.

More information:

<https://www.paho.org/en/campaigns/world-no-tobacco-day-2026>

Your mind also needs extra time

The World Cup is constant excitement: matches, transfers, noise. Your body and mind process everything simultaneously, and several days with little sleep, different schedules, and high stimulation can affect your concentration, mood, and decision-making; often without you noticing.

- Get enough rest, even when the pace of the event makes it difficult. Accumulated fatigue not only affects well-being, it also affects the decisions you make.

- If you feel overwhelmed – anxious, irritable, or unable to concentrate – find a quiet space for a few minutes.
- Try this breathing exercise: breathe in through your nose for 4 seconds, hold for 7 seconds, and breathe out slowly through your mouth for 8 seconds. Repeat this cycle 4 times to reduce mental noise and achieve deep relaxation.
- Your pace does not have to match the group's. Deciding when to keep going and when to stop is not missing out on the experience: it is choosing how you want to feel the next day.
- Being surrounded by people does not always eliminate the feeling of loneliness. If you feel it, that is valid. A call home or a meaningful conversation can help.
- If your team loses, the disappointment can be intense. Give yourself space to feel it, step away from the noise for a moment, and avoid impulsive actions or decisions.
- Talk to someone you trust or a health professional (doctor, nurse) if you feel overwhelmed.

If at any point you feel you need support, do not hesitate to seek it.

Learn more at: <https://www.paho.org/en/topics/mental-health>

Travel history and the current Ebola disease outbreak

Before traveling, please check the latest public health measures and entry requirements of the three host countries for the ongoing Ebola disease outbreak, which the World Health Organization (WHO) has declared a Public Health Emergency of International Concern.

For the most up-to-date and official guidance, please consult:

- Canada (Public Health Agency of Canada)
- Mexico (Ministry of Health)
- United States of America (CDC)

Travel requirements may change as the situation evolves, so you are strongly advised to check official sources before departure.

Before sharing, check: false information can harm you and others

During mass gatherings such as the World Cup, the spread of false or misleading health information often increases. Incorrect messages about outbreaks, vaccines, or home remedies can circulate rapidly through social media and messaging platforms, leading to confusion and potentially harmful behaviors.

Before acting on any health information or sharing it with others, ask yourself these questions:

- Who is issuing it?
- What evidence do they give?
- Does it align with what national and international health authorities are saying?

For reliable information, consult official sources such as the health ministries of the host countries, the Pan American Health Organization, and the World Health Organization.

Recognize the signs: not everything is travel fatigue

Some symptoms can be confused with the normal exhaustion of an intense trip. Seek medical attention if you experience:

- High fever that does not go down;
- Skin rash with or without fever;
- Severe headache or pain behind the eyes;
- Difficulty breathing;
- Persistent vomiting;
- Confusion, hot and dry skin, or loss of consciousness in the sun;
- Skin lesions on the face, hands, feet, or genital area.

When seeking care, always mention the places you visited and the people you had contact with. That information is key for diagnosis.

If you develop a high fever with a skin rash 7–14 days after being in crowds, seek care immediately and rule out measles.

When you get home

Some infections picked up during travel do not cause symptoms immediately. If you develop any illness in the weeks after returning home, tell your doctor you were at the 2026 FIFA World Cup and which countries you visited. Key incubation windows to be aware of are:

- Dengue: symptoms typically appear 4–14 days after a mosquito bite. Fever, headache, and muscle pain.
- Measles: symptoms appear 7–14 days after exposure. Fever, cough, runny nose, and rash.
- Mpox: symptoms typically appear 7–14 days after exposure. Fever, swollen lymph nodes, and skin lesions.
- Zika: symptoms appear 3–14 days after a mosquito bite. Mild fever, rash, joint pain. If you are pregnant or planning a pregnancy, you should talk to a health professional (doctor, nurse) promptly on return.

If you had unprotected sex during the trip, consider testing for STIs when you return home. Early detection means earlier treatment and reduced transmission to others.

Emergency numbers and health resources by host city

Please stay updated on daily communications from the authorities in all host cities, as they may provide essential information, risk advisories, or guidance to help ensure your safety and well being.

Canada

Emergencies: 911

Health Canada: <https://www.canada.ca/en/health-canada.html>

Public Health Agency of Canada: www.canada.ca/en/public-health

Mexico

Emergencies: 911

Ministry of Health: <https://www.gob.mx/salud>

United States of America

Emergencies: 911

Centers for Disease Control and Prevention (CDC): www.cdc.gov

Traveler health information: wwwnc.cdc.gov/travel