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## Summer Olympics and Paralympics 2024, mainland France and Tahiti

### Preparations are well under way for the Summer 2024 Olympics and Paralympics

- **This updates the news item of 04 June 2024**

The [Summer Olympics 2024](#) are due to be held in Paris, France between Friday 26 July to Sunday 11 August 2024. The surfing event will take place in Tahiti between 27 July - 4 August 2024.

The [Paralympics 2024](#) are due to be held in Paris, France from Wednesday 28 August to Sunday 8 September 2024.

Country-specific information can be found on our [Country Information pages](#) and [Outbreak Surveillance section](#). See our new [Olympics 2024 infographic](#) for quick tips and links to resources on TravelHealthPro.

## Advice for travellers

### Before you travel

Check the [Foreign, Commonwealth & Development Office \(FCO\)](#) advice on safety and security issues, entry requirements and travel warnings for your destination. You should take precautions to maintain your [personal safety](#).

Carry a basic [first aid kit](#) and get comprehensive [travel health insurance](#), including cover for any pre-existing conditions. Check out [FCDO insurance advice](#) and remember to pack your insurance documents. If you have any medical conditions, get advice from your GP or hospital specialist before you go, to help you manage your condition during your trip.

If you take regular medicines, see our advice about [travelling with medication](#). For certain medicines, such as controlled drugs, you may need to apply for a special permit. If you are unsure about your medicine, contact the nearest [embassy or consulate](#) for your destination.

See our [Country Information](#) pages for current health information for your destination(s). Discuss your travel plans with your GP, practice nurse, pharmacist or travel clinic. Ideally this should be done at least six weeks prior to departure, but even a later appointment is still worthwhile.

You should be up to date with routine vaccination courses and boosters as [recommended in the UK](#). These vaccinations include for example [measles-mumps-rubella \(MMR\)](#) vaccine and diphtheria-tetanus-polio vaccine.

Respiratory infections can be quite common at mass gathering events. Individuals in at-risk groups, such as older adults, those with chronic disease or pregnant women may be at greater risk of respiratory diseases. Vaccination for [influenza](#), [pneumococcal](#) and [COVID-19](#) should be up to date where relevant for the individual.

### While you are away

You are advised to practice [food and water hygiene](#) precautions and be prepared to manage [travellers' diarrhoea](#).

[Mosquitoes and ticks](#) can spread infections in parts of mainland France and Tahiti. You are therefore advised to take [insect and tick bite avoidance](#) measures during your stay.

Temperature and humidity can be very high. Remember to drink plenty of fluids and [protect yourself from the sun](#) by wearing appropriate clothing, a hat and sunglasses. Regularly apply high-factor sunscreen. Children are at greater risk from the effects of heat and the sun; ensure that they are always hydrated, appropriately dressed and avoid overexposure to the sun.

[Take great care at all times when swimming](#). Currents can be deceptively strong, even on popular beaches. Always follow local warnings.

It is illegal to possess drugs and there may be severe penalties for drug offences. Pack all luggage yourself and do not carry anything through customs for anyone else.

Try to drink alcohol in moderation. Never swim or drive a vehicle after drinking. Smoking and vaping is banned in most indoor public spaces in France, punishable by fines for inappropriate use. Excessive consumption of alcohol and anti-social or dangerous behaviour could result in being arrested or having a serious accident.

You are advised to avoid casual sexual relationships or use condoms. Other high risk activities include tattooing and body piercing; avoiding these will also reduce the risk of other blood-borne viruses including hepatitis B and C. Seek advice if you think you may have a [sexually transmitted infection](#).

### **When you return**

If you are ill within weeks or even months of your trip, particularly if you have fever or flu-like symptoms and/or diarrhoea and/or a skin rash, get urgent medical help. Remember to tell your health professional which countries you visited during your trip.

## **Advice for health professionals**

Health professionals should contact the local microbiology, virology or infectious diseases consultant for advice about returning travellers with fever/acute illness. Further advice is available for health professionals from the [Imported Fever Service](#).

## **Resources**

- [Country Information](#)
- [Outbreak Surveillance](#)
- [Olympics 2024 infographic](#)
- [ECDC: Joint public health advice for travellers attending the 2024 Summer Olympic and Paralympic Games](#)
- [Mass gatherings](#)