If you have an existing medical condition, plan ahead.
Speak to your doctor at least four weeks before you travel to the UK to make the necessary preparations.

Bring any prescribed medicines with you as well as details of your prescription.
If you take medicine prescribed by a doctor, check with your Foreign Office that you are able to bring it into the UK. Make sure you bring enough for your entire trip and a letter from your doctor with details of the medicine you take. If you need to get more medication in an emergency, go to your nearest pharmacy with your letter and prescription details.

For your nearest pharmacy visit www.nhs.uk/London2012

Be prepared for the British weather...
We British love to talk about our weather, but it can be variable, especially in the summer. Bring clothes for hot, cold, sunny and rainy weather. And don’t forget your sunscreen with a minimum Sun Protection Factor (SPF) of 15.

...and the walking...
You will probably do a lot of walking during London 2012, whether seeing the sights, travelling between venues or climbing stairs at tube and train stations. Make sure you bring comfortable shoes and plasters for blisters.

Get set check list
☐ Your Get set for a healthy 2012 Games leaflet
☐ Health insurance and/or a valid European Health Insurance Card
☐ Any prescribed medicine you need
☐ Comfortable walking shoes
☐ Clothes for all weathers
☐ Sunscreen with a minimum SPF 15
☐ Details of your travel insurance including a contact number

Useful information
NHS Choices
www.nhs.uk/London2012
London 2012
www.london2012.com
Public Transport in the UK
www.transportdirect.info
Transport for London
www.tfl.gov.uk
Mayor of London
www.molpresents.com

We want everyone who comes to the London 2012 Olympic and Paralympic Games to have a happy, safe and healthy experience. This leaflet provides information and advice to help you prepare for your visit.
Remember your health insurance

We hope you enjoy the Games without experiencing any illness or injury, but just in case, ALL visitors should have travel insurance with appropriate health care coverage before travelling to the UK.

This will ensure you can claim back any treatment costs you incur during your stay.

Are you from a European Economic Area Member State or Switzerland?

If so, you may be entitled to free healthcare for an illness or injury that becomes immediately and medically necessary to treat during your stay and cannot wait until you return home. You will need to show a valid European Health Insurance Card (EHIC) and proof of your identity when accessing treatment.

Are you a resident of a country with a reciprocal healthcare agreement with the UK?

If so, you may be entitled to free healthcare if the need for treatment arises during your visit.

For more information go to NHS Choices www.nhs.uk/London2012

Where can I get medical treatment or advice during the Games?

If you are ill or injured during the London 2012 Games, choosing the right health service will mean that you will get the quickest and most appropriate treatment.

ONLY call 999 or 112 in an emergency. There are lots of other health services on hand to help with less serious health concerns.

Minor illness and injuries

Information and advice:
To find a health service near you or for information about minor illnesses or injuries and how to treat them, visit NHS Choices www.nhs.uk/London2012

Pharmacies:
You can visit a pharmacist without an appointment for advice about a minor illness or injury and the medicine you need to treat it. At pharmacies and most supermarkets you can buy many medicines and healthcare products, such as paracetamol, ibuprofen, indigestion remedies, emergency contraception, plasters, bandages and sunscreen SPF 15.

For your nearest pharmacy visit www.nhs.uk/London2012

Life threatening emergencies

Walk-in services:
The NHS provides a range of walk-in services such as urgent care centres, walk-in centres and minor injuries units. Walk-in services offer convenient access to a range of treatments. Many centres are open 365 days a year and outside normal office hours. You can see a health professional without an appointment for treatment for a minor illness or injury that requires immediate attention.

For your nearest walk-in centre visit www.nhs.uk/London2012

Accident and Emergency (A&E):
If you need urgent hospital treatment for something that is not life threatening, such as a broken bone, visit the nearest A&E Department.

If your illness or injury is not an emergency, you may have to wait a long time to be seen by a doctor or nurse in A&E.

If you or someone else is seriously ill or injured and you need emergency care fast, call 999 or 112 for an ambulance.

Do I have to pay for healthcare in the UK?

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