

## How to Avoid Bedbugs

Avoid anywhere where you know or suspect these insects are present.

Don't leave rucksacks or bags near the bed.

Thoroughly inspect the mattress, bedclothes, furniture etc. as well as your belongings.

Check hems and remove any bedbugs found. Wash clothes in hot water at 60-70°C.

Apply insect repellent all over the body, especially at night. The product should be registered & suitable for external use.

If you do find bedbugs, report them to the *hospitalero*, (hostel management).



## How to Treat Bedbug Bites

Wash the area around the bite with soap and water. If the bite causes severe itching and irritation, apply a soothing lotion, which can be purchased from a pharmacy.

Should the bite become unbearable, the allergic reaction severe or the skin infected, see a doctor as soon as possible.

It is advisable not to scratch the area around the bite as you could, in the process, introduce and spread infectious agents found on the skin into the wound.

According to current information available, bedbugs do not act as a transmission medium for pathogenic agents, (viruses, bacteria, fungi, etc.) and therefore do not act as agents responsible for the spread of disease.



## Recommendations for Pilgrims

### Prevention of Environmental Health Risks on the Way of St. James



## Water Suitable for Human Consumption

Only drink water regulated by the health authority. Public water supplies are best.

Along the way, you will see drinking fountains, which are not connected to the municipal mains supply and have signs indicating the quality of the water.



Avoid drinking water from streams, small rivers or non-regulated springs.

## Sun Protection and Sunstroke

Avoid walking at the hottest hours of the day. Take breaks in cool, shaded areas.

Drink plenty of water and fruit juice. Don't wait until you feel thirsty.

Avoid getting sunburnt. Use sun creams which provide adequate UV protection and keep skin hydrated.

Wear lightweight, pale-colored clothes. Use sun visors, hats and sunglasses with UV filters.



## Hygiene & Personal Care

Pay attention to your personal hygiene and ensure you dry yourself well after a bath or shower to prevent the spread of fungal infections.

When using communal showers or changing rooms, wear appropriate footwear to protect your feet from possible infection.

Avoid chafing by rubbing vaseline into your skin and wearing comfortable clothes & footwear.

Plan your stages, food and breaks well and don't push yourself to the limit.

Walking in company is better than going solo...

In the event of an emergency, call 112.

## How to Avoid Tick Bites

Avoid walking through areas of high vegetation. If you do, cover your arms and legs so the ticks are unable to reach your skin.

If you are bitten, see a doctor, who will extract the ticks with tweezers and disinfect the wounds.

Don't pull the ticks out by traditional means as this increases the chances of contracting tick-transmitted diseases.



## Chemical Safety

Avoid exposure to chemicals in general. In the case of pesticides:

- Don't eat anything from a recently treated field.
- Don't re-use containers used to hold pesticides.
- Avoid being in the proximity of a spray cloud during pesticide application.