



# CHEER ON YOUR HEALTH



# 5 HEALTH AND SAFETY RULES

The campaign organizer



The substantive partners



**World Health  
Organization**  
REGIONAL OFFICE FOR **Europe**

## **EURO 2012 free of tobacco smoke.**

Thank you for the smoking ban observance, also in stadiums.

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## **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](http://www.parpa.pl)

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## **Avoid casual sexual intercoursess!**

Use condoms to reduce risk of HIV and other STIs.

More information:

[www.aids.gov.pl](http://www.aids.gov.pl)

+48 801 888 448

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## **DON'T TAKE drugs!**

In Poland, possession of any kind of drugs is forbidden and punishable by law.

More information:

[www.narkomania.org.pl](http://www.narkomania.org.pl)

+48 801 199 990

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## **Keep in mind personal hygiene!**

Wash your hands. Wash fruits and vegetables. Make sure you drink enough, especially still water and stay hydrated.