

INFORMATION FROM THE OFFICE OF THE DIRECTOR OF PUBLIC HEALTH BIRMINGHAM

SELF CARE GUIDE FOR PILGRIMS WHO HAVE MEDICAL CONDITIONS OR ARE ON MEDICATION

If you are travelling to one of the large papal events, and have any kind of medical condition or are on any medication, then there are some important things for you to do. This leaflet explains them.

While there will be medical cover at the sites, they will probably be busy and preventing a problem arising is better for everyone, and gives you a better experience of being at prayer with the Holy Father.

This will be a long day, and the better you prepare, the better your experience will be and the less likely you will be to need medical assistance. It is **your responsibility** to make sure you are well enough to be at the event and are prepared for a very long day. If in any doubt, consult your doctor to be sure.

Here are the top tips:

1. Medical cover on the site will NOT be able to prescribe any medications you have forgotten. You **MUST** bring sufficient supplies.
2. You ought to seek medical advice before you come if you have had surgery recently, are on chemotherapy, have been in hospital in the past few weeks, or are under the regular care of a doctor.
3. You **MUST** bring enough medication to cover up to 24 hours **AND** bring with you an **up to date** print out or list of all your medications in case you do become ill. This is **particularly important** if you have diabetes. Doing this can save VITAL time if you need medical attention.
4. Remember, you are going to be in a park or outdoors for a long period of time.
 - a. You **MUST** bring water and food for up to 24 hours with you. This is **particularly important** if you have diabetes.
 - b. It will be a long day. Think about getting tired. How will you rest? In a chair, on a blanket on the ground? What will you bring with you?
 - c. You **MUST** dress appropriately for the weather forecast. Be prepared. It will probably be cold when you arrive but may well warm up then cold again later on. If you are sitting in a wheelchair or chair you should make sure you have an umbrella and blanket and ideally a waterproof blanket or cover for rain.
5. You should ensure you get plenty of rest before you leave.
6. If you are in any doubt, seek medical advice before you come.
7. There will be special areas for people who have medical conditions and/or are disabled at the site, ask your parish organiser for details. But you must still do the things above.