



**HEALTH GUIDE
FOR FESTAC
VISITORS
TO
NIGERIA**

**NIGERIA
WELCOMES
YOU**

HEALTH GUIDE FOR FESTAC

VISITORS

IT IS HOPED THAT YOU WILL FIND THIS HEALTH GUIDE USEFUL THROUGHOUT YOUR STAY.

(1) MEDICAL SERVICES AVAILABLE:-

Apart from the Hospital and Health Centres in the Country, the following Health Posts are also available for your usage:—

- (a) National Stadium Clinic, Surulere.
- (b) National Theatre, Iganmu.
- (c) Lagos City Hall (1st Floor), Lagos.
- (d) Festival Town/Amuwo Odofin
- (e) Tafawa Balewa Square, Lagos
- (f) Murtala Mohammed Airport, Ikeja.
- (g) Federal Palace Hotel Clinic, Lagos.
- (h) Eko Hotel, Lagos.
- (i) Ikoyi Hotel, Ikoyi, Lagos.
- (j) Durbar Hotel, Kaduna.

Ambulance services are available in each of these posts.

(2) ACCIDENT PREVENTION:

- (a) It is Right Hand Driving in Nigeria, therefore, drive right.
- (b) Obey Road Signs and Regulations.
- (c) Drive with care to prevent accident.
- (d) It is a law and for your own safety too to wear Crash Helmet while riding on motor cycle.

- (e) Make sure that your vehicle is in good order before driving.
- (f) Pedestrians must watch for moving vehicles left and right before crossing any road. Please if you must cross the road, do so at Police or Military control Road Junctions and Pedestrian Over-Head Bridges.
- (g) If you are drunk, don't drive and if you drive don't get drunk.
- (h) Handle Electrical appliances, with care. Electrical Voltage in Nigeria is 220.
- (i) Report any outbreak of fire to the nearest Fire Brigade or Police Station. In case of Emergency, Dial Telephone Number 999 or 20708 or 22769.
- (j) Swim and dive with care if you are a swimmer. You are advised not to swim at the Atlantic Beach. The currents are swift and strong.

(3) FOOD

- (a) Watch the food you buy and eat outside your Hotel.
- (b) Be sure you wash your raw fruits/vegetables before eating.

(4) WATER

Our pipe borne water is safe for drinking. However visitors who are travelling away from their Hotels are advised to drink Tea, Coffee, Minerals or boiled water.

(5) MALARIA PREVENTION:

- (a) Avoid being bitten by mosquitoes by sleeping under mosquito nets or using insecticide.
- (b) Take Anti-malaria drug regularly.

Anti Malaria drugs are available free at the Health posts on request.

(6) IMMUNIZATION:

- (a) You require an up to date Vaccination against Yellow Fever and Small-pox before entry into Nigeria.
- (b) Be sure your International Certificate of Vaccination is up to date if not, go for Innoculation at Murtala Mohammed Airport or any of the border posts.

WE WISH YOU A HEALTHY AND HAPPY STAY
IN NIGERIA.

ISSUED BY
FEDERAL MINISTRY OF HEALTH
LAGOS - NIGERIA