

guide health



Travels & Big Events

For travelers
that do not want
to waste time

*Extras with security
and leisure tips.*

SECOND EDITION



SBIM
SOCIEDADE BRASILEIRA DE IMUNIZAÇÕES

guide
health

**Travels
& Big
Events**

Second Edition

medical and scientific coordination

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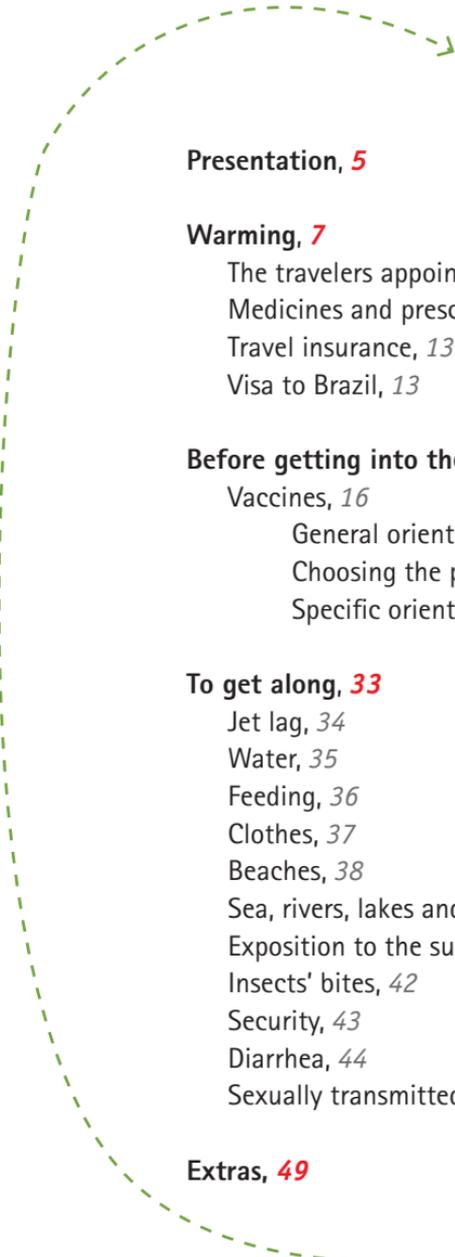
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attention

The information on this guide does not replace medical orientation.

Talk to your physician and do not take medicines without his knowledge.

The information about health centers, National Health Surveillance Agency, taxi cooperatives and tourist attractions (working hours, types of support, etc.) were obtained on the companies' web sites and it is their responsibilities and it can change.



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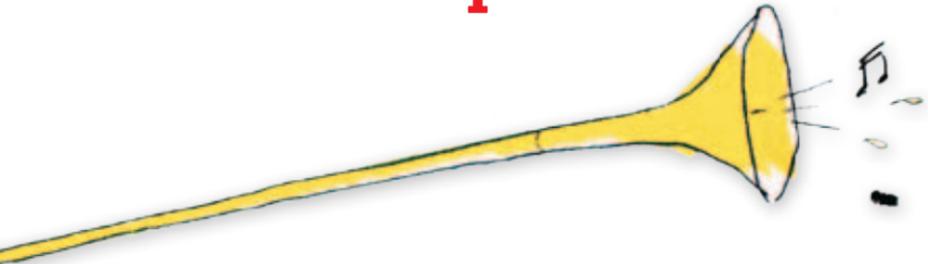
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presentation



A Guide to travelers that do not want to waste time

To travel by leisure, entertainment or even to work is one of the best pleasures in life for those who like news, to know other cultures, make new friends. Another certainty, besides the adventure spirit, to go back home is the greatest desire of the most part of the travelers, bringing the best memories in their luggage.

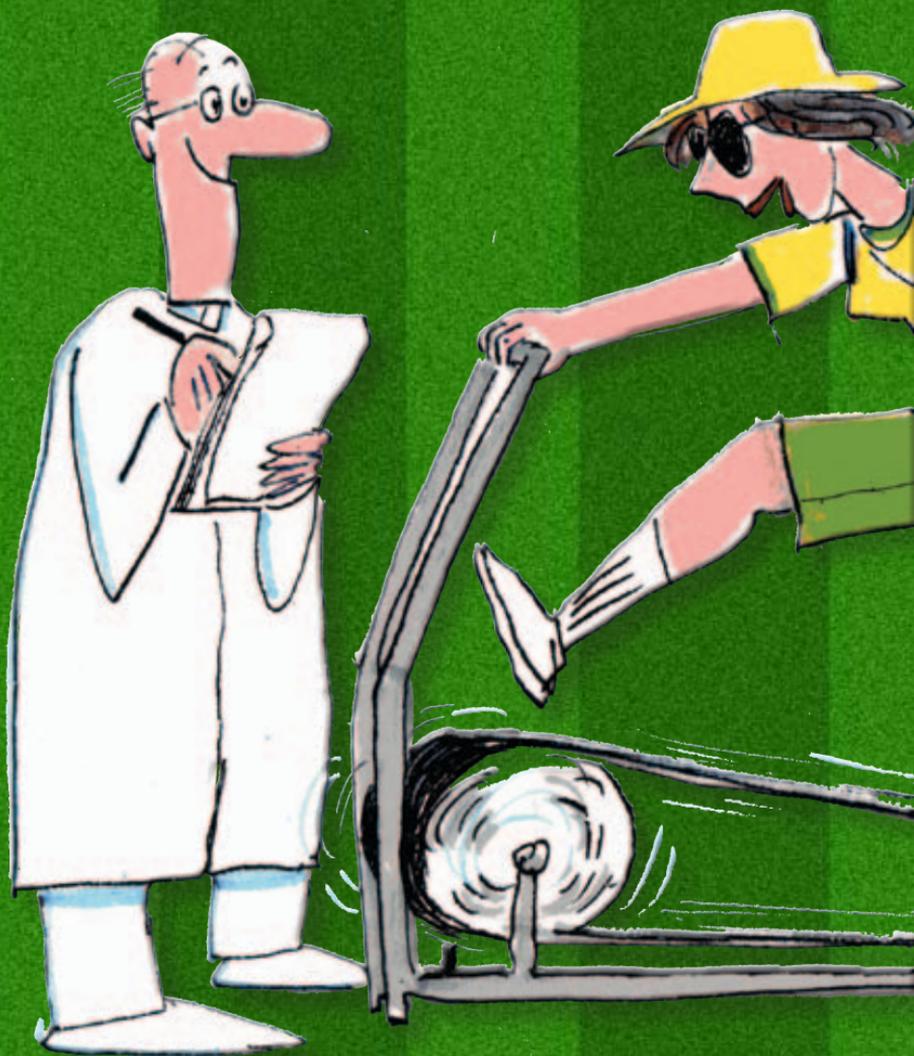
Thinking of the health safety of the domestic or foreign traveler that goes around Brazil, the Immunization Brazilian Society - Sociedade Brasileira de Imunizações (SBIm) – had elaborated this orientation guide that has as motivation, the Fifa's World Cup and other big events that represent situations that enlarge the possibilities of people interactions all over the world. It also brings extra information about tourist attractions, emergency phones and more.

When you choose prevention as your partner, you are protecting your health and the people's that you visit, and the ones from your community when you get back. And here you find everything for your best experience ever.

Enjoy!

Ricardo Machado

EDITORIAL COORDINATOR





WARMING



The travelers appointment

It can seem boring to include a medical appointment on the travel schedule. But you want to enjoy your time, right? So, do not waste time. During your Travel Medicine appointment, the principal health risks are evaluated and the preventive measures are defined according to the travel plan – vaccines, preventive medicines and self-treatment, even orientations to prevent accidents and the assembling of a basic first aid kit. Besides the “last minute” travelers also benefits from this care, the biggest tendency will be your ally: the appointment must be, ideally, from four to six weeks before departure.

Medicines and prescriptions

All travelers must take a kit assembled according to his/her health condition and the planned destiny/schedule. It is not “a bad omen”. If you do not think about the cares, you are going to “be left high and dry”, in other words, at the hotel room, watching life goes on. OK, there we go: the purpose of this kit is to facilitate the solution of the pre existent problems and their exacerbations; the management of small occurrences; and also to prevent specific diseases related to the trip.



GET SMART: Your “Health kit” must be accessible – in your hand luggage. But remember that in your plane trips sharp objects, liquid and gel that exceed 120 ml must be in your checked luggage.

For those that take medicines – specially “controlled ones” and/ or “injectable ones” – must bring copies of the prescriptions. During the trip appointment, the physician will provide the necessary prescriptions. So, if anything happens, you will feel safe and one problem less to solve.

Assembling your basic “Health kit”

1) Medicines to preexistent medical conditions (and possible exacerbations)

GET SMART: Take enough medicines for the travel period and some extra just in case you delay your return, keeping it separately due to risk of luggage loss.



2) Other medicines:

- ★ For pain or fever.
- ★ For nausea or vomits.
- ★ Hypoallergenic.
- ★ Anti-parasitic
- ★ Anti-diarrheic.
- ★ Anti-acid.
- ★ Decongestants.
- ★ Nasal saline solutions.
- ★ Antibiotics and anti-parasitic (depending on the medical prescription and correct use orientation).
- ★ Antibacterial tissues or gel alcohol for the hands hygiene.

3) Items for first aid and small injuries:

- ★ Band aid, gauze, micropore, cotton, cotton swabs.
- ★ Elastic bandage for sprain or strain.
- ★ Bandage for injuries and sling.
- ★ Antiseptic for topical use.
- ★ Tweezers, scissors (**Attention:** these items must not go in your hand luggage!)
- ★ Topical solutions, ointment or antifungal creams and antibacterial (the last two items depend on the medical prescription and correct use orientation).
- ★ Cream with 1% of hydrocortisone for allergic dermatitis (skin inflammation).
- ★ Gel or cream for insect bites.
- ★ Gel to burn relieves.
- ★ Physiological saline.
- ★ Thermometer.

4) Items that can be added, depending on the traveler and the trip:

- ★ Antimalarial drugs (medical prescription and correct use orientation are needed).
- ★ Medicine for the evil of altitude.
- ★ Sleep inducing.
- ★ Self injectable adrenaline (especially for travelers with history of severe allergic reaction anaphylaxis).
- ★ Insulin, needles or syringes, to diabetic people. The needles and syringes can be difficult to obtain in some places, so, the traveler must bring bigger quantities. This medication requires detailed medical prescriptions.

- ★ Insects repellents, mosquito net.
- ★ Sun block.
- ★ Hypochlorite solution or drops for water treatment.

Attention: The medicines must be kept in their original packs.

GET SMART: Do not underestimate the opportunities, especially if you are an adventure spirit. Brazil has a unique geography and it offers opportunities like boat/helicopters rides and also mountain climbing and tracks through astonishing landscapes. Scissors and gel for bites are like heaven in the middle of the forest!



When the medical prescription is required in Brazil?

- Medicines with a **black line** – psychotropics: anti-depressives, anxiolytics, antiepileptic.
- Medicines with a **red line** – antibiotics, antifungal, anti-parasitic, hormones and hormonal blockers, corticosteroids, anti-histamine, beta-blockers, anti-hypertensive, oral anti-diabetics, and others.

Prescriptions of foreign physicians

In Brazil there is no specific legislation about foreign prescriptions for foreign travelers made in their country of origin. In the procedure of arriving, the National Health Surveillance Agency may demand the prescription for controlled or unknown medicines, mainly if there is a big quantity. .



GET SMART: What cannot be left out of the prescription:

- ★ Patients' and physicians' data.
- ★ Identification of the medicine by its generic name or the active substance, since the commercial name can be unknown in Brazil.
- ★ Details of the use of the medicine.

The prescriptions in different languages from Portuguese are acceptable, since it could be possible to understand all its content. In case of doubts, the National Health Surveillance Agency will decide the measures to take.

At drugstores

- ★ Medicines classified as **black line** need the standard prescription in Brazil. To obtain it, the traveler must have an appointment with a Brazilian physician.
- ★ Medicines classified as **red line**: the drugstores analyze the prescription from the foreign physician and can sell if it is possible to understand it correctly: the generic name or the active substance; the treatment and the identification of the patient and the physician.

Travel insurance

Certainly you have no doubts about this subject. But have you already started thinking about it? The insurance exists to protect the investment made to the trip, as it minimizes the need of extra expenses eventually, like luggage loss or even health problems that sometimes requires high costs, as in removals.

Visa to Brazil

Brazil has a policy of reciprocity with other countries. To know if you need visa, access: <http://goo.gl/ItnFeg> (English) or <http://goo.gl/k7nKum> (Portuguese). To obtain the document, go to the nearest council or access the Travel Documents Control and Emission System (Sistema de Controle e Emissão de Documentos de Viagem) on the Brazilian Ministry of Foreign Affairs (Ministério das Relações Exteriores do Brasil) website: <https://scedv.serpro.gov.br>.





**BEFORE
GETTING INTO
THE FIELD**

VACCINES

General orientations

It is very important that the routine vaccines are up-to-date for every tourist in his/her country and that he/she knows which ones are required according to his/her health conditions, age, kind of trip and the destiny.

Some groups need special attention

Pregnant women – must have an appointment with their obstetrician to know the preventive measures they need to take or orientations about possible treatments.

Carriers of chronic diseases – can go through special risks for infections and need some vaccines not included on routine calendar.

Elderly – normally they are in delay with their vaccines and respond less efficiently to vaccines like hepatitis B, for example. So, the vaccination must be done as earlier as it is possible from the trip.



GET SMART: Antecedence and planning:

1. The ideal is to be vaccinated at least two months before taking off: many vaccines need two or three doses and, in general, it is needed ten days to produce antibodies.
2. Who does not know the own vaccination history must take the vaccines normally. There is no risk.
3. Before the vaccination, talk to your physician, he/she will help you.

International Certificate of Vaccination and Prophylaxis (*Certificado Internacional de Vacinação e Profilaxia – CIVP*)

The International Sanitary Regulation (Regulamento Sanitário Internacional - RSI, 2005) allows the countries to demand the CIVP for the foreign people to entree, and this can occur even to passengers only in transit at the airports. Brazil does not demand this document, but recommends that people that leave or go to areas that the yellow fever vaccine is needed on routine bases, are vaccinated (see the topic "Yellow fever", p. 22).

Choosing the prevention team

Vaccination

Now, we are going to talk about some inconvenience that can compromise your trip, in case you neglect prevention. They are infectious diseases preventable by immunization and other cares.

The tourist vaccination is important not only for his/her own health, but also to protect the people that leave in the countries he/she is going to visit, once it prevents the introduction of controlled diseases in the places to be visited. And yet, to prevent that when return to his/her own home, the tourist become a virus and bacteria "vector". Brazil has very different realities and continental dimensions from state to state, so this is also applied to the "domestic" tourist.

As you realize, to travel requires a big dose of community responsibility.

SBIIm vaccination calendars (see "Extras". p. 48) bring information about the availability of vaccines on health public system in Brazil,

for Brazilian people, and on vaccines private practices, also to foreign people. As the vaccination must occur preferably before the trip, if you are a foreign tourist, talk to your physician and seek information in the local health system.

Specific orientation



HEPATITIS B

Sexually transmissible, it can be transmitted also through blood or carriers' secretion contact, and sharp contaminated objects.

- **Indication** – The hepatitis B vaccine is indicated independently of the age.
- **Contraindication** – Only in cases of severe allergy (anaphylaxis) to any vaccine component after the anterior dose.
- **Doses** – Three (0-1-6 months). The combined presentation (hepatitis A and B vaccine) can be indicated. To know about the accelerated schedule with four doses and its indication, talk to your physician.
- **Most common reactions** – Minor pain, heat, swelling and redness on the spot of the application. Fever may occur.
- **Where to take the vaccines in Brazil** – They are available for free at the public system to Brazilian people until 49 years old. On private practices they are available for everybody.

GET SMART: The vaccine is the most efficient prevention from hepatitis B, but do not give up the following cares: to use condom in intercourse; do not share toothbrushes, nail pliers, shaving blades; to demand sterilized or disposable materials in tattoo and piercing studios, health services, acupuncture services and medical and dental procedures.



HEPATITIS A

It is transmitted by faecal-oral routes (anus-mouth), from person to person and by the ingestion of water and food contaminated by animals and human waste with the virus. It appears in countries with inadequate sanitary conditions and in lots of Brazilian regions. The trips increase the risk of exposure to this virus.

- **Indication** – The hepatitis A vaccine is recommended routinely by Sociedade Brasileira de Imunizações (SBIm) from one year old on. Brazilian and foreign people traveling through Brazil must pay special attention to this indication.
- **Contraindication** – Only in cases of severe allergy (anaphylaxis) to any vaccine component after the anterior dose.
- **Doses** – Only hepatitis A: two doses (0-6 months) for children older than one year old. If it is combined with the hepatitis B vaccine in the formula for adults: two doses (0-6 months) for children older than 1 and younger than 15 years old; three doses (0-1-6 months) for the ones older than 15 years old.
- **Most common reactions** – Pain, heat, swelling and redness on the spot of the application.

→ **Where to take the vaccines in Brazil** – They are available only in vaccination private practices. In your country, talk to your physician and seek for information in the local health system.



POLIOMYELITIS (“CHILD PALSY”)

It is eradicated from the Americas, so, there is no risk of being acquired in Brazil. Therefore, because the risk of resurgence, due to traveling around the world, it is necessary to insure that the population is immunized.

→ **Indication** – For all children in the first five years and teenagers and adults travelers that go to countries that still have this disease.

→ **Contraindication** – The oral vaccine should not be applied in hospitalized people, immunosuppressed or that ones that live with immunodeficient people. There is no contraindication for injectable vaccines, except in cases of severe allergy (anaphylaxis) to any vaccine component.

→ **Doses** – For children: three doses in the first year and two backups by 15 months and between 4 and 5 years old. To teenagers and adults that travel to risk areas, one dose only.

→ **Most common reactions** – The injectable vaccine can cause local pain and fever.

→ **Where to take the vaccines in Brazil** – In public services for all Brazilian children under 5 years old. The injectable vaccine is available in vaccination private practices for teenagers and adults, combined with triple bacterial vaccine adult type (see the following topic).



DIPHTHERIA, TETANUS AND PERTUSSIS

They can appear in any age. Diphtheria is transmitted by saliva drops and it is controlled in Brazil, but still causes isolated outbreaks. Tetanus is caused by wound contamination through earth, stool and saliva or by rusty blades; by dental infections. Pertussis, also transmitted by saliva drops, is rising all over the world.

- **Indication** – The triple bacterial vaccine protects us from the three diseases (as the name suggests) and it is recommended from 2 months old on. Teenagers must receive a backup and from then on, from 10 to 10 years for all their lives. The presentation of the adult type is specially indicated to pregnant women.
- **Contraindication** – Only in cases of severe allergy (anaphylaxis) to any vaccine component after the anterior dose.
- **Doses** – On children: three doses in the first year, the first one by 2 months old, and then from two to two months, plus a backup between 15-18 months and another between 4 and 6 years old. From this schedule, backups each 10 years are necessary. Adults with an incomplete vaccination schedule (less than 3 doses) must complete it with one dose of the dTpa vaccine (acellular triple bacterial vaccine for adults) plus one or more doses of the dT vaccine (double adult), totaling three doses against tetanus.
- **Most common reactions** – Heat, redness, swelling and pain on the spot of the application. Unspecific systemic symptoms can occur, as discomfort and fever.
- **Where to take the vaccines in Brazil** – The public health system

has the vaccine triple bacterial of full cells for children until 7 years old. For adults, it has the double vaccine, against diphtheria and tetanus. The vaccination private practices have the triple bacterial acellular vaccine, for children and adults, and also in combination with the inactivated vaccine of poliomyelitis (quadruple bacterial).



YELLOW FEVER (YF)

It is transmitted by an infected mosquito bite and the lethality in cases that show symptoms varies from 5% to 50%. The Organização Mundial da Saúde (OMS) – World Health Organization – estimate 200 thousand cases and 30 thousand deaths because of YF in the world. In Brazil, the disease presents risk and the vaccine is part of the routine vaccination calendars in North and Central-West regions; in Maranhão and part of Piauí, Bahia, Minas Gerais, São Paulo, Paraná, Santa Catarina and Rio Grande do Sul.

- **Indication** – The vaccine is recommended from 9 months old on for everybody that lives or travels to risk areas.
- **Contraindication** – Pregnant women; women that breastfeed babies younger than 6 months old; babies younger than 6 months old; immunosuppressed people or with hypersensitivity (anaphylaxis) to any vaccine components.
- **Dose** – One each ten years, from 9 months old on.
- **Most common reactions** – Generally are light and rare (5% to 10% from those who took the shot) and include: headache, muscles sore and fever five to ten days after the vaccination. Occasionally, it may occur allergic reaction to egg protein. The anaphylaxis is very rare and affects in special, people that have egg allergy.

→ **Where to take the vaccines in Brazil** – At all the health public services and private practices credentialed by Anvisa (National Health Surveillance Agency, p. 48).



MENINGITIS MENINGOCOCCAL (MM)

MM may occur in any part of the world and children and young travelers are among the most infected, especially the ones that attend crowded environments (big events, for instance); dorms and public transportation, including tourism buses. The risk varies according to the local epidemiology (quantity and distribution of the cases) and it is different from zero. Besides the person's health commitment, the infection implies the possibility of the introduction of the disease in the travelers' origin countries after his return to home. Because of the great variety of the geographical distribution of the serum groups (types) of *Neisseria meningitidis* (bacteria that causes MM) in the entire world, it is important that the majority part of the population are immunized against the most possible number of serum groups. Because of that, the combined vaccines are the most indicated; preferably the quadruple combined meningococcal vaccine that protects from the serum groups A, C, W and Y. This care will also prevent the health carrier – a state that the person doesn't get sick and even doesn't know that is a carrier, therefore, a bacteria transmitter.

→ **Indication** – Children from 2 months old on must be vaccinated routinely with the combined meningococcal C vaccine. People older than 2 years old must receive, preferably, the meningococcal ACWY vaccine – mainly, but not exclusively – in case of travels to places where the disease is in high prevalence ("Meningitis African Belt") or where there are occurring outbreaks.

- **Contraindication** – Only in cases of severe allergy (anaphylaxis) to any vaccine component after the anterior dose.
- **Doses** – Combined meningococcal C vaccine (for children from 2 months old on): two doses, one by the age of 3 months old and the other by the age of 5 months old and backups by 12 months old, 5 years old and 11 years old.

Attention: For the backup by the age of 5 and teenagers/adults, we recommend preferably the quadruple ACWY vaccine: unique dose. However, if it is the first immunization of the teenager against MM, we recommend two doses of quadruple: one dose and another 5 years after that. Vaccinated adults (more than 5 years), in case of travels or outbreaks, must receive a dose.

- **Most common reactions** – Pain, heat and redness on the spot of the application.
- **Where to take the vaccines in Brazil** – The meningococcal C vaccine is available in public services for children up to 1 year old; in private practices there is no age restriction. The quadruple ACWY vaccine is available only in vaccination private practices.



HPV

Sexually transmitted, this virus causes cervical, anus, penis and mouth cancer among others, and also causes genital warts. The use of condom is important, but it cannot protect totally from the infection. It is known that traveling increase the risk of sexually transmitted diseases.

- **Indication** – In Brazil, the HPV vaccine is indicated by SBLm routinely to men between 9 and 26 years old and women above 9 years old.
- **Contraindication** – Pregnancy. Also in cases of severe allergy (anaphylaxis) to any vaccine components after the previous dose.
- **Doses** – Three: 0-1 to 2-6 months.
- **Most common reactions** – Pain, heat and redness on the spot of the application.
- **Where to take the vaccines in Brazil** – At vaccination private practices. At public services, from March/2014, it will be available only for girls between 11 to 13 years old.



MEASLES, MUMPS AND RUBELLA (SCR)

These three diseases are controlled in Brazil. The records from measles are in susceptible Brazilian people infected during international trips, or by foreign travelers visiting the country and that transmitted the disease to susceptible Brazilian people. Events that gather a big number of people from all around the world represent risk of measles.

- **Indication** – The triple viral vaccine is indicated to people from all ages and prevents the three diseases.
- **Contraindication** – Pregnancy and immunodeficiency. Also in cases of severe allergy (anaphylaxis) to any vaccine components after the previous dose.

- **Doses** – Two, one month between them.
- **Most common reactions** – Some cases of fever and redness all over the body can occur around five to twelve days after the vaccination.
- **Where to take the vaccines in Brazil** – The triple viral is available at health public services for Brazilian people until 49 years old, and the vaccination private practices for everybody.



CHICKENPOX

Known as "catapora", it is a highly contagious infection, transmitted from person to person and it causes outbreaks.

- **Indication** – People older than 1 year old and that did not have the disease yet.
- **Contraindication** – Pregnancy and immunodeficiency. Also in cases of severe allergy (anaphylaxis) to any vaccine components after the previous dose.
- **Doses** – Two. For children between 1 and 12 years old: MINIMUM interval of three months. Older than 12 years old: interval of 1-3 months.
- **Most common reactions** – Pain, heat and redness on the spot of the application. A clinical state can be similar, but much softer; can occur one or two weeks after the vaccination.

- **Where to take the vaccines in Brazil** – At the health services, the vaccine is available for children between 15 and 24 months old. At vaccination private practices, it is available for children, teenagers and adults.



TUBERCULOSIS

In Brazil it is highly endemic and considered a health public issue. It is low risk to travelers and there is no evidence of facilitated transmission in planes or other means of transportation. However, immunocompromised travelers that will remain here for a long time and those who are visiting relatives in endemic areas are in greater risk.

- **Indication** – The BCG vaccine is indicated routinely for Brazilian children. Risk people, visiting Brazil, must have an appointment with a physician to evaluate the indication.
- **Contraindication** – Pregnancy and immunodeficiency.
- **Dose** – Unique.
- **Most common reactions** – Expected and typical local reaction: subcutaneously abscess; inflammation on the lymph nodes; scar and keloid.
- **Where to take the vaccines in Brazil** – At public services, the vaccine is available for Brazilian people from 0 to 60 months old. At vaccination private practices, for everybody.



PNEUMONIAS, MENINGITIS, OTITIS AND SINUSITIS

These are the main manifestations of the pneumococcal diseases, caused by pneumococcus bacteria. The most affected are: younger than 2 years old and older than 60 years old; diabetics; cardiacs; people with compromised lungs; kidneys; people without spleen (asplenia) or in other debilitating conditions.

- **Indication** – The pneumococcal conjugate vaccine is indicated routinely for all children younger than 5 years old. Adults older than 60 years old and everybody that has a chronic disease, no matter the age, must receive not only the conjugate vaccine, but also a polysaccharides one.
- **Contraindication** – In the case of severe allergy (anaphylaxis) to any vaccine components after the previous dose.
- **Doses** – Children: three doses in the first year and a backup when turn 15 months old. Children older than 2 years old, risk adults and elderly: unique dose.
- **Most common reactions** – Pain, heat, redness on the spot of the application and, eventually, fever.
- **Where to take the vaccines in Brazil** – At public services: children younger than 2 years old. For children until 5 carriers of any chronic condition, the vaccine is available at the "Centros de Referência em Imunobiológicos Especiais" – Cries. (Reference centers of special immunobiologicals). At vaccination private practices, for all the situations that are indicated, no matter the age.



HUMAN RABIES

It occurs in almost all the continents, except from Antarctica. It is lethal and transmitted by an infected animal with the virus through bite or scratch. Brazil, in 2010, registered three cases of human rabies. In the last 15 years, there was a progressive decrease of attacks caused by dogs and an increase of attacks caused by bats.

- **Indication** – The prevention pre-exposure can be indicated to travelers that go to areas where rabies is endemic and that have increased risk of exposure to animals – that would be evaluated on the appointment before the trip. The vaccination post exposure is indicated to everybody. Rabies is not endemic in Brazil.
- **Contraindication** – There is none.
- **Doses** – Vaccination pre-exposure: three doses – the second one applied seven days and the third 21 to 28 days after the first. Vaccination post exposure: the animal condition, the type of the wound and the local of the bite/scratch will define the schedule of the vaccination and if the administration of immunoglobulin is needed or not. A physician must be consulted.
- **Most common reactions** – Heat, redness, swelling and pain on the spot of the application. In some cases, systemic reactions as: discomfort, fever, sore muscles and headache.
- **Where to take the vaccines in Brazil** – Public health services and private practices.



CHOLERA AND TRAVELERS' DIARRHEA (DV)

The gastroenteritis is characterized by a process of vomit and diarrhea and it is caused by many infectious agents that are transmitted by via faecal-oral, water and contaminated food, directly or indirectly, by waste, incorrect storage of food in inappropriate temperature and sanitary conditions, by failing in the hygiene procedures, utensils, or by usage of untreated water (see the topic "Diarrhea", p. 42).

Among the agents that cause this process, stands out the *Escherichia coli enterotoxigênica* (Etec) as the most common related to travelers' diarrhea. Cholera can also be a problem, depending on the traveler's destination. However, it is a low risk, even in the countries that the disease is epidemic, which is not the case in Brazil.

- **Indications** – The traveler's vaccination when a tourist, must be evaluated considering the time spent in the place, the characteristics of the lodging and food and the activities.
- **Contraindication** – Hypersensitivity to the vaccine previous dose.
- **Doses** – The primary vaccination schedule consists of two oral doses with a 7 to 14 days interval for adults and children from 6 years old on; for children between 2 to 5 years old, it is recommended three doses with a 7 to 14 days interval.
- **Most common reactions** – Rare, but it can occur gastrointestinal symptoms as abdominal pain, nausea, diarrhea.
- **Where to take the vaccines in Brazil** – The vaccine is not available in Brazil.

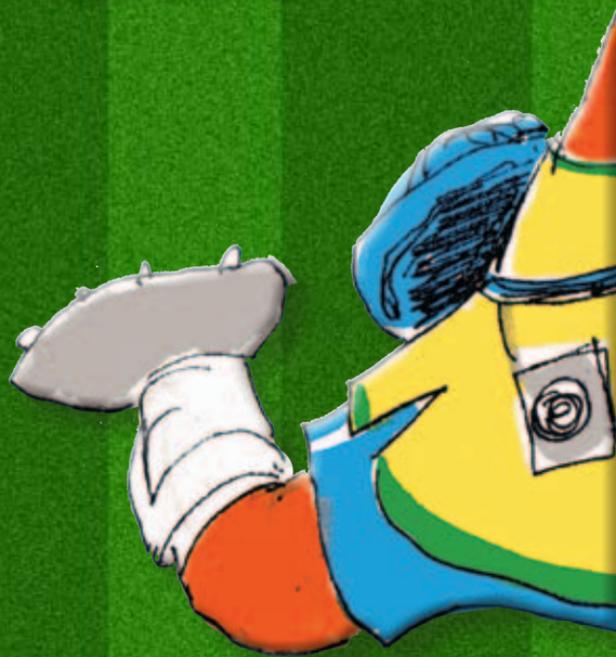


PNEUMONIAS, MENINGITIS AND OTHER INFECTIONS BY HAEMOPHILUS INFLUENZAE OF TYPE b (Hib)

Many are the infections caused by the bacteria *Haemophilus Influenzae* of type b, specially pneumonias and meningitis, but nowadays they are rare, thanks to infant vaccination. In general, they attack carriers of chronicle diseases.

- **Indication** – The Hib vaccine is indicated for children in the first five years and for children older than 5, teenagers and adults that are carriers of heart, lungs, kidney or chronicle rheumatic conditions; the ones that do not have the spleen; transplanted patients, immunodeficients, among others.
- **Contraindication** – In the case of severe allergy (anaphylaxis) to any vaccine components after the previous dose.
- **Doses** – Children: three doses in the first year and a backup in the second. Teenagers and adults in risk conditions: one or two doses, according to their clinical condition.
- **Most common reactions** – Local pain and fever.
- **Where to take the vaccines in Brazil** – At health public services, for Brazilian children until 5 years old and in the "Centros de Referência para Imunobiológicos Especiais" – Cries (Reference centers of special immunobiologicals), for carriers of chronicle diseases until 19 years old. At the vaccination private practices the Hib vaccine is available in all the situations, regardless the age or nationality.

TO GET ALONG







JET LAG

The syndrome of the time zone quick change (Jet lag) alters the biological clock and causes symptoms like: fatigue, daily sleepiness, difficult in concentration and thinking, irritability, headache and sleep disorders. To minimize them:

- ✦ Try to alter the sleep rhythm before the trip, suiting it to the destiny time zone.
- ✦ Try to travel rested.
- ✦ At the night flights, try to sleep and relax.
- ✦ Do not drink alcoholic beverages and limit the caffeine.

When arrive in the destiny:

- ✦ Set your wrist watch with the local time immediately.
- ✦ Do the activities and eat accordingly to the local time.
- ✦ Try to practice exercises
- ✦ Try to take only short naps
- ✦ Adopt a light and fractionated diet



GET SMART: If you have difficult to sleep, you may need sleeping pills. In this case, remember to talk to your physician about it.

WATER

- ✦ Drink mineral bottled water or industrialized beverages.
- ✦ Do not take ice if you do not know the precedence (in scale shape or in street vendor's containers, for example)
- ✦ Do not drink juice if you do not know the precedence of the water.
- ✦ Do not swim or practice water sports in lakes, rivers, dams, and sea with the sign "unsuitable for bathing" ("impróprio para banho") – big newspapers use to inform the bathing conditions. Not treated swimming pools also represent lots of risks.

GET SMART: If you are traveling around areas with no adequate sanitary conditions, boil the water or treat it with povidine, hidrosteril (chlorine tablets) or iodine dye. Before going to these regions, remember to take these items and talk to your physician about their correct use.



FEEDING

- ✦ Hands are the most important mean of virus and bacteria and feeding is the moment that we take them to the mouth repeatedly and touch the food. You can use alcohol in gel 70% to clean your hands, rubbing for 20 to 30 seconds – "gold standard" of sanitization. But if they are clearly dirt, wash with water and soap.
- ✦ If you are not sure about the hygiene adequate conditions, avoid eating salads, raw vegetables, drink fruit juices, milk and nonpasteurised dairy.



- ✦ Do not have food and beverages sold by street vendors. In big events, it is common that registered vendors and the ones associated to big companies provide food. This helps to minimize the risks. Seek information.
- ✦ Only eat well cooked meat, chicken, fish and sea food.
- ✦ Also seek trustable restaurants, indicated by people from the region or on the published gastronomic guides.

GET SMART: Even if the supplier is a known trade mark, avoid fat food, creamy and greasy (see the topic "Travelers' Diarrhea", p. 42). This care can free you from bed resting.

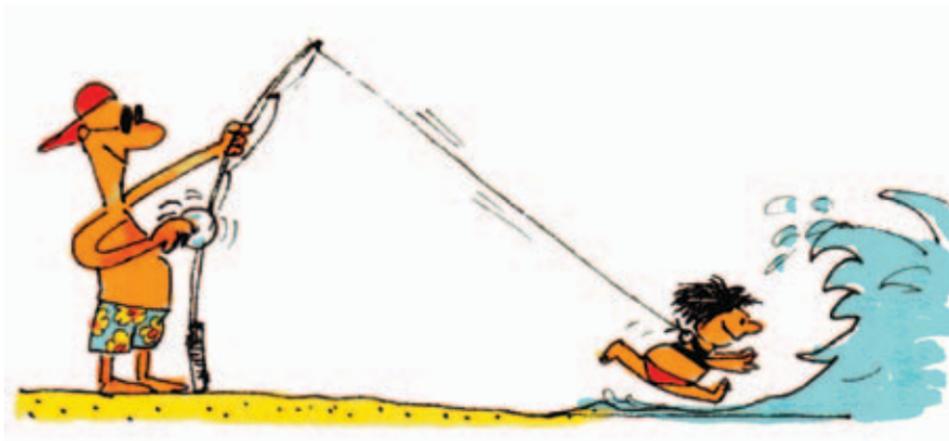


CLOTHES

- ✦ Wear suitable clothes for the temperature and activities you intend to do. In hot weather, cotton clothes protect the body, do not warm too much and facilitate the transpiration. See on page 40 how your choice of clothes and shoes can help in insects' bites protection.

GET SMART: Prefer light clothes; they retain less heat and allow you to see better the insects.





BEACHES

- ✦ Attention to the advertence signs.
- ✦ Do not go into the sea after exaggerate with alcohol.
- ✦ Never leave children alone in the sea.
- ✦ Swim in parallel to the beach.
- ✦ Try to bath near a safe service.
- ✦ Keep away of rocks and coastal.
- ✦ Use bracelets to identify children.



GET SMART: Some beaches of Rio de Janeiro and Santa Catarina are exposed to the action of a phenomenon known as "resurgence" that causes a big contrast between water and sun temperatures. So, try to avoid entering in the water after long exposition to the sun, due to the risk of thermal shock and fainting.

SEA, RIVERS, LAKES AND SWIMMING POOLS

In Brazil, drowning is the second greatest cause of death by accident among children and teenagers until 14 years old, only losing for car accidents. Adults also take risks. Because of this, pay attention:

- ✦ Before swimming, try to recognize the place and seek for lifeguards. Avoid swimming alone.
- ✦ Respect the signs and delimitations of areas of big risk.
- ✦ Do not overestimate children and teenagers' abilities and tell them to wear life jacket.
- ✦ Attention to the use of alcoholic beverages.
- ✦ Do not dive without knowing the depth and rocks existence.
- ✦ At drowning saving, choose to launch floats instead of trying to save the person, especially if you do not have experience in it.
- ✦ Avoid water jokes, like "drown" joke.
- ✦ By boat or any other kind of vessel, always wear life vest.
- ✦ Only ride a vessel if you have license.



EXPOSITION TO THE SUN/ BURNING

Travelers use to stay for a long time doing open air activities, exposing to the unhealthy ultraviolet rays (UV), even in cloud days. Sun reflection on the sand and the water also increase the exposure to these rays. Therefore, attention to:

- ✦ Try to avoid long exposition to the sun between 10 a.m. and 4 p.m.
- ✦ Try to protect your body with cotton clothes.
- ✦ Always wear caps and hats.
- ✦ Drink a lot of fluids.
- ✦ Use sunscreen with protection factor equal or bigger than 15.
- ✦ Do not do artificial tanning.



GET SMART: Go to a physician in case of:

- ✦ Severe burns.
- ✦ Dehydration.
- ✦ High fever.
- ✦ Prostration.
- ✦ A lot of pain for a long period (bigger than 48 hours).



INSECTS' BITES

The prevention of insects' bites and, consequently, diseases transmitted by them, must receive travelers' special attention when they go to rural area, forests or "cerrado". Brazil has enormous wood areas, where there are diseases like: malaria, yellow fever, leishmaniasis, dengue (also a risk in big urban centers), among others transmitted by mosquitoes. The prevention includes environmental measures and individual protection as:

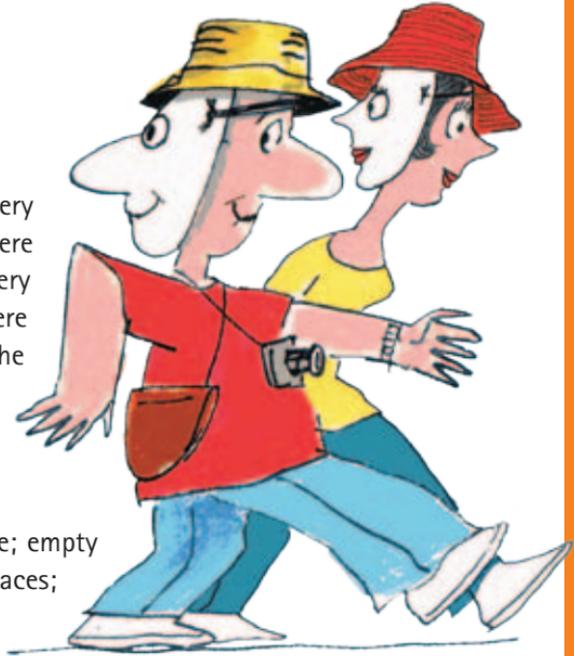
- ◆ To use topic repellent: Deet (in adequate concentration and recommended for each age) and Icaridina present good results in bites prevention, very safe and they are effective for children (from 2 years old on) and adults.
- ◆ To use physical barriers as protection screens and mosquito nets.
- ◆ To sleep in locals with efficient sealing or air conditioner.



GET SMART: For those who are planning on camping, trials and/or activities on the woods, there are proper repellents for clothes and shoes, as well as screens with repellent to make nets, camping tents, children strollers, etc. Seek for information!

SECURITY

In Brazil, as well as in every big city in the world, there are places with a big robbery ratio. The places where there are more tourists are the target ones and some cares help to decrease the risks:



- ✦ Try to avoid: walk alone; empty and bad illuminated places; empty beaches and parks.
- ✦ Try not to leave out: wallet with money and documents; cameras, cell phones and electronic equipments.
- ✦ Set dates in public locations, like bars and restaurants.
- ✦ Do not take strangers to the places you are staying.
- ✦ At the beach or other touristic spots, like night clubs and bars, do not leave your personal belongings alone.
- ✦ Try to avoid going out with lots of cash.
- ✦ It is better to use cab services from cooperatives.

GET SMART: Carry copies of your documents instead of the original ones. This will avoid problems in case you are robbed.



DIARRHEA

Diarrhea is the most frequently clinical situation mentioned by travelers, especially by those who go from the most developed areas to the less developed ones. The incidence rate of travelers' diarrhea in high risk areas varies from 30% to 50%, the same as about 24 to 40 million people in the world – 7,5 to 12,5 million Europeans and 5 to 15,9 million North Americans.

Considering the Brazilian territorial dimension and the difference about sanitary and epidemiologic conditions, we can imagine that Brazilian people, traveling inside and outside the country, present similar risks to those travelers that leave a developed country and go to a less developed one.

In short trips, 20% to 50% of the people have diarrhea. Young people are more likely to have it because they are less worried about hygiene cares.

Diarrhea uses to be part of a self limited syndrome and it is frequently associated to symptoms like: abdominal distension, nausea, cramps, fever and fatigue. Rarely, it represents risk of life, but it can compromise some days, enabling the traveler to do his/her planned activities.

Diarrhea is the most frequent infectious disease of them all and can be debilitate. Its origin is in food contamination. Less frequently, it can be related to infections transmitted by water. The careless with hygiene is the greatest risk factor. Therefore, pay careful attention in water and food!

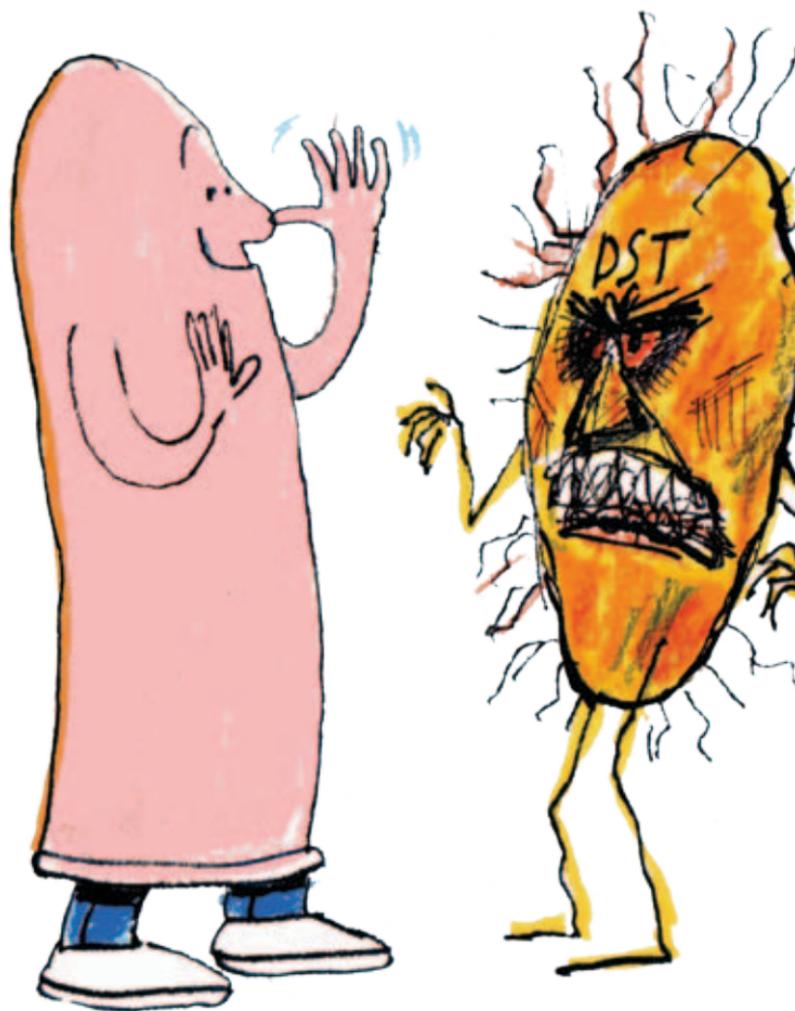
The Etec bacterium is responsible for most cases of diarrhea. The virus is responsible for 5% to 10% of the watery acute form, above all in children, and the principal one is the Norovirus because it is highly contagious and it reproduces very quickly.

In case of outbreaks in a ship, more than 80% of the passengers can be affected. This characteristic associated to the facility of the transmission from person to person and the capacity of the virus to survive to the cleaning routinely procedures, explain the high frequency of outbreaks.

We do not recommend prevention with medicines. However, all travelers must carry this medication in the first aid kit, which will reduce the disease intensity, the time of duration and possible complications. Ask for medical advice. In case of diarrhea caused by Norovirus, there is no specific medicine developed for this kind of virus. However, there is a medicine used to treat many parasites and it is indicated to the treatment of rotavirus and norovirus, because it has been showing an effective reduction of the disease length.

Depending on the gravity of the symptoms, it can be necessary the use of antibiotics and fluids and electrolytes reposition orally or even intravenous.



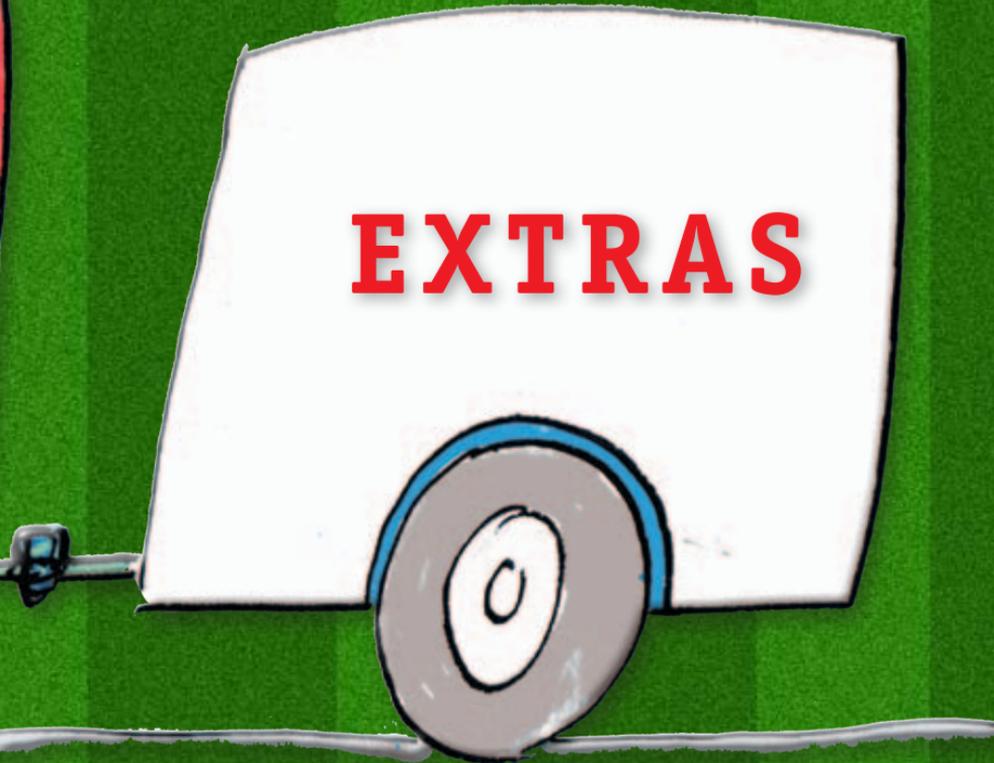


SEXUALLY TRANSMITTED DISEASE (STDs)

Brazil presents variable occurrence rates of hepatitis B, AIDS and other sexually transmitted diseases and also by blood contact, with important regional variation. Because of that, it is important:

- ✦ To have only secure sex, using condoms.
- ✦ Do not apply piercings or tattoos in studios where the hygiene conditions and the equipment cleaning are not attested by an inspection organ.
- ✦ To use an own nail pliers and other sharp instruments when going to manicure/pedicure/podiatrist.
- ✦ Do not use injectable drugs or share syringes and needles.



A stylized, hand-drawn illustration of a white trailer with a single grey wheel. The trailer is positioned on a green background with vertical stripes. The word "EXTRAS" is written in bold, red, uppercase letters on the side of the trailer. The drawing has a rough, sketchy appearance with visible outlines and some shading.

EXTRAS

Private clinics of vaccination

The Sociedade Brasileira de Imunizações keeps, in its website, a list of clinics all over Brazil that were submitted to its accreditation process. This accreditation attests that the units attend all requisites of the Ministry of Health for operation. To know the relation, access:

www.sbim.org.br/clinicas-acreditadas/

Also access:

Private services of vaccination / Anvisa:

<http://goo.gl/NBDA6L>

National Health Surveillance Agency Units at the airports and capitals harbors

At the National Health Surveillance Agency portal you will access the completed relation of the services stations. Access:

<http://goo.gl/T01Fyr>

Original link:

http://portal.anvisa.gov.br/wps/wcm/connect/ee-d303804a1aa7edaad8abaa19e2217c/Centros_de_Orientacao_de_Viajantes.pdf?MOD=AJPERES

Principal public emergencies in the host cities of the World Cup 2014

In here you find the relation of general hospitals, emergency care units, general emergency room, available for spontaneous demand care in each host city of the World Cup 2014.

To know more information about all the units in Brazil, access Cadastro Nacional de Estabelecimentos de Saúde (CNESNet / Secretaria de Atenção à Saúde / Datasus) and sail by state: <http://goo.gl/ieuBAE>

Original link:

http://cnes.datasus.gov.br/Mod_Ind_Unidade.asp

GET SMART: Before any trip you must search information about health care units in the region you are going to visit. People that have health insurance (national and international) must get in touch with the central of assistance and ask information about telephones and service network for emergency cases in the city of destiny.

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R. CAMPOS SALES, 472 – GAMELEIRA

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**SMSDC RIO UPA 24H ENGENHO DE DENTRO
(ER)**

R. BERNARDO, S/N – ENGENHO DE DENTRO

SMSDC RIO UPA 24H CIDADE DE DEUS (ER)

R. EDGAR WERNECK, S/N – CIDADE DE DEUS

SMSDC RIO UPA 24H COSTA BARROS (ER)

EST. BOTAFOGO, S/N – COSTA BARROS

SMSDC RIO UPA 24H MADUREIRA (ER)

PRAÇA DOS LAVRADORES, S/N – MADUREIRA

SMSDC RIO UPA 24H MAGALHÃES BASTOS (ER)

ESTRADA MANOEL NOGUEIRA DE SÁ, S/N –
MAGALHÃES BASTOS

SMSDC RIO UPA 24H VILA KENNEDY (ER)

PRAÇA DOLOMITAS, S/N – VILA KENNEDY

SMSDC UPA 24H ROCINHA AP 21 (ER)

ESTRADA DA GÁVEA, 522 – ROCINHA

SMSDC UPA 24H SENADOR CAMARÁ (ER)

AV. SANTA CRUZ, 6.486 – SENADOR CAMARÁ

Salvador (BA)**HOSPITAL ANA NERY**

R. SALDANHA MARINHO, S/N – CAIXA
D' ÁGUA

HOSPITAL DO SUBÚRPIO

R. DAS PEDRINHAS, 511 – PERIPERI

HOSPITAL ELADIO LASSERRE

R. CORONEL AZEVEDO, S/N – CAJAZEIRAS II

HOSPITAL GERAL DO ESTADO

AV. VASCO DA GAMA, S/N – VASCO DA GAMA

HOSPITAL GERAL ERNESTO SIMÕES FILHO

PRAÇA CONSELHEIRO JOÃO ALFREDO, S/N –
PAU MIÚDO

HOSPITAL GERAL JOÃO BATISTA CARIBE

AV. AFRÂNIO PEIXOTO, S/N – COUTOS

HOSPITAL GERAL ROBERTO SANTOS

ESTRADA SABOEIRO, S/N – SABOEIRO

8 CS SIGFRIED S SCHINDLER (HEALTH DEPARTMENT)

R. ANNA MARIANE BITTENCOURT, S/N – SÃO
CAETANO

UNIDADE EMERGÊNCIA GERCINO COELHO (ER)

R. 8 DE NOVEMBRO, S/N – PIRAJÁ

PA ALFREDO BUREAU (ER)

R. JAIME SAPOLNIK, S/N – GUILHERME
MARBACK – IMBÚÍ

PA DR HÉLIO MACHADO (ER)

R. DA CACIMBA, S/N – ITAPOÃ

**PA MARIA DA CONCEIÇÃO SANTIAGO
IMBASSAY (ER)**

R. MARQUES DE MARICÁ, 39 – PAU MIÚDO

PA PERNAMBUES EDSON T BARBOSA (ER)

AV. HILDA, 02 – PERNAMBUES

PA PROF. CLEMENTINO FRAGA (ER)

AV. CENTENÁRIO, S/N – CENTENÁRIO

PA RODRIGO ARGOLO (ER)

R. PERNAMBUCO, S/N – TANCREDO NEVES

**UNIDADE DE EMERGÊNCIA DE SÃO MARCOS
(ER)**

ALAMEDA ACM, S/N – SÃO MARCOS

**UNIDADE DE EMERGÊNCIA MÃE HILDA
JITLU (ER)**

R. DO CURUZU, S/N – CURUZU LIBERDADE

UPA 24H PROF. ADROALDO ALBERGARIA (ER)

R. DAS PEDRINHAS, S/N – PERIPERI

UPA DE ROMA (ER)

R. BARÃO DE COTEGIPE, 1.153 – LADO B –
ROMA

São Paulo (SP)**CONJUNTO HOSPITALAR DO MANDAQUI**

R. VOLUNTÁRIOS DA PÁTRIA, 4.301 –
MANDAQUI

**HC DA FMUSP HOSPITAL DAS CLÍNICAS
SÃO PAULO**

AV. REBOUÇAS, 381 – JD PAULISTA

HOSPITAL DE TRANSPLANTE DO ESTADO

DE SP EURYCLIDES DE JESUS ZERBINI

AV. BRIGADEIRO LUIZ ANTÔNIO, 2.651 –

JARDIM PAULISTA

HOSPITAL DO SERV PUB EST FCO MORATO

DE OLIVEIRA

R. PEDRO DE TOLEDO, 1.800 – VILA

CLEMENTINO

HOSPITAL DO SERV. PUB. MUNICIPAL HSPM

R. CASTRO ALVES, 60 – ACLIMAÇÃO

HOSPITAL MUN. CAMPO LIMPO FERNANDO

MAURO P. DA ROCHA

ESTRADA DE ITAPECIRICA, 1.661 – VILA

MARACANÃ – CAMPO LIMPO

HOSPITAL MUN. CIDADE TIRADENTES

CARMEN PRUDENTE

AV. DOS METALÚRGICOS, 1.797 – CENTRO

HOSPITAL MUN. DO TATUAPÉ CARMINO CARICCHIO

AV. CELSO GARCIA, 4.815 – TATUAPÉ

HOSPITAL MUN. DR. IGNÁCIO PROENÇA DE GOUVEA

R. JUVENTUS, 562 – MOOCA

HOSPITAL MUN. ERMELINO MATARAZZO ALÍPIO CORREA NETTO

ALA RODRIGO DE BRUM, 1.989 – VILA PARANAGUÁ

HOSPITAL MUN. J IVA BENEDITO MONTENEGRO

R. ANTÔNIO LÁZARO, 226 – JARDIM IVA

HOSPITAL MUN. J SARAH MÁRIO DEGNI

R. LUCAS DE LEYDE, 257 – VILA ANTÔNIO

HOSPITAL MUN. JABAQUARA ARTUR RIBEIRO DE SABOYA

R. FRANCISCO DE PAULA Q RIBEIRO, 860 – JABAQUARA

HOSPITAL MUN. PIRITUBA JOSÉ SOARES HUNGRIA

AV. MENOTTI LAUDÍSIO, 100 – PIRITUBA

HOSPITAL MUN. PLANALTO WALDOMIRO DE PAULA

R. AUGUSTO CARLOS BAUMANN, 1.074 – ITAQUERA

HOSPITAL MUN. SÃO LUIZ GONZAGA

R. MICHEL OUCHANA, 94 – JAÇANÃ

HOSPITAL MUN. TIDE SETÚBAL

R. DR. JOSÉ GUILHERME EIRAS, 123 – SÃO MIGUEL PAULISTA

HOSPITAL MUN. V NHOCUNE ALEXANDRE ZAIO

R. ALVES MALDONADO, 128 – JARDIM SÃO JOÃO

HOSPITAL MUN. VER JOSÉ STOROPOLLI

R. FRANCISCO FANGANIELLO, 127 – PARQUE NOVO MUNDO

HOSPITAL ESTADUAL DE SAPOEMBA

R. MANOEL FRANCA DOS SANTOS, 174 – JARDIM SAPOEMBA

HOSPITAL ESTADUAL DE VILA ALPINA ORG SOCIAL SECONCI

AV. FRANCISCO FALCONI, 1.501 – VILA ALPINA

HOSPITAL GERAL DE PEDREIRA

R. JOÃO FRANCISCO DE MOURA, 251 – VILA CAMPO GRANDE

HOSPITAL GERAL DE SÃO MATEUS

R. ÂNGELO DE CANDIA, 540 – SÃO MATEUS

HOSPITAL GERAL DE VILA NOVA

CACHOEIRINHA SÃO PAULO

AV. DEP. EMÍLIO CARLOS, 3.000 – VILA NOVA CAHOEIRINHA

HOSPITAL GERAL DE VILA PENTEADO DR. JOSÉ PANGELLA

AV. MINISTRO PETRÔNIO PORTELA, 1.642 – JARDIM IRACEMA

HOSPITAL GERAL DO GRAJAÚ PROF LIBER

JOHN ALPHONSE DI DIO

R. FRANCISCO OCTÁVIO PACCA, 180 – PARQUE DAS NAÇÕES

HOSPITAL GERAL JESUS TEIXEIRA DA COSTA GUAIANASES

AV. MIGUEL ACHIOLE DA FONSECA, 1.092 – JARDIM SÃO PAULO

HOSPITAL GERAL SANTA MARCELINA DE ITAIM PAULISTA

AV. MARECHAL TITO, 6.035 – ITAIM PAULISTA

HOSPITAL HELIÓPOLIS UNIDADE DE GESTÃO ASSISTENCIAL

R. CÔNEGO XAVIER, 276 – SACOMA

HOSPITAL GERAL DE TAIPAS – KÁTIA DE SOUZA RODRIGUES

AV. ELISIO TEIXEIRA LEITE, 6.999 – PARADA DE TAIPAS

HOSPITAL MUN. DR. MOYSES DEUTSCH M BOI MIRIM

EST. M BOI MIRIM, 5203 – JARDIM ÂNGELA

HOSPITAL REGIONAL SUL

R. GENERAL ROBERTO ALVES DE CARVALHO FILHO, 270 – SANTO AMARO

HOSPITAL UNIVERSITÁRIO DA USP

AV. PROF. LINEU PRESTES, 2.565 – BUTANTÃ

INSTITUTO DE INFECTOLOGIA EMILIO RIBAS
 AV. DR. ARNALDO, 165 – CERQUEIRA CÉSAR
UNIDADE DE GESTÃO ASSISTENCIAL II
HOSPITAL IPIRANGA

AV. NAZARÉ, 28 – IPIRANGA

PS MUN. AUGUSTO GOMES DE MATOS (ER)

R. JULIO FELIPE GUEDES, 200 – VILA DAS
 MERCÉS

PS MUN. DR. ÁLVARO DINO DE ALMEIDA (ER)

R. VITORINO CARMILO, 717 – BARRA FUNDA

PS MUN. DR. CAETANO VIRGÍLIO NETTO (ER)

R. AUGUSTO FARINA, 1.125 – JARDIM
 PINHEIROS

PS MUN. FREGUESIA DO Ó 21. DE JUNHO (ER)

AV. JOÃO PAULO I, 421. – FREGUESIA DO Ó

PS MUN. JULIO TUPY (ER)

R. SERRA DA QUEIMADA, 800 – PARQUE
 GUAIANASES

PS MUN. PERUS (ER)

R. JULIO DE OLIVEIRA, 80 – PERUS

PS MUN. PROF. JOÃO CATARIN MEZOMO (ER)

AV. QUEIROZ FILHO, 313 – VILA LEOPOLDINA

PS MUN. SANTANA LAURO RIBAS BRAGA (ER)

AV. VOLUNTÁRIOS DA PÁTRIA, 943 – SANTANA

**PS MUN. STO AMARO JOSÉ SILVIO DE
 CAMARGO (ER)**

AV. ADOLFO PINHEIRO, 805 – SANTO AMARO

PS MUN. V MARIA BAIXA

PRAÇA ENGENHEIRO HUGO BRANDI, 15 –
 PARQUE NOVO MUNDO

**PSM AMA DONA MARIA ANTONIETA F DE
 BARROS (ER)**

R. ANTONIO FELIPE FILHO, 180 – GRAJAÚ

PSM BALNEÁRIO SÃO JOSÉ (ER)

R. GASPAR LEME, S/N – BALNEÁRIO SÃO JOSÉ

AMA ALEXANDRE ZAIO (PUBLIC SERVICE)

R. ALBERTO FLORES, S/N – JARDIM

SÃO JOÃO

**AMA CAMPO LIMPO FERNANDO MAURO P
 DA ROCHA (PUBLIC SERVICE)**

ESTRADA DE ITAPECIRICA, 1.661 – JARDIM
 MARACANÃ

AMA COMPLEXO PRATES (PUBLIC SERVICE)

R. PRATES, 1.107 – FRENTE – BOM RETIRO

**AMA DR. JOSÉ SOARES HUNGRIA (PUBLIC
 SERVICE)**

R. MENOTTI LAUDISIO, 100 – PIRITUBA

AMA ERMELINO MATARAZZO ALIPIO

CORREA NETTO (PUBLIC SERVICE)

ALA RODRIGO DE BRUM, 1.989 – VILA
 PARANAGUÁ

AMA HOSPITAL DR. ARTHUR RIBEIRO

DE SABOYA (PUBLIC SERVICE)

R. FRANCISCO DE PAULA QUINTANILHA

RIBEIRO, 860/A – JABAQUARA

**AMA HOSPITAL IGNÁCIO PROENÇA DE GOUVEA
 (PUBLIC SERVICE)**

R. VITOANTONIO DEL VECCHIO, 151/A – MOOCA

**AMA HOSPITALAR DR. CARMINO CARICCHIO
 (PUBLIC SERVICE)**

R. SÍRIA, S/N – TATUAPÉ

**AMA HOSPITALAR WALDOMIRO DE PAULA
 (PUBLIC SERVICE)**

R. AUGUSTO CARLOS BAUMANN, 1.074 –
 ITAQUERA

AMA SÉ (PUBLIC SERVICE)

R. FREDERICO ALVARENGA, 303 / TÉRREO – SÉ

AMA SOROCABANA (PUBLIC SERVICE)

R. CLELIA, 1.914 – VILA ROMANA

PA MUN. SÃO MATEUS II (ER)

R. MAESTRO JOÃO BALAN, 88 – CIDADE SÃO
 MATEUS

PA MUN. DR. ATUALPA GIRÃO RABELO (ER)

R. ILHA DO ARVOREDO, 10 – VILA

MORGADOURO

**PA MUN. GLÓRIA RODRIGUES DOS SANTOS
 BONFIM**

AV. DOS METALÚRGICOS, 2.820 – CIDADE

TIRADENTES

PA MUN. J MACEDÔNIA

R. LOUIS BOULOGNE, 133 – JARDIM MACEDÔNIA

Source:

Cadastro Nacional de Estabelecimentos de Saúde
http://enes.datasus.gov.br/Lista_Tot_Es_Estado.asp

Police Stations and other Services Units to the Tourist in the host cities of the World Cup 2014

Rio de Janeiro

Deat – Delegacia Especial de Atendimento ao Turista (POLICE STATION FOR TOURISTS)

Av. Afrânio de Melo Franco, 159 – Leblon

Phone: (21) 2332-2924

Daily 24 hours

Guarda Municipal – Grupamento de Apoio ao Turista (CITY GUARD)

Rua Bambina, 37 – Botafogo

Phone: (21) 2536-2466 / 2536-2524

Tourist Information: <http://goo.gl/DG80xS>

Civil Police: <http://goo.gl/mUOEXE>

São Paulo

Deatur – Delegacia Especializada em Atendimento ao Turista (POLICE STATION FOR TOURISTS)

Rua Consolação, 247 – Centro

Phone: (11) 3151-4167

Other units of Deatur:

Pavilhão de Exposições do Anhembi

Phone: (11) 2226-0664

Aeroporto de Congonhas

Phone: (11) 5090-9032

Aeroporto de Guarulhos

Phone: (11) 2611-2686

Safety tips: <http://goo.gl/5wnSVZ>

Civil Police: <http://goo.gl/FtiGz8>

Belo Horizonte

Delegacia Especializada de Atuação em Grandes Eventos (POLICE STATION)

Av. Otacílio Negrão de Lima, 640 – Pampulha

Phone: (31) 3497-6921

<http://goo.gl/TmRqMP>

Porto Alegre

Delegacia do Turista (POLICE STATION)

Aeroporto Internacional Salgado Filho

Av. Severo Dullius, 90.010 – Anchieta

Phone: (51) 3371-2703

poa-dptur@pc.rs.gov.br

Tourist Website: <http://goo.gl/GOFWHX>

Civil Police: <http://goo.gl/uPiULK>

Brasília

Setur – Orientação ao Turista (TOURIST ORIENTATION)

Phone: (61) 3429-7600

CATs – Centros de Atendimento ao Turista (TOURISTS CENTER):

Setor Hoteleiro Norte Quadra 2 (next to Kubitschek Plaza Hotel) – 8h to 18h

Setor Hoteleiro Norte Quadra 5 (next to Mercure) – 8h to 18h

Setor Hoteleiro Sul Quadra 3 (Near W3) – 8h to 18h

Praça dos Três Poderes – 8h to 18h

Aerop. Internacional de Brasília – 7h to 22h

Rodoviária Interestadual de Brasília – 7h to 22h

Torre de TV Digital – 8h to 17h – only weekends and holidays

<http://goo.gl/pqmbTq>

Telefones úteis: <http://goo.gl/cDVxPt>

Curitiba

Distrito da Copa 2014 – 1º Distrito Policial (POLICE STATION)

Phone: (41) 3326-3400

Rua André de Barros, 1º andar, 671 – Centro

1distritocapital@pc.pr.gov.br

Disque Turismo – 24 horas (TOURIST PHONE – 24 HOURS)

Phone: (41) 3352-8000

Email: turismoserv@turismo.curitiba.pr.gov.br**Instituto Municipal de Turismo – Curitiba Turismo (MAYOR TOURIST CENTER)**

Rua da Glória, 362 – térreo – Centro Cívico

Phone: (41) 3250-7729

Posto de Informações Turísticas – Aeroporto (TOURIST INFORMATION CENTER AT THE AIRPORT)

Avenida Rocha Pombo, S/N – São José dos Pinhais

Phone: (41) 3381-1153

Daily from 7h to 23h

Posto de Informações Turísticas – Arena (TOURIST INFORMATION)

Rua Buenos Aires, 1.260 – Água Verde

Phone: (41) 2105-5616

Civil Police: <http://goo.gl/DZwP18>Tourist information: <http://goo.gl/7esRq9>
<http://goo.gl/SQmtqh>**Salvador****Deltur – Delegacia de Proteção ao Turista**

Rua Cruzeiro de São Francisco – Pç. Anchieta nº 14 – Centro Histórico

Phone: (71) 3116-6817 / 3116-6512 / 3116-6442

Central: (71) 3115-9340

Daily 24 hours

Email: delturba@yahoo.com.br<http://goo.gl/bEh20J>**COUNTRY**

- Ilhéus – Phone: (73) 3234-5452 / 5450 / 5454 / 5451
- Porto Seguro – Phone: (73) 3288-8612 / 8611-8610
- Lençóis – Phone: (75) 3334-1284 / 1269
- Conde – Phone: (75) 3449-1226 / 1359 (fax)

Recife**Dptur – Delegacia de Polícia do Turista (POLICE STATION)**

Aeroporto Internacional de Recife / Guararapes – Gilberto Freire (airport)

Praça Ministro Salgado Filho S/N – Imbiribeira
Phone: (81) 3322-4088 / 3322-4867 / 3303-7217

Registry: (81) 3184-3438

Chief of police: (81) 3184-3437

Email: dp.turista@policiacivil.pe.gov.brAeroporto de Recife: <http://goo.gl/SYVTXN>Civil Police (relação de postos em pdf):
<http://goo.gl/0zXJw3>**Natal****Deatur / Deprema – Delegacia Especializada em Assistência ao Turista e Meio Ambiente (POLICE STATION)**

Praia Shopping: Av. Eng. Roberto Freire, 8.790 – P. Negra

Phone: (84) 3232-7402 / 7404

Civil Police: <http://goo.gl/Dgvjkj>**Fortaleza****Deprotur – Delegacia de Proteção ao Turista (POLICE STATION)**

Rua Almirante Barroso, 805 – Praia de Iracema

Phone: (85) 3101-2488

Civil Police: <http://goo.gl/wKI9US>**Manaus****DECCT – Delegacia Especializada em Crimes contra o Turista (POLICE STATION)**

Porto de Manaus – Estação Hidroviária do Amazonas

Rua Taqueirinha nº 25 – Centro

Phone: (92) 3631-1135 / 3631-1142

delturista@policiacivil.am.gov.br**Aeroporto Internacional de Manaus Eduardo Gomes (AIRPORT)**

Avenida Santos Dumont, 1.350 – Taramã

Phone: (92) 3652-1656

Civil Police: <http://goo.gl/jnZdFT>

Port: <http://goo.gl/u5tvll>

Guide: <http://goo.gl/NYnxwz>

Cuiabá

CAT – Centro de Atendimento ao Turista
(TOURIST INFORMATION)

Praça Rachid Jaudy, S/N

Phone: (65) 3023-5794

Phone: (65) 3613-9300

www.feriasbrasil.com.br/mt/cuiaba/

Travel itineraries: <http://goo.gl/FQn8Wk>

Taxis / Cooperatives In the Host Cities of the World Cup 2014

There were considered the ones that inform, in their websites, more than ten years of service.

Rio de Janeiro

Cooparioca

Time in the market: 25 years

Phone: (21) 2158-1818 / 2518-1818 / 2426-2800

www.cooparioca.com.br

Transcoopas

Time in the market: 52 years

Phone: (21) 2209-1555 / 2209-1565 /

98112-8185 / 98112-8140

www.transcoopas.com.br

AEROPORTO INTERNACIONAL ANTÔNIO

CARLOS JOBIM (GALEÃO) (airport)

Av. 20 de janeiro S/N – Ilha do Governador

Arrival area. (airport). Daily 24 hours

AEROPORTO SANTOS DUMONT (airport)

Pça Senador Salgado Filho, S/N – Centro

Arrival area. (airport) – From 6 h to 24 h

AEROPORTO DE JACAREPAGUÁ

Av. Ayrton Senna, 2.541 – Jacarepaguá.

From 6 h to 24 h

MARINA DA GLÓRIA – Av. Infante Dom

Henrique, S/N. Daily 24 hours (marina)

Rio Táxi

Time in the market: 25 years

Phone: (21) 2595-7733

www.riotaxi.com.br

Central Táxi

Time in the market: 35 years

Phone: (21) 2195-1000 / 3035-1000 / 99946-1166

www.centraltaxi.com.br

Cootramo

Time in the market: 46 years

Phone: (21) 3976-9944
www.cootramo.com.br
 Obs.: Bilingual drivers and receiving at the airport.

São Paulo

Chame Táxi

Time in the market: 25 years
 Phone: (11) 3103-8100 / 3733-8000
www.chametaxi.com.br
 Obs.: Location in a highlighted spot: Congonhas Airport.

Vermelho e Branco

Time in the market: 38 years
 Phone: (11) 3146-4000 / 3251-1733
www.radiotaxivermelhoebanco.com.br
 Obs.: Location in highlighted spots: Eldorado Mall, Meliá Hotel, Iguatemi Mall, Congonhas Airport, Tietê Bus Station, Centro de Exposições Anhembi. Bilingual drivers.

Coopertáxi

Tempo de mercado: 30 anos
 Phone: (11) 2095-6000 / 3511-1919
www.coopertax.com.br
 Obs.: Bilingual drivers.

Guarucoop

Tempo de mercado: 28 anos
 Phone: (11) 2440-7070
www.guarucoop.com.br
 Obs.: Location in a highlighted spot: Guarulhos International Airport.

Paulista Táxi

Time in the market: 35 years
 Tels: (11) 3740-5544 / 3751-5544
www.paulistataxi.com.br

Belo Horizonte

Coomotáxi

Time in the market: 25 years
 Phone: (31) 3304-3700 / 3419-2020
www.coomotaxi.com.br
 Obs.: Location in a highlighted spot: Confins Airport. Bilingual drivers.

Liguetáxi

Time in the market: 25 years
 Phone: (31) 3421-3434 / 3429-8700
www.liguetaxibh.com.br
 Obs.: Location in a highlighted spot: Pampulha Airport. Bilingual drivers.

Coopertáxi-BH

Time in the market: 29 years
 Phone: (31) 3421-2424 / 2108-2424
www.coopertaxi-bh.com.br

Ligue Minas Táxi

Time in the market: 11 years
 Phone: (31) 3681-1341 / 3681-0959
www.minastaxi.com.br
 Obs.: Location in a highlighted spot: Tancredo Neves International Airport (Confins).

Porto Alegre

Teletáxi

Time in the market: 23 years
 Phone: (51) 3226-1919
www.teletaxi.com.br

Tele Táxi Gaúcha

Time in the market: 21 years
 Phone: (51) 3061-3636 / 3266-3636
www.teletaxigaucha.com.br

Brasília

Brasília Rádio Táxi

Time in the market: 30 years
 Phone: (61) 3344-1000 / 3344-3060
www.brasiliaradiotaxi.com.br

Coobrás Rádio Táxi

Tempo de mercado: 35 anos
 Phone: (61) 3244-1000
www.radiotaxicoobras.com.br

Unitáxi

Time in the market: 40 years
 Phone: (61) 3325-3030
unitaxidf.no.comunidades.net
 Obs.: Destaque para localização no seguinte ponto: Aeroporto internacional JK.

Rádio Táxi Shalon

Tempo de mercado: 16 anos
Phone: (61) 3321-8181 / 3201-8181 / 3224-7474
www.radiotaxi33218181.com.br

Rádio Táxi Distrital

Tempo de mercado: 12 anos
Phone: (61) 3353-5555 / 3376-8888
www.radiotaxidistrital.com.br

Curitiba

Táxi Sereia

Time in the market: 29 years
Phone: (41) 3346-4646
www.taxisereia.com.br
Obs.: Bilingual drivers.

Táxi Capital

Tempo de mercado: 20 anos
Phone: (41) 3264-6464
www.radiotaxicapital.com.br

Faixa Vermelha

Time in the market: 37 years
Phone: (41) 3262-6262 / 0800 41 41 41
www.taxifaixavermelha.com.br
Obs.: Executive cabs and drivers fluent in English, German and Spanish.

Salvador

Rádio Táxi Salvador

Time in the market: 36 years
Phone: (71) 3324-4333 / 0800 284 4336
www.rtsba.com.br

Ligue Táxi

Time in the market: 28 years
Phone: (71) 3277-7777
www.liguetaxi-ssa.com.br

Comtas

Time in the market: 36 years
Phone: (71) 3377-6311
www.taxicomtas.com.br
Obs.: Location in a highlighted spot: Luis Eduardo Magalhães International Airport

Teletáxi Salvador

Time in the market: 33 years
Phone: (71) 3341-9988 / 0800 071 7111
www.teletaxisalvador.com.br

Coometas

Time in the market: 33 years
Phone: (71) 3244-4500 / 0800 282 4500
www.coometas.com.br

Recife

Serv Táxi

Time in the market: 19 years
Phone: (81) 2122-0202 / 3036-8080
www.servitaxi.com.br
Obs.: Bilingual drivers.

Disk Táxi

Time in the market: 23 years
Phone: (81) 3419-9595
www.disktaxirecife.com.br

Teletáxi Recife

Time in the market: 28 years
Phone: (81) 2121-4242 / 3493-8383
www.teletaxirecife.com.br

Natal

Rádio Táxi Natal

Time in the market: 26 years
Phone: (84) 3221-5666
www.radiotaxinatal.com.br

Cooptax

Time in the market: 30 years
Phone: (84) 3205-4455 / 0800 084 2255
www.cooptaxnatal.com.br

Coopertáxi

Time in the market: 30 years
Phone: (84) 3643-1183 / 8701-3619 / 8701-3617
www.coopertaxirn.com.br
Obs.: Location in a highlighted spot: Augusto Severo International Airport.

Fortaleza

Rádio Táxi Fortaleza

Time in the market: 22 years

Phone: (85) 3254-5744

www.radiotaxifortaleza.com.br

Rádio Táxi Cooperativa

Time in the market: 12 years

Phone: (85) 3261-4181 / 0800 280 4181

www.radiotaxicooperativa.com.br

Disquetaxi Fortaleza

Time in the market: 17 years

Phone: (85) 3287-7222

www.disquetaxifortaleza.com.br

Coopaero

Time in the market: 27 years

Phone: (85) 3392-1500

www.coopaero.com.br

Obs.: Location in a highlighted spot: Pinto

Martins International Airport

Rádio Táxi Ceará

Time in the market: 19 years

Phone: (85) 3281-2222 / 0800 703 8111

www.radiotaxiceara.com.br

Manaus

Cooperativa dos Taxistas Golfinho

Time in the market: 12 years

Phone: (92) 3625-6000 / 2129-8000 / 8001 /

8834-1396 (Oi*) / 8236-6393 (Tim*) /

9145-6232 (Vivo*) / 92 8421-7693 (Claro*)

/ 0800-707-8097 / 0800-092-9999

www.radiotaxigolfinho.com.br

Tocantins Rádio Táxi

Time in the market: 27 years

Phone: (92) 8822-5256 (Oi) / 8172-2953 (Tim)

/ 9321-4668 (Vivo) / 8414-4911 (Claro) /

0800-092-8500

www.tocantinsradiotaxi.com.br

Atlanta

Time in the market: 14 years

Phone: (92) 2125-8585 / 3645-0056 /

3221-5758 / 8426-9070 / 8827-9367 /

8236-8991 / 9242-7456

www.atlantaservtaxi.com.br

Obs.: Location in highlighted spots: Amazonas Mall, Uai Mall

Cuiabá

Until the closing of this edition, the time of the market of Cuiabá's cooperatives wasn't available on the web.

Rádio Táxi Bandeirantes

Phone: (65) 3322-3344

Alô Táxi

Phone: (65) 3025-6363

Rádio Táxi Cuiabana

Phone: (65) 3322-6664 / 3615-6600

Tic Tac

Phone: (65) 3621-4100

Rádio Táxi Alocar

Phone: (65) 3637-1777

www.radiotaxialocar.com.br

* Oi, Tim, Vivo, Claro: cell phone operators

Five touristic spots in the host cities of the World Cup 2014

Rio de Janeiro

ARCOS DA LAPA (LAPA ARCHES)

They were built between 1744 and 1750 to supply water to the population. Nowadays they are one of the most famous city postcards. Besides the architectonic beauty and historical value, they are the "boemia carioca" (Rio nightlife) setting that cheers up nights and early mornings at Lapa.

Praça Cardeal Câmara, S/N, Largo da Lapa
www.rio.rj.gov.br/web/scch/exibeconteudo?article-id=95257

CRISTO REDENTOR (THE CHRIST)

It is at Morro do Corcovado. The statue was elected by New 7 Wonders Foundation (Switzerland) one of the Seven Wonders of the World. The tickets can be bought at the website.

Rua Cosme Velho, 513 – Cosme Velho
www.corcovado.com.br

FORTE DE COPACABANA / MUSEU HISTÓRICO DO EXÉRCITO (FORT/MUSEUM)

The Forte de Copacabana (Fort) was created in 1914 to defend the Baía de Guanabara (Bay) from possible invaders. Besides its historical knowledge, it has an exquisite view of the Copacabana beach.

Praça Coronel Eugênio Franco nº 1 – Posto 6
Phone: (21) 2287-3781
www.fortedecopacabana.com

ZOO LÓGICO (ZOO)

It is located in Parque da Quinta da Boa Vista (park), in São Cristóvão. The Zoo of Rio de Janeiro has more than two thousand animals around an area of 138.000 m².

Parque da Quinta da Boa Vista, S/N – São Cristóvão
Phone: (21) 3878-4200
www.rio.rj.gov.br/riozoo

MORRO DA URCA / PÃO DE AÇÚCAR (SUGAR LOAF)

To admire during the trolley (bondinho) tour the views that make Rio de Janeiro be known as "Cidade Maravilhosa" (Wonderful City) is an amazing experience. Orla de Copacabana (Copacabana Beach), Pedra da Gávea (Gávea Rock), Corcovado, Baía de Guanabara (Guanabara Bay) and Serra do Mar are some of the hot topics of this unique scenario.

Av. Pasteur, 520 – Urca
Phone: (21) 2546-8400
www.bondinho.com.br

São Paulo

MUSEU DA LÍNGUA PORTUGUESA (PORTUGUESE LANGUAGE MUSEUM)

Opened in 2006 to disseminate and value our language. It provides to the visitor an interactive and innovative experience through the use of technology.

Praça da Luz, S/N – Centro
Phone: (11) 3322-0080
www.museulinguaportuguesa.org.br

FEIRA DA LIBERDADE (ART, CRAFT AND CULTURE FAIR AT LIBERDADE NEIGHBORHOOD)

For more than 30 years the Feira de Arte, Artesanato e Cultura da Liberdade presents to

its visitors the admirable style of the oriental life with delicious recipes and beautiful souvenirs.

Av. Liberdade, 365 – Liberdade
Phone: (11) 3208-5090
www.feiraliberdade.com.br

PARQUE IBIRAPUERA (PARK)

It is the most important urban park in São Paulo. The architectonic project is of Oscar Niemeyer and the landscape one is of Roberto Burle Marx. Its area is of 1.584 km² and its three artificial and connected lakes have 15,7 thousand m². It has a bicycle lane (bike rent) and 13 illuminated courts, besides trails to run, walk and rest, all of them connected to the cultural space. Its schedule is diversified and intense.

Av. Pedro Álvares Cabral – Vila Mariana
Phone: (11) 5574-5505
From 5h to 24h.
www.parquedoibirapuera.com

Museu Afro Brasil (Afro Brazilian Museum)
– Located at Ibirapuera Park, the Museu Afro Brasil has an asset of more than six thousand masterpieces and its library has about twelve thousand resources, gathered to enlighten the truly importance of the African inheritance in the identity of our country.

Av. Pedro Álvares Cabral – Parque Ibirapuera – Portão 10
Phone: (11) 3320-8900
www.museuafrobrasil.org.br

PARQUE VILLA LOBOS (PARK)

With 732.000 m², the Parque Villa Lobos is an excellent option of outdoor activity. Bicycle lanes, courts, soccer fields and playgrounds share the space with an orchid booth, a vegetable garden and a forest with species from the Mata Atlântica (Atlantic Rainforest).
Av. Professor Fonseca Rodrigues, 2.001 – Alto de Pinheiros

Phone: (11) 3021-6285
www.ambiente.sp.gov.br/parquevilalobos

MUSEU DE ARTE DE SÃO PAULO – MASP (MUSEUM)

Opened in 1947, Masp gathers about eight thousand pieces beautifully distributed around its 11.000 m².

Avenida Paulista, 1.578 – Centro
Phone: (11) 3251-5644
www.masp.art.br

Belo Horizonte

MUSEU DE HISTÓRIA NATURAL E JARDIM BOTÂNICO / UFMG (NATURAL HISTORY MUSEUM AND BOTANICAL GARDEN)

Playing activities for children; expositions at the paleontological, archeological and cartographic areas and amazing attractions like Presépio do Pípiripau (crib) – with 586 mobile figures – make this museum a pleasant activity for all the family.

Rua Gustavo da Silveira, 1.035 – Santa Inês
Phone: (31) 3409-7600
Scheduling for visits: (31) 3461-4204
Email: cenex@mhnjb.ufmg.br
www.mhnjb.ufmg.br/

ESPAÇO DO CONHECIMENTO / UFMG (KNOWLEDGE SPACE)

The principal exposition Demasiado Humano ("Too human") deals with the search for knowledge and comprehension about the Universe. The Espaço do Conhecimento still has a last generation planetary and an astronomy terrace.

Praça da Liberdade, S/N – Funcionários
Phone: (31) 3409-8350
www.espacodoconhecimento.org.br

MUSEU DOS BRINQUEDOS (TOYS MUSEUM)

'To know, to preserve and to disseminate the playing cultural heritage of childhood in

Brazil', this is the mission of the Museu dos Brinquedos that gather about five thousand pieces among dolls, teddy bears, games and lots of other items that made part of many generations childhood.

Av. Afonso Pena, 2.564 – Funcionários
Phone: (31) 3261-3992
www.museudosbrinquedos.org.br

MERCADO CENTRAL (CENTRAL MARKET)

Created on September 7, 1929, it is part of Belo Horizonte history. With previous scheduling it is possible to do monitored visits by bilingual guides and appreciate the quality of the products.

Av. Augusto de Lima, 744 – Centro
Phone: (31) 3274-9473 / 3274-9434
Scheduling for visits: (31) 3277-4691
www.mercadocentral.com.br

MUSEU DE ARTE DA PAMPULHA – MAP (ART MUSEUM)

Located on Lagoa da Pampulha (lake), MAP was designed by Oscar Niemeyer to hold a casino during the 1940s. In 1957, it became the museum which gathers more than 1.400 masterpieces.

Av. Otacílio Negrão de Lima, 16.585 – Pampulha
Phone: (31) 3277-7946 / 3277-7955
www.belo Horizonte.mg.gov.br/local/atrativos-turisticos/culturais-lazer/museu-de-arte-da-pampulha
(Reduced link: <http://goo.gl/3JSx8o>)

Porto Alegre

MUSEU DE CIÊNCIAS E TECNOLOGIA DA PUCRS (SCIENCE AND TECHNOLOGY MUSEUM)

Seven hundred equipments distributed in an area bigger than 10.000 m² take the visitor to experience science in a whole new level.

Av. Ipiranga, 6.681 – Partenon
Phone: (51) 3320-3697
www.pucrs.br/mct

PARQUE MOINHOS DE VENTO (PARK)

Opened in 1972, the Park has an area of 11,50 hectares. Besides the ecological trails that can be scheduled, the Park holds the Biblioteca Ecológica Infantil Maria Dinorah (Child Library) with an asset of three thousand volumes.

Rua Comendador Caminha, S/N – Parque Moinhos de Vento
Phone: (51) 3289-8311 / 3268-9200 / 3289-7520
Scheduling for the ecological trail:
Phone: (51) 3289-7580

Biblioteca Ecológica Infantil Maria Dinorah (Library): Phone: (51) 3289-8311 / 3268-9200 / 3289-7520
<http://goo.gl/uK5HVy>
<http://goo.gl/xEQmt1>

LAGO GUAÍBA (LAKE)

Located in Porto Alegre downtown, the Lago Guaíba (lake) is the ideal place to admire the sunset. Try to sail in one of the available boats for tourism at the port.

Lagoa Guaíba, S/N – Centro
<http://goo.gl/wuS8Gv>
<http://goo.gl/yccsdA>
Cisne Branco Boat: <http://goo.gl/7F5W7H>

FUNDAÇÃO IBERÊ CAMARGO (ART FOUNDATION)

Paints, pictures, drawings and gouaches in exposition, present to the visitor a little of Iberê Camargo's creativity. Created in 1995, the foundation received in 2002, the "Leão de Ouro" (Prize) of "Bienal de Arquitetura de Veneza" (Architecture Biennale of Venice) for its beautiful office projected by Álvaro Siza.

Av. Padre Cacicque, 2.000 – Praia de Belas
Phone: (51) 3247-8000
www.iberecamargo.org.br

PARQUE FARROUPILHA (PARK)

Opened in 1935, the Parque Farroupilha is also known as Parque Redenção. It has 370.000 m²,

with aged trees, monuments, orchid booth, mini zoo, art craft stores, flowers shop and bars.
 Av. João Pessoa, S/N – Farrroupilha
 Phone: (51) 3286-4458
<http://goo.gl/eAZ8U2>
<http://goo.gl/TVIIsM>

Brasília

PONTÃO DO LAGO SUL (LEISURE CENTER)

Gastronomic variety, cultural attractions and space for sports make the Pontão do Lago Azul, the biggest leisure Center of the Federal Capital with 134.000 m², 1.200 m of shore and 1.500 parking lots.
 SHIS QL 10 Conjunto 10
 Phone: (61) 3364-0580
www.pontaodolagosul.com.br/pontao/home

CATEDRAL METROPOLITANA DE BRASÍLIA (CATHEDRAL)

The first monument to be created in Brasília, the Cathedral had its fundamental rock launched on September 1958, but it was only opened on May 31, 1970. It is one of the most beautiful masterpieces of the architect Oscar Niemeyer.
 Esplanada dos Ministérios – Lote 12 – Eixo Monumental
 Phone: (61) 3224-4073
www.catedral.org.br

CONGRESSO NACIONAL (NATIONAL CONGRESS)

Daily, the Chamber of Deputies (Câmara dos Deputados) and the Federal Senate (Senado Federal) offer guided visits that last around 60 minutes. Groups with more than 15 people, with special needs or that need translation (English, Spanish, French or libras – sign language) must schedule a visit in advanced. Smaller groups only have to subscribe at the front desk and wait for the next tour.
 Pça dos Três Poderes, Zona Cívico-Administrativa

Phone: (61) 3303-4671 / 3303-1588 / 3303-4410 / 3216-1771 / 3216-1772 / 3216-1768
www2.congressonacional.leg.br/visite

TORRE DE TV (TV TOWER)

From the top of the Torre de TV it is possible to recognize the exuberance of the Plano Piloto de Brasília (Brasília pilot plan). It is 24 m high and a belvedere of 75 m, from where it is possible to see part of the Eixo Monumental (Monumental Highway). On the weekends, the visitor can also go to a traditional craft fair (Feira de Artesanato da Torre).
www.feiradatorredf.com.br
<http://goo.gl/CnBVwr>
<http://goo.gl/nA28RL>

PARQUE NACIONAL DE BRASÍLIA (PARK)

Museum, library, observation tower and running mineral water pools are some of the attractions of the Parque Nacional de Brasília.
 Rodovia BR 450, Via EPIA – Estrada Parque Indústria e Abastecimento – Setor Militar Urbano
 Phone: (61) 3361-3205 / 3341-9280
www.icmbio.gov.br
<http://goo.gl/iW3ZrD>
<http://goo.gl/GF5wIH>

Curitiba

JARDIM BOTÂNICO (BOTANICAL GARDEN)

Opened in 1991, the Jardim Botânico of Curitiba was inspired in the French gardens and, besides its botanical species and a water fountain, it offers the visitor a permanent exposition with Frans Krajcberg's 114 sculptures.
 Rua Eng° Ostoja Roguski, S/N – Jardim Botânico
 Phone: (41) 3264-6994 (Administration) / 3362-1800 (Museum).
www.curitiba-parana.net/parques/jardim-botanico.htm
 (Reduced link: <http://goo.gl/PNYj08>)

MUSEU OSCAR NIEMEYER – MON (MUSEUM)

Twelve rooms, 35.000 m2 of constructed area and more than 17.000 m2 of expositive area destined to architecture, visual art, urbanism and design. Rua Marechal Hermes, 999 – Centro Cívico
Phone: (41) 3350-4400
www.museuoscarniemeyer.org.br

BAIRRO SANTA FELICIDADE (SANTA FELICIDADE NEIGHBORHOOD)

From 1878 on, Italian immigrants established on the region called Colônia Santa Felicidade. On XVIII and XIX centuries, the area became route of the troops that looked for resting and feeding. Nowadays, Santa Felicidade neighborhood gathers more than 30 restaurants, craft stores, vineyards and it represents part of the Italian culture in Brazil. Regional Administration – Rua Santa Bertila Boscardin, 213 – Santa Felicidade (next to Santa Felicidade bus station)
Phone: (41) 3374-5284
<http://goo.gl/07ew3C>
<http://goo.gl/EUhA2E>

MEMORIAL DA IMIGRAÇÃO UCRANIANA (UKRAINIAN MEMORIAL)

Opened on October 26, 1995, the Memorial da Imigração Ucraniana is a tribute to the 45 thousand Ukrainian immigrants that arrived in Paraná between 1891 and 1914. Parque Tingui (Park) holds the principal monument of the Memorial: the replica of São Miguel Ukrainian church built on byzantine style. Rua Dr. Mba de Ferrante, S/N, Parque Tingui – Tingui
Phone: (41) 3240-1103
www.fundacaoculturaldecuritiba.com.br/espacos-culturais/memorial-ucraniano

PARQUE DAS PEDREIRAS (ROCK PARK)

In Parque das Pedreiras, the araucaria pine forest, waterfalls and lakes are the scenario

for the exuberance of Teatro Ópera de Arame (Theatre) and for the Espaço Cultural Paulo Leminski (Cultural space).
Rua João Gava – Pilarzinho
Phone: (41) 3355-6071
www.curitiba-parana.net/parques/pedreiras.htm

Salvador

SOLAR DO UNHÃO (MUSEUM)

At the XVII century, Solar do Unhão held the big house, a chapel, the slaves quarters, storages and the pier. It was the principal seaport of sugar exportation of the Recôncavo. It was granted protected by Iphan in 1943, and became the Museu de Arte Moderna da Bahia (Bahia Modern Art Museum) in 1966. Av. Contorno, S/N, Solar do Unhão
Phone: (71) 3117-6132
www.bahia-turismo.com/salvador/solar-unhao.htm
www.bahiamam.org

PELOURINHO

Center of culture and fun, Pelourinho gathers art galleries, theaters, museums and the famous blocos afro (Afro Carnival groups): Muzenza, Afoxé, Filhos de Gandhi, Cortejo Afro and Olodum. The architecture of the churches and surrounding also deserves to be pointed. Praça José de Alencar, nº 12 – Largo do Pelourinho
www.pelourinho.ba.gov.br

PONTA DO HUMAITÁ (PIER)

It is an ideal place to admire the sunset at Baía de Todos os Santos (bay). In the peninsula, it is located the Church and the Monastery. Both built at the end of the XVI century. Península de Itapagipe – Cidade Baixa
www.curtosim.com.br/ponta-humaita
www.portaldesalvadorbahia.com.br/ponta-do-humaita.html

PALACETE DAS ARTES – RODIN BAHIA (PALACE)

Idealized by the architect Rossi Baptista and decorated by Oreste Sercelli, the Palacete do Comendador Bernardo Martins Catharino was finished in 1912, and it was considered an innovative project in its era. Since 2003, the space became the Palacete das Artes Rodin Bahia, allying the historical value of the construction and the beauty of the gardens, and expositions the visitors can not miss.
Rua da Graça, 289 – Graça
Phone: (71) 3117-6987 / 6910
www.palacetedasartes.ba.gov.br/

FUNDAÇÃO CASA DE JORGE AMADO (FOUNDATION IN HONOR OF JORGE AMADO'S WORK)

Manuscripts, books, articles, documentaries, adaptations of literary works for TV and cinema, photos; they are all part of the asset of the Foundation that preserves Jorge Amado and Zélia Gattai's memories.
Largo do Pelourinho
Phone: (71) 3321-0070
www.jorgeamado.org.br

Recife

MUSEU DO HOMEM DO NORDESTE (NORTHEASTERN PEOPLE MUSEUM)

Created by sociologist Gilberto Freyre in 1979, the Museu do Homem do Nordeste gathers an asset with more than 15 thousand pieces that represent the Brazilian people establishment and the cultural contribution of Indians, African people and Europeans.
Av. 17 de Agosto, 2.187 – Casa Forte
Phone: (81) 3073-6340
www.fundaj.gov.br
<http://goo.gl/rB3Pb1>

ARQUIVO HISTÓRICO JUDAICO DE PERNAMBUCO (JEWISH ARCHIVE)

The Núcleo de Turismo (Tourism Core) offers to the visitor the opportunity of knowing part of the Jewish community history in the region of the Jewish Route. It starts at the Centro Cultural Judaico de Pernambuco – Primeira Sinagoga das Américas (the first Synagogue of the Americas).
Rua do Bom Jesus, 197/203.
Phone: (81) 3224-8351
faleconosco@arquivojudaicope.org.br
www.arquivojudaicope.org.br/2012/

EMBAIXADA DOS BONECOS GIGANTES (THE GIANT DOLLS EMBASSY)

The giant doll Zé Pereira starred in Belém do São Francisco Carnival in 1919. After ten years, it got a companion for revelry: Vitalina. In 1932, the giant dolls arrived in Olinda hills represented by Homem da Meia Noite (Midnight Man). Nowadays, they are tradition in Olinda Carnival and they can be seen in any time of the year at the Embaixada dos Bonecos Gigantes (the Giant Dolls Embassy).
Rua do Bom Jesus, 183 – Recife Antigo
Phone: (81) 3441-5102 / 3061-4501 / 8775-0540 (Oi) / 9695-9520 (Tim)
www.bonecosgigantesdeolinda.com.br

TEATRO DE SANTA ISABEL (THEATRE)

In 163 years of history, the Teatro de Santa Isabel provides a time traveling. It is the first construction in Pernambuco inspired in neoclassic architecture and it was granted protected by the Patrimônio Histórico e Artístico Nacional (National Historical and Artistic Patrimony) on October 31, 1949.
Praça da República
Phone: (81) 3355-3323 / 3355-3324
www.teatrosantaisabel.com.br/home

CONJUNTO ARQUITETÔNICO DA PRAÇA DA REPÚBLICA (ARCHITECTURAL COMPLEX AT REPUBLICA SQUARE)

The 23.000 m² of gardens gather historical constructions like the Palácio do Campo das Princesas (Palace) - 1840, the Palácio da Justiça (Palace of Justice) - 1928 and the Liceu de Artes e Ofícios (School of Arts) - 1880.

Praça da República

www.feriasbrasil.com.br/pe/recifeolinda/conjuntoarquitectonicodapracadarepublica.cfm
(Reduced link: <http://goo.gl/kn1ann>)

Natal

PARQUE DAS DUNAS (SAND DUNES PARK)

They are 1.172 hectares, within the urban area of Natal, providing to the visitor to learn about the dunes geological formation. The park offers hiking through the woods, with guides that help the knowledge about the Forest life.

Av. Alm. Alexandrino de Alencar, S/N - Tirol
Phone: (84) 3201-3985
turismo.natal.rn.gov.br/parque-dunas.php

FORTE DOS REIS MAGOS (FORT)

Founded on December 25, 1599, the Forte dos Reis Magos had its construction initiated on January 6, Dia de Reis (Three Wise Men Day), by the catholic calendar, and it was named after it. Even though the strategic positioning, the Dutch invasion in 1633 was not stopped. During the visitation it is possible to see this and other historical moments of our history.

Av. Praia do Forte, S/N - Santos Reis
Phone: (84) 3202-9006
turismo.natal.rn.gov.br/fortaleza.php
www.feriasbrasil.com.br/rn/natal/fortedosreismagos.cfm

CAJUEIRO DE PIRANGI (CASHEW TREE)

The world biggest cashew tree is around 8.500 m² which is like 70 normal size cashew trees.

Its trunk has roots around 25 m depth and it is estimated that, if there was more space for its growth, the cashew tree could reach an area of 40.000 m². At harvest time, November to January, the tree produces, approximately, 80 thousand cashews that are distributed among the visitors.

Av. Dep. Márcio Marinho, Parnamirim (approximately 26 km from Natal)
Phone: (84) 3238-2975 / 3644-3223
omaiorcajueirodomundo.com/portal

AQUÁRIO NATAL (AQUARIUM)

At Aquário de Natal it is possible to touch sharks and get close to penguins. And this unforgettable experience can be filmed or photographed by visitors.

Av. Litorânea, 1.091 - Redinha
Phone: (84) 3224-2177
www.aquarionatal.com.br

CENTRO HISTÓRICO - CIDADE ALTA (HISTORICAL DOWNTOWN)

It is an itinerary that preserves history and impresses with its beauty. In Centro Histórico de Natal, the visitor can see the following attractions: Museu de Arte Sacra (Museum), Instituto Histórico e Geográfico do Rio Grande do Norte (Geographic and Historical Institute), Espaço Cultural Palácio Potengi (Cultural Space), Memorial Câmara Cascudo (Memorial) and Museu da Cultura Popular Museum. Museu de Arte Sacra (Museum) - Rua Santo Antonio, 698 - Cidade Alta - Phone: (84) 3211-4236

Instituto Histórico e Geográfico do Rio Grande do Norte (Geographic and Historical Institute) - Rua Conceição, 622 - Cidade Alta - Phone: (84) 3221-1228

Espaço Cultural Palácio Potengi (Cultural Space) - Praça Sete de Setembro - Cidade Alta
Memorial Câmara Cascudo (Memorial) - Av. Câmara Cascudo - Cidade Alta

Phone: (84) 3222-3293
 Museu da Cultura Popular (Museum) – Rua Chile, 106 – Ribeira – Phone: (84) 3232-8149
turismo.natal.rn.gov.br/centro-historico.php

Fortaleza

CATEDRAL METROPOLITANA DE FORTALEZA (CATHEDRAL)

Historic monument in gothic style, the Cathedral was opened in 1978, after almost 40 years in construction. With capacity for five thousand people, the cathedral impresses for its beauty and presence.

Praça da Sé, S/N – Centro
 Phone: (85) 3231-4196 / 3231-5084
<http://goo.gl/vyhxUE>

MUSEU DO MARACATU (MUSEUM)

Clothes, "senzala" (slaves quarters) objects and musical instruments are in exposition for the visitor to know better this beautiful cultural manifestation that is part of the Brazilian folklore.

R. Rufino de Alencar, 362 – Centro
 Phone: (85) 3231-5447
www.feriasbrasil.com.br/ce/fortaleza/museudomaracatu.cfm

MUSEU DO AUTOMÓVEL (AUTOMOBILE MUSEUM)

Opened on July 3, 1981, the Museum gathers around 60 cars from Cadillac to Fiat, going through Chevrolet and Dodge. Particular attention for the most antique in exposition: a 1917 Ford.

R. Des. Manuel Sales Andrade, 70, Maraponga – Centro
 Phone: (85) 3273-3129
ceturdigital.blogspot.com.br/2013/01/museu-do-automovel-fortaleza.html
 (Reduced link: <http://goo.gl/iUQRIF>)
www.museudoautomovelce.com.br

JARDIM JAPONÊS (JAPANESE GARDEN)

With 1.900 m² and around 50 species of plants, the Jardim Japonês in Fortaleza was opened on April 11, 2011 – after two years of construction – in honor of Mr. Jussaku Fujita, the first Japanese immigrant that arrived in Fortaleza in 1923.

Av Beira-mar, 3.110 – Centro
diariodemochileiro.com/brasil-ceara-visite-o-jardim-japones-em-fortaleza
 (Reduced link: <http://goo.gl/EQSDyd>)

CENTRO DE TURISMO DO CEARÁ (TOURISM CENTER)

In 1866, the construction that nowadays holds the Centro de Turismo do Ceará was a public jail that was deactivated in the 60s. Currently, the old cells are local handcraft stores.

Rua Senador Pompeu, 350 – Centro
 Phone: (85) 3101-5507
viajeaquil.abril.com.br/estabelecimentos/br-ce-fortaleza-atracao-centro-de-turismo-antigo-emcetur
 (Reduced link: <http://goo.gl/Hq4P7J>)

Manaus

TEATRO AMAZONAS (THEATER)

Opened on December 31, 1896, the Teatro Amazonas is one of the most principal constructions built during the rubber cycle.

Praça São Sebastião, S/N – Centro
 Phone: (92) 3232-1768
www.manausonline.com/t_pontoturísticos.asp
viverde.com.br/teatro_amazonas.html

MUSEU DO SERINGAL VILA PARAÍSO (MUSEUM)

Built as a scenario to the movie A selva (The jungle), the Museu do Seringal shows with rich details the way of life of the latex extractors from the region at the beginning of the 20th century.

Access by boat in Marina do David (Av. Coronel Teixeira 2 – Santo Agostinho)
Phone: (92) 3658-6159
www.feriasbrasil.com.br/am/manaus/seringalvilaparaiso.cfm

BOSQUE DA CIÊNCIA (FOREST OF SCIENCE)

In an approximated area of 13 hectares, the Bosque da Ciência is located in the urban perimeter of Manaus city. Ariranhas nurseries, Peixe-Boi tanks, Amazônico Lake, alligators nurseries and Orquidário (orchids booth) are some of the attractions of the Forest that has a hanging trail for the visitor to fully enjoy the wonders of the place.

Av. André Araújo, 1.756 – Aleixo
Phone: (92) 3643-3192 / 3643-3312 / 3643-3293
www.inpa.gov.br/bosque
www.manausonline.com/ft_pontosturisticos.asp

MUSEU DO HOMEM DO NORTE (NORTHERN PEOPLE MUSEUM)

Opened on March 13, 1985, o Museu do Homem do Norte gathers about two thousand pieces that illustrate the culture of the Amazon man and his contribution to the formation of the Brazilian people identity.

Rua Quintino Bocaiúva, 626 – Centro
Phone: (92) 3633-1074
<http://goo.gl/Vvj383>
<http://goo.gl/YKWia6>

JARDIM BOTÂNICO DE MANAUS (BOTANICAL GARDEN)

Created on October 24, 2000, the Jardim Botânico de Manaus offers more than 3 km of trails, where it is possible to find trees like angelim-pedra (Dinizia excelsa) of 40 m and 400 years old.

Av. Uirapuru – Cidade de Deus
Phone: (92) 3582-2929
www.jardimbotanicodemanaus.org/doku.php

CUIABÁ SESC ARSENAL

In 1832, by the name Real Trem de Guerra (Royal War Train), the space was destined to fix and manufacture weapons. In 2002, the Arsenal de Guerra (War Arsenal) became the Centro de Atividades Sesc Arsenal (Activity Center) and, in 2009, its name became Centro Cultural Jamil Boutros Nadaf. Nowadays, Sesc Arsenal makes available to the visitors: Centro de Difusão e Realização Musical, Cinema, Banco de Textos de Artes Cênicas (Center of music and cinema), Galeria de Artes (Art Gallery), Teatro (Theatre), Biblioteca (Library) and Ateliê de Artes (Art studio), among other attractions.

Rua Treze de Junho, S/N – Centro Sul
Phone: (65) 3616-6900
www.sescmatogrosso.com.br/arsenal/conteudo,68,0,1,1e,sobre-a-unidade.html
(Reduced link: <http://goo.gl/98KdGY>)

MUSEU DO MORRO DA CAIXA D'ÁGUA VELHA (MUSEUM)

Opened in 2007, the museum operates in galleries that, in 1882, were responsible for the water supply in Cuiabá. It is a cultural ride that allows a trip to the past for the visitor.

R. Comandante Costa – Centro
Phone: (65) 3023-0227
<http://goo.gl/3tqYA0>
<http://goo.gl/mrg4le>

CENTRO GEODÉSICO DA AMÉRICA DO SUL (GEODESIC CENTRE OF SOUTH AMERICA)

It is the heart of South America. Founded in 1909 by Cândido Mariano Rondon, the place is situated in 15°35'56" south latitude and 56°06'55" west longitude. In 1975, this geographical location was officially confirmed by the Serviço Geográfico do Exército Brasileiro (the Brazilian Army Geographic

Service). Since 2005, the place holds the City Council. Until nowadays, it is possible to observe the masonry symbolic mark built by the craftsman Júlio Caetano in 1909.

Rua Barão de Melgaço – Praça Moreira Cabral/Centro

Phone: (65) 3617-1500

<http://goo.gl/H4VkJCe>

<http://goo.gl/jrqnIz>

<http://goo.gl/xiAxtE>

PARQUE MÃE BONIFÁCIA (PARK)

Mãe Bonifácia Park has its name in honor to an aged slave that used to control the access of running slaves to the quilombo region.

Preserving cerrado species, the park offers to the visitors sealed trails to walk and trails to observe animals and vegetation.

Av. Miguel Sutil, S/N – Duque de Caxias

Phone: (65) 3623-4965

<http://goo.gl/mzTrri>

MUSEU DE PEDRAS RAMIS BUCAIR (ROCK MUSEUM)

With more than four thousand archeological, ethnographical and geological pieces, the Museu de Pedras Ramis Bucair also presents semiprecious rocks, semi-jewelry, pre-historical fossil, rocks with ruprestrian inscriptions, crystals, rare rocks and even a meteorite.

Rua Galdino Pimentel, 195 – Centro

Phone: (65) 3322-5054

<http://goo.gl/tlWZex>

<http://goo.gl/zPKfO3>





This Guide was compounded on the typologies Rotis Sans Serif for text and ITC Officina Serif for titles. Triplex paper 250 g/m² for cover and Off-set 120g/m² for internal pages.

April, 2014

Travels and big events (as the Fifa's World Cup) are among the best pleasures in life. Thinking about the domestic or foreign traveler's health safety that goes around Brazil, the Immunization Brazilian Society (SBIIm – Sociedade Brasileira de Imunizações) has elaborated this orientation guide that also brings extra information about sightseeing, emergency phones and much more. Enjoy!

Realization

