

Health & Safety Guide for Travelers in Cambodia

1. EMERGENCY CONTACTS

Service	Number	Notes
Police	117	Limited English
Fire	118	
Ambulance	119	Limited service
Tourist Police (Siem Reap)	012 402 424	English available
Tourist Police (Phnom Penh)	012 942 484	English available
Your Guide	[Provided on arrival]	24/7 during tour

2. VACCINATIONS

Recommended

- Hepatitis A - food/waterborne
- Hepatitis B - if extended stay
- Typhoid - food/waterborne risk
- Tetanus-Diphtheria - routine booster

Consider (depending on activities)

- Japanese Encephalitis - rural areas, especially rainy season
- Rabies - if outdoor activities or animal contact
- Malaria prophylaxis - for remote jungle areas

‡ Consult your doctor 4-6 weeks before travel for personalized advice.

3. DISEASE RISKS

Disease	Risk Areas	Prevention
Dengue Fever	Nationwide, year-round	Mosquito repellent, long clothing (day-biting)
Malaria	Remote forests, Thai/Lao borders	Not needed for Siem Reap/Phnom Penh; consult doctor for jungle trips
Traveler's Diarrhea	Common	Safe food/water; hand hygiene
Schistosomiasis	Mekong river freshwater	Avoid swimming in freshwater rivers

4. FOOD & WATER SAFETY

Safe Practices

- Bottled water only (check seal)
- Freshly cooked hot food
- Amok and other traditional dishes from reputable restaurants
- Peelable fruits
- Ice in tourist restaurants is usually purified

Avoid

- Tap water
- Raw salads from local markets
- Street food that's been sitting out
- Raw or undercooked meat/fish
- Unpasteurized dairy

5. FLORA & FAUNA HAZARDS

- Mosquitoes: High dengue risk; use repellent day and night
- Snakes: Present in rural areas and temple grounds; watch your step
- Dogs: Many strays; avoid contact - rabies is present
- Monkeys at temples: Don't feed; they can be aggressive and bite
- Leeches: Common in wet season jungle treks; tuck pants into socks
- Scorpions: Shake out shoes in rural accommodations

6. ROAD SAFETY

- Road conditions vary widely; many roads are unpaved

- Avoid traveling by road after dark
- Motorbike accidents are the #1 cause of tourist injuries
- Use Grab or hotel-arranged transport
- Always wear seatbelts and helmets
- Our vehicles are air-conditioned with experienced drivers

7. MEDICAL FACILITIES

City	Facility	Contact
Phnom Penh	Royal Phnom Penh Hospital	023 991 000
Phnom Penh	Naga Medical Centre	023 211 300
Siem Reap	Royal Angkor International Hospital	063 761 888
Siem Reap	Naga Medical Centre Siem Reap	063 965 095

 *Tip: Medical facilities outside Phnom Penh and Siem Reap are limited. Serious cases may require evacuation to Bangkok. Travel insurance with medical evacuation is essential.*

8. OUR SAFETY PROTOCOLS

- All vehicles equipped with first aid kits
- Guides trained in basic first aid and emergency procedures
- We avoid unpaved roads and night driving where possible
- Hotel selections verified for safety and hygiene standards
- 24/7 local emergency contact provided
- Partnerships with international hospitals for emergencies

9. OTHER INFORMATION

Travel Insurance

- Comprehensive travel insurance with medical evacuation is ESSENTIAL
- Carry your policy number and emergency contact with you
- Take photos of your insurance card on your phone

What to Pack

- Prescription medications in original containers with doctor's letter
- Basic first aid kit: band-aids, antiseptic, pain relievers, anti-diarrheal
- Insect repellent with DEET (20-30%)
- Sunscreen (SPF 30+) and sunglasses
- Rehydration salts (ORS) for stomach issues
- Hand sanitizer

During Your Trip

- Stay hydrated - drink plenty of bottled water
- Wash hands frequently, especially before eating
- Protect against sun: hat, sunscreen, seek shade during midday
- Apply mosquito repellent morning and evening
- Inform your guide immediately if you feel unwell