

Health & Safety Guide for Travelers in Laos

1. EMERGENCY CONTACTS

Service	Number	Notes
Police	191	Very limited English
Fire	190	
Ambulance	195	Limited to Vientiane
Tourist Police (Vientiane)	021 251 128	
Tourist Police (Luang Prabang)	071 212 453	
Your Guide	[Provided on arrival]	24/7 during tour

2. VACCINATIONS

Recommended

- Hepatitis A - food/waterborne
- Hepatitis B - if extended stay
- Typhoid - food/waterborne, especially outside Vientiane
- Tetanus-Diphtheria - routine booster

Consider (depending on activities)

- Japanese Encephalitis - rural areas, rice paddies
- Rabies - if trekking or animal contact expected
- Malaria prophylaxis - for remote areas (not Vientiane/Luang Prabang)

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

3. DISEASE RISKS

Disease	Risk Areas	Prevention
Dengue Fever	Nationwide, especially rainy season	Mosquito repellent, long sleeves
Malaria	Rural/forested areas (not main tourist cities)	Antimalarials for jungle trips; bed nets
Traveler's Diarrhea	Common throughout	Safe food/water practices
Opisthorchiasis	From raw freshwater fish	Avoid raw/undercooked freshwater fish

4. FOOD & WATER SAFETY

Safe Practices

- Bottled water (check seal intact)
- Hot, freshly cooked food
- Lao BBQ and hotpot (self-cooked at table)
- Sticky rice and grilled meats from busy stalls
- Fresh Lao coffee and tea (boiled water)

Avoid

- Tap water and local ice
- Laap (raw meat salad) - traditional but risky
- Raw freshwater fish dishes
- Salads washed in tap water
- Street food that's been sitting out

5. FLORA & FAUNA HAZARDS

- Mosquitoes: High risk of dengue; use repellent especially at dawn/dusk
- Snakes: Present in rural areas; wear boots when trekking
- Dogs: Stray dogs common; rabies present - avoid contact
- Leeches: Common during wet season treks; use leech socks
- UXO (Unexploded Ordnance): Stay on marked paths; never touch metal objects in rural areas
- River hazards: Strong currents in Mekong; only swim in designated areas

6. ROAD SAFETY

- Mountain roads can be winding and poorly maintained
- Many roads are unpaved outside main routes

- Avoid night travel on rural roads
- Bus travel can be uncomfortable and risky
- Our private vehicles are modern and well-maintained
- Drivers are experienced with mountain roads

7. MEDICAL FACILITIES

City	Facility	Contact
Vientiane	Alliance International Medical Centre	021 513 095
Vientiane	French Medical Centre	021 214 150
Luang Prabang	Provincial Hospital	071 254 023
Luang Prabang	Chinese Hospital	071 254 026

 *Tip: Medical facilities are limited throughout Laos. Serious conditions require evacuation to Thailand (Udon Thani or Bangkok). Travel insurance with medical evacuation coverage is essential.*

8. OUR SAFETY PROTOCOLS

- All vehicles carry first aid kits and emergency supplies
- Guides briefed on UXO awareness and safe areas
- We use only experienced river boat operators with safety equipment
- Hotel selections verified for basic safety standards
- 24/7 emergency contact with local coordinator
- Medical evacuation arrangements through travel insurance partners

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