

Health & Safety Guide for Travelers in Vietnam

1. EMERGENCY CONTACTS

Service	Number	Notes
Police	113	Limited English
Fire	114	
Ambulance	115	Major cities only
Tourist Police (Hanoi)	024 3942 7146	English available
Tourist Police (HCMC)	028 3822 5645	English available
Your Guide	[Provided on arrival]	24/7 during tour

2. VACCINATIONS

Recommended

- Hepatitis A - food/waterborne
- Hepatitis B - if extended stay or medical procedures
- Typhoid - food/waterborne, especially outside major cities
- Tetanus-Diphtheria - routine booster

Consider (depending on activities)

- Japanese Encephalitis - rural areas, rice paddies, rainy season
- Rabies - if extensive outdoor activities or animal contact
- Cholera - rarely needed for most travelers

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

3. DISEASE RISKS

Disease	Risk Areas	Prevention
Dengue Fever	Nationwide, urban & rural	Mosquito repellent, long sleeves (day-biting mosquitoes)
Malaria	Rural highlands, borders (not major cities)	Antimalarials for high-risk areas; mosquito nets
Hand, Foot & Mouth	Seasonal outbreaks	Hand hygiene, avoid sick children
Traveler's Diarrhea	Common nationwide	Safe food/water practices

4. FOOD & WATER SAFETY

Safe Practices

- Drink only bottled or boiled water (check seal is intact)
- Eat freshly cooked, hot food
- Fruits you can peel yourself are safe
- Reputable restaurants in tourist areas are generally safe
- Phở and other soups are usually safe (boiled)

Avoid

- Tap water and ice from unknown sources
- Raw vegetables and salads from street stalls
- Uncooked shellfish and raw meat
- Cut fruits from street vendors
- Buffets that have been sitting out

5. FLORA & FAUNA HAZARDS

- Mosquitoes: Use DEET repellent; dengue mosquitoes bite during daytime
- Snakes: Watch step in rural/forested areas; seek medical help if bitten
- Dogs: Avoid stray dogs; rabies risk if bitten - seek immediate treatment
- Jellyfish: Seasonal risk on beaches (May-October); vinegar for stings
- Monkeys: Don't feed or approach; they can bite and carry diseases
- Sea urchins & coral: Wear water shoes when swimming near reefs

6. ROAD SAFETY

- Traffic is chaotic; always look both ways multiple times before crossing

- Use reputable taxi apps (Grab or Xanh SM) or hotel-arranged transport
- Always wear seatbelts in cars and helmets on motorbikes
- Avoid renting motorbikes unless very experienced
- Night travel on highways is riskier - we avoid when possible
- Our drivers are vetted and vehicles are regularly maintained

7. MEDICAL FACILITIES

City	Facility	Contact
Hanoi	Vinmec International Hospital	024 3974 3556
Hanoi	Family Medical Practice	024 3843 0748
HCMC	FV Hospital	028 5411 3333
HCMC	Family Medical Practice	028 3822 7848
Da Nang	Vinmec Da Nang	0236 3711 111
Hoi An	Hoi An Medical Services	0235 3861 364

 *Tip: International hospitals accept travel insurance; bring your policy documents. For minor issues, pharmacies are widely available.*

8. OUR SAFETY PROTOCOLS

- All vehicles have first aid kits and driver emergency training
- Guides carry emergency contact cards and basic first aid supplies
- We use only licensed, safety-certified boats and cruise operators
- Hotel selections prioritize safety standards and fire exits
- 24/7 emergency hotline provided to all travelers
- Medical evacuation assistance arranged through travel insurance

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