

Joint public health advice* for EuroPride events 2025 in Portugal

EuroPride 2025 brings Europe's largest LGBTQI+ celebration to Lisbon, Portugal, from 14 to 21 June 2025. During the event, Lisbon transforms historic squares and parks into hubs of music, culture and community gatherings, expected to attract around 200 000 people to the city, with more than 60% travelling from abroad. Whether you join Lisbon's week-long festival or celebrate at local pride gatherings, we encourage you to follow this public health advice to protect your health and well-being and the health of those in your community.

*The contribution of the European Centre for Disease Prevention and Control (ECDC) to this advice only concerns threats to human health posed by infectious diseases, according to its legal mandate.

Before attending the event

Vaccination



If you plan to attend the EuroPride events, check your vaccination status and consult your healthcare provider on whether you need to be vaccinated in line with your country's national immunisation schedule, or your level of risk. This should be done as early as possible. Depending on several factors (age, underlying health condition, sexual lifestyle, previous vaccination status), you may need vaccinations against infections that can be sexually transmitted (mpox, hepatitis A and hepatitis B viruses) and/or other diseases such as measles, whooping cough (pertussis), tetanus, diphtheria or polio.

Check and follow [your country's immunisation schedule](#).



Mpox continues to circulate in Europe largely among gay, bisexual, and other men who have sex with men. People at risk of contracting mpox, including those who have multiple sex partners, are encouraged to talk to their healthcare providers about getting vaccinated for mpox promptly.

In Portugal, a two-dose mpox vaccination schedule is recommended if you have no history of smallpox vaccination or haven't been previously diagnosed with mpox. Your vaccines should be administered with an interval of at least 28 days.

There is an ongoing outbreak of hepatitis A in Europe. Hepatitis A and B can be sexually transmitted but are also preventable through vaccination.



Measles is circulating in Europe. Anyone is at risk of measles infection if they have not been fully vaccinated or have not had measles in the past. Read more about measles [here](#).

Vaccination is a simple, effective measure that protects your health and reduces the risk of outbreaks. Make sure you are protected and protect others: check your vaccination status and get any recommended vaccinations as soon as possible. To be fully protected you should plan to be vaccinated at least two weeks before travelling.

More information on recommended vaccines and where you can get vaccinations in Portugal:

- For mpox vaccines check [here](#)
- Other vaccination places in Lisbon:
 - Community health centre - Unidade de Saúde Familiar (USF) Almirante: R. Luís Pinto Moitinho 5; +351 - 21 816 4100 - [website](#)
 - Community health centre Centro Saúde Sete Rios: R. de São Domingos de Benfica 20; +351 - 21 042 3260 [website](#)
 - Community health centre Unidade de Cuidados de Saúde Personalizados (UCSP) Alameda: R. Carvalho Araújo 103; +351 - 21 810 5000 - [website](#)
 - Community health centre Unidade de Cuidados de Saúde Personalizados (UCSP) da Lapa: Rua de São Ciro; +351 - 36 213931250 - [website](#)

Other health issues to consider before the Pride events:

Sexual health

Consult your health-care provider in your home country to discuss other precautions based on your sexual health risk assessment: they may recommend pre-exposure prophylaxis (PrEP) for HIV, but remember that PrEP does not protect against other sexually transmitted infections (STIs), such as chlamydia, gonorrhoea or syphilis. If you are under the PrEP programme in your home country, make sure you are following your personal schedule and bring your medication.

Chronic conditions

In case you have a chronic condition, such as diabetes, cardiovascular or pulmonary diseases, bring your usual medication and/or any medical equipment you use regularly as well as any medical report or background clinical information.

Allergies

If you have any allergy to food, medicines, latex or others, make sure that this information is visible and easy to access in case of emergency.

Mental health

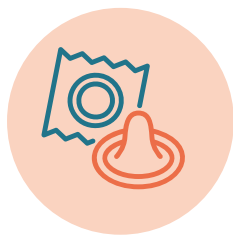
Bring anything that helps you stay calm and centred, including your usual medication and antistress devices you use to maintain your mental health and wellbeing.

Do not forget to bring your European Health Insurance Card, or other documents that can support your access to necessary medical services.



While attending the event

Infections transmitted through sex



It's important to protect yourself from infections transmitted through sex. Common STIs in Europe include chlamydia, gonorrhoea and syphilis. Other infections, such as HIV, viral hepatitis A and B or, mpox and shigella, can also be transmitted during sex. Untreated STIs and mpox can lead to serious health issues, while HIV infection requires lifelong treatment.

Condoms, when used correctly and consistently, are effective at decreasing the risk of STIs and HIV transmission. In Portugal, condoms are available in drugstores, pharmacies and supermarkets and free of charge in NGO and community-based organizations.

While using a condom is an important protective measure, it does not fully prevent mpox. Mpox can be transmitted through close skin-to-skin contact, especially if there are rashes, sores, or lesions on the skin.



You can reduce your risk of mpox by avoiding close contact with individuals who have visible skin lesions or symptoms like fever, rash, or swollen lymph nodes. Do not share personal items (e.g. towels, sheets, sex toys). Wash your hands regularly, especially after physical contact and keep sex toys clean.

For a safer EuroPride event, protect yourself and others:

- Always use a condom. Change condoms between anal and oral sex,
- Use disposable gloves or condoms on sex toys, clean toys properly after each use,
- Use disposable gloves for fingering or fisting,
- Use dental dams during oral-anal sex,
- Wash your hands, genital and anal areas before and after sexual contact.

By following this advice, you can reduce the STIs, including HIV, for everyone - including among women who have sex with women.

If you have had unprotected sex (without a condom) or sex with multiple partners, it is important to get tested for STIs, **whether or not you have symptoms**, so you don't pass infections to others without knowing.

People with STIs might have no symptoms; however, common signs include unusual discharge from the genitals or rectum, itching, pain during urination, rectal pain, skin changes (including rashes or blister-like lesions), yellowing of the skin, pain during sex, influenza-like symptoms or severe diarrhoea (which can be caused by shigella or hepatitis A). If you have any of these symptoms, avoid sexual activity and seek health care promptly.



How to access STI testing and treatment in Portugal, if needed

If you suspect you could have become infected with HIV or other STI (hepatitis B, mpox or other), contact HIV and STI specialist clinics for post-exposure prophylaxis (PEP), which should be started as soon as possible (within 72 hours for HIV). Seek medical advice and get tested promptly, as early detection facilitates easier treatment and prevents transmission to others.

During EuroPride 2025, a mobile testing unit will be available in the event's main sites, offering access to prevention tools, rapid testing, and sexual health counselling.

You can find more information here:

- GAT – Checkpoint LX: [website](#)
- Liga Portuguesa Contra a SIDA: [website](#)
- Positivo: [website](#)

Respiratory diseases



Respiratory infections are quite common and can sometimes be severe, particularly for people at higher risk of severe disease, such as older people, people with chronic diseases or immunocompromised and pregnant women.

Attending a mass gathering event increases your chances of being exposed to respiratory diseases. Vaccination (according to your country's national immunisation schedule) can **protect yourself and others**.

Consult your doctor to understand your risk and find out if you are eligible for vaccinations against COVID-19 and/or other respiratory diseases.

In addition to vaccination, there are other protective measures that people may take to reduce their risk of infection from respiratory viruses, including the following:



- Avoid close contact with people who are sick or showing symptoms like sneezing or coughing,
- Wash or clean your hands frequently,
- Avoid touching your eyes, nose or mouth.

If you are experiencing flu-like symptoms, such as cough, fever or sore throat, you can **avoid infecting others**, especially those who are most vulnerable, by doing the following:



- Stay home or in your hotel and limit contact with others,
- Cough or sneeze in your elbow,
- Wash or clean your hands frequently with soap or an alcohol-based product,
- Clean frequently touched surfaces and objects,
- Increase ventilation if indoor (e.g. by opening windows),
- Wear a face mask in crowded settings where physical distancing is not possible (e.g. public transport, [EuroPride venues and events](#)).

Heatwaves and sun exposure



High summer temperatures can be expected in Portugal, which can pose serious health risks, especially for older adults, young children and pregnant women.

Extreme heat can exacerbate chronic conditions, cause heat stress and lead to heat stroke which can be life-threatening if not treated. Sun exposure can also lead to illnesses related to ultraviolet radiation. Fortunately, most heat-related health effects are preventable through simple precautions.

To protect yourself from sun and heat, follow these recommendations:

- **Keep out of the heat when possible.** Spend as much time as possible or at least 2–3 hours of the day in a cool place and during the hottest time of day,
- **Do not leave children or animals in parked vehicles,**
- **Stay hydrated.** Remember to drink enough and often, even before feeling thirsty. Heavy sweating causes our body to lose a lot of water. Therefore, you should drink around 2–3 litres of fluid, such as water or chilled teas without added sugar, throughout the day during hot weather,
- **Avoid alcohol and limit caffeine and sugar,** as these can dehydrate you and strain your circulation. Carry a reusable water bottle with you: public drinking fountains provide clean drinking-water,
- **Keep your body cool.** Carry a fan with you and moisten/wet your body as often as possible. This will reduce the risk of getting a heatstroke,
- **Avoid direct sun exposure.** Stay in the shade when possible and always apply sunscreen with sun protection factor (SPF) 30 or higher, even if you plan to stay in the shade. Wear long, airy, light-coloured clothing and a hat for additional protection. Don't forget sunglasses to shield your eyes.



Water and food safety

Tap water in Portugal is safe to drink; there is no need to buy bottled water.

During the summer, hot and humid weather improves the conditions for germs to multiply quickly and make food unsafe. Contaminated foods may not appear, taste or smell different from safe ones. Some foodborne illnesses are mild and resolve within days, but others can be severe or even fatal.

To prevent illness transmitted through food, follow these recommendations:

- **Eat food that is thoroughly cooked** and always wash fruit and vegetables or peel them before consumption,
- **Avoid consuming cooked or perishable food that has been kept at room temperature** for more than two hours (even more so if there is a heatwave),
- **Wash your hands frequently,** especially before touching food and after going to the toilet. Using soap and water is best, but carrying a hand sanitizer in your bag is a good option too, if you're often on the go.



Diseases transmitted by insects



Insects like mosquitoes, ticks and sandflies can carry diseases. These insects are more active from spring to autumn, especially during warmer months. Mosquitoes may spread diseases such as dengue or West Nile virus infection, while ticks can occasionally transmit diseases such as rickettsiosis, lyme disease or borreliosis, tularemia, Crimean-Congo hemorrhagic fever and tick-borne encephalitis (TBE). Sandflies, mainly found in the south of Portugal, can carry leishmaniasis.

Protect yourself from bites through the following actions:

- Dress smart: wear light-coloured, long clothing to cover arms and legs, and tuck trousers into socks when walking in grassy or wooded areas,
- Use an approved insect repellent on exposed skin (after sunscreen) and on clothing,
- Sleep in air-conditioned rooms, use fans, or mosquito nets—especially for babies and young children,
- If you have spent time in green areas, check your entire body and clothing for ticks and remove any, promptly and safely. See [here](#) how to safely remove ticks.



Symptoms will depend on the disease and in some cases, you may experience no symptoms at all. Seek medical care if you experience high fever, rash or skin sores, muscle or joint pain, severe headache, fatigue, nausea or vomiting during or after your trip. Inform healthcare providers of your country of origin and recent travel history.

Use of alcohol and tobacco

Alcohol

For your health and safety, less alcohol is better, and none is best.



In Portugal, it is prohibited to sell or offer alcoholic drinks to minors aged under 18 years (for wine and beer the minimum age is 16 years). Never drink and drive - penalties for offences are high.

Alcohol consumption poses serious health risks, such as an increased risk of cancers and various cardiovascular diseases, and it is one of the leading risk factors for injuries (e.g. traffic accidents, falling). While small quantities of alcohol can have a stimulating effect, overall, it slows down your brain and can affect your thinking, mood and behaviour. It can disturb your perception, attention, sense of judgment, coordination and speech.



Accidental poisonings can occur when large amounts of alcohol are consumed. In hot weather, consuming alcohol can lead to increased circulation problems, loss of consciousness and even a life-threatening drop in blood pressure. If you choose to consume alcohol, **limit your intake**.

Take care of people around you. Contact emergency services if you find someone with physical indisposition or unconsciousness.

Tobacco

Quitting smoking is the single best way to protect your health and the health of those around you.



In Portugal, smoking, including electronic cigarettes and heated tobacco products are **banned in indoor public spaces**, such as train stations, airports and restaurants, except in designated smoking areas. Smoking in a public space outside a designated area is punishable by a fine.

Tobacco use and exposure to tobacco smoke pose serious health risks, including respiratory diseases, cardiovascular diseases and increased cancer risk.

Drug use

Non-medical drug use poses serious risks to your health, including overdose and death

Be mindful of the laws: In Portugal, personal possession is subject to administrative summons and possible sanctions; greater amounts and selling are crimes under Portuguese law.

In addition to the risk of overdose and, in the worst case, death, **drug consumption can provoke drastic changes of judgement and behavior**. Drugs affect your whole body - your perception, attention, coordination and consciousness. Drugs can aggravate your mood and cause anxiety.

Depressant drugs (GHB, opioids) slow down your brain, which can affect your breathing and blood circulation, lead to unconsciousness and be life-threatening. Non-medical opioid use can lead to opioid dependence and other health problems, and **overdose can lead to death**.

Stimulant drugs (cocaine, amphetamines, cathinones) can make it hard for your body to regulate temperature and blood flow, especially in closed and hot environments, such as night clubs. They can cause panic attacks, disorganized behaviour, psychotic symptoms, and increase the risk of heart attack.

You should never use drugs. If you choose to use drugs despite the risks, never use them alone, and avoid mixing drugs. Mixing can result in sudden and unexpected effects and increases the risk of overdose. Use clean needles and equipment to prevent infections.

Take care of people around you. Contact the emergency services if you see someone acting confused and visibly unwell, or unconscious.

No drugs at all is always the safest option.

Information on drugs, chemsex and other issues related to drugs (in Lisbon):

GAT Mouraria Calçada St. André 79/81; open 14.00 to 19.00

GAT Intendente Rua Antero de Quental nº8; open 13.00 to 19.00

GAT Checkpointlx Tv. Monte do Carmo 2; open 12.00 to 19.00

Contact GAT: geral@gatportugal.org; www.gatportugal.org

Further information: Kosmicare- www.kosmicare.org/eng/

In cases of serious drug intoxication call the medical emergency number 112.



Stay safe in the crowds



If something feels wrong, move away from the situation as quickly as possible.

While taking care of yourself, remember to check on friends and family who are with you. Stay in touch regularly and agree on meeting points and check-ins in case you get separated during the festival. If you attend EuroPride alone, let family or friends know your plans.

If you witness or experience violence or harassment, report it to event staff or to police.

Contribute to digital safety: avoid sharing images or videos without consent.

Health and wellbeing zones will be available throughout the event. If you feel unwell or anxious, ask for help and support at the well-being zones.

Need medical assistance?



Useful numbers

For non-urgent health situations: Call National Health Services (SNS) 24 (+351 808 24 24 24)

- If you have symptoms and are unsure what to do
- To get medical advice or guidance
- If you need help navigating the health system

For emergencies: Call 112 right away and make sure someone stays with the person in need until help arrives. 112 will connect you with local emergency services: police, ambulance and fire brigade.

Call 112 only in cases of emergencies like:

- Difficulty breathing
- Chest pain
- Serious injury or bleeding
- Sudden loss of consciousness
- Suspected stroke or heart attack
- Fire or other life-threatening emergency

When in doubt, **start by calling SNS 24** – they will guide you further

- **Information on waiting list of emergencies in public hospitals:**
<https://www.sns.gov.pt/servicos-de-urgencia-sns/>
- **Information on pharmacies including the ones open 24h/7 :**
<https://www.farmaciasdeservico.net/localidade/lisboa/lisboa>

Medical insurance



If you are an insured **national of an EU/European Economic Area (EEA) country or Switzerland**, the European Health Insurance Card (EHIC) allows you to benefit from the care of your health insurance in Portugal and to access the Portuguese health system more easily. To obtain this card, and before leaving for Portugal, you must apply for the card via your health insurance provider.

If you are a **citizen from a non-EU/EEA country**, temporarily present in Portugal with a tourist visa for a period not exceeding 90 days, you can benefit from urgent or non-urgent health services upon payment of the relevant fees. If your country has bilateral agreements of reciprocity of health care with Portugal, the management of health expenses may follow the same rules as for EU citizens.