

Hello dear friends,

I promised to bring a discussion contribution a week under the big topic of ' personal preparation '.

Here is my 1st post, which for once also comes by e-mail,
Until you decide in the [Survey](#). WhatsApp or Skype

So here is my first contribution to the discussion on the **subject of health**. What can anyone personally prepare on the topic of health?

- a) Preventive visit to the dentist?
- b) vaccinations necessary for the Mediterranean Sea of Russia?
- c) Take a vaccination card with you in case of the case?
- d) Personal medication required? If so, then order in time and take it with you in sufficient quantities.
- e) Sun protection for eyes, head and skin is urgently needed

In general, you can say to **point a)**, if you are in pain, you have visited the dentist 90% too late.

On **point b)**, special vaccinations are not necessary for Russia. But it is advisable to check the status of vaccinations against tetanus, diphtheria, polio and hepatitis A.

See all the details: <https://www.russlandjournal.de/russland/medizinische-hinweise/>
<https://www.die-reisemedizin.de/reiseziele/regionen/europa/griechenland.html>

It goes on to say that for all nature lovers, vaccination against rabies and meningoencephalitis (FSME tick transmission) makes sense.

(As I've heard, on reed boats, many blind passengers are said to be riding along)

On **point c)**, you can have the vaccination card with you. At least you should have a well-legible copy with you, in the form of paper or rather a digital form on your mobile phone, for example in PDF format.

All of the above points are just my personal opinion.

Look forward to feedback on whether you liked my post and whether you have additions?

Outlook: In my mind I have contributions to radio, sailor's, technique and language

Best regards

Frank

Link to Survey (Umfrage)

<https://doodle.com/poll/ctinsfidvbhr3twz>

Einladungslink Skype Abora IV Sotschi:

<https://join.skype.com/cbmEG757mjVd>

Einladungslink Whatsup Sotschi 2019:

<https://chat.whatsapp.com/E7w7SawAOqL3TyAhJSwVvv>

Vereinsseite:

<https://www.experimentalarchaeologen.de/index.php?id=2453> =

> Passwort für internen Bereich erforderl.

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