



DESTINATION REPORT

FRANCE

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GENERAL OVERVIEW

France has been a center for trade and culture since the beginning of organized civilization. Celtic, Latin, and Frankish populations blended to form the current French population of over 66 million citizens. France is also home to various ethnic minorities including those hailing from Teutonic, Slavic, North African, Indochinese, and Basque minorities. Today, it is one of the most developed countries in the world, with a stable democracy and market economy. It is a member of the European Union (EU), NATO, the G-8, and a permanent member of the United Nations Security Council. France is one of the most visited destinations in the world, with one of the world's largest tourism industries.

France is located in Western Europe and borders Andorra, Belgium, Germany, Italy, Luxembourg, Monaco, Spain, Switzerland, the Mediterranean Sea, and the Atlantic Ocean. Its capital, Paris, is located in the northern half of the country and is home to over ten million individuals. France also has five overseas departments across the globe, including French Guiana, Guadeloupe, Martinique, Mayotte, and Réunion. The climate of mainland France is temperate, with cold winters and mild summers, though there is some variation based on location.

The official language is French, which is spoken by virtually all citizens. The vast majority of the French population identifies as Roman Catholic.

SECURITY ASSESSMENT

Security Risk Rating

Moderate

Security Risk Overview

France has well-developed infrastructure and a responsive and extensive police force. Paris and other tourist locations are known for pickpockets and petty criminals. Protests and strikes are common, and several have turned violent. There is an elevated threat from terrorism as the country has experienced several attacks in recent years. The deadliest attacks occurred in Paris in November 2015, leaving 130 people dead.

Terrorism

There is an elevated threat of terrorism in France. International terrorist groups have targeted France in the past, and a number of suspected Islamist militants have been detained by French authorities in the last few years.

The most notable attacks in France's recent history occurred in Paris on 13 November 2015, when 130 people were killed and over 300 others were injured in a series of coordinated shootings and bombings across the capital. Many of the casualties occurred in Bataclan Theater, located in the 11th arrondissement. Separate shootings also occurred in the vicinity of the Les Halles shopping center, Chatelet Les Halles train station, and at cafés and restaurants in the 10th and 11th arrondissements. Two more simultaneous explosions occurred outside the Stade de France soccer stadium during a Germany versus France soccer match. The Islamic State (IS) claimed responsibility for the attacks. In another notable attack on 14 July 2016, 84 people were killed and dozens of others were injured in a vehicle-ramming attack in the southern resort city of Nice as a large crowd gathered in the city center to celebrate the French National Day (Bastille Day). Several foreign nationals were among the casualties, including nationals of the United States, Germany, and Switzerland. The driver was later identified as a Tunisian national and resident of Nice. The IS subsequently claimed that the attacker was one of its "soldiers."

The parcel bomb attack in Lyon on 24 May 2019 is the latest in a string of terror attacks in France. In this incident, the assailant (who pledged allegiance to the IS) planted an explosive device near the corner of Victor-Hugo Street and Sala Street that resulted in injuries to 13 people. On 11 December 2018, a gunman (who was on the terror watch list) opened fire at a Christmas market in Strasbourg that resulted in the deaths of three people and injuries to 12 others. On 1 October 2018, two people were killed in a stabbing attack at Gare de Marseille-Saint-Charles station in Marseille. On 19 June 2018, a man drove a vehicle into a police car on the Champs-Élysées. The man driving the vehicle died in the incident. Police discovered weapons and explosives in the van. Aside from the attacker, no other casualties were reported in the incident, which is being investigated as a terrorist attack. On 20 April 2017, the IS claimed responsibility for a shooting attack on the Champs-Élysées in Paris that killed one police officer. A series of stabbing attacks were also reported in 2016 and 2017.

There were also other attacks in the capital in 2015. On 7 January 2015, 12 people were killed and several others injured in a terror attack targeting the headquarters of the French satirical magazine Charlie Hebdo in downtown Paris. The attack was carried out by two gunmen who opened fire inside the office. The magazine is well known for publishing inflammatory images of the Prophet

Muhammad, and its office was previously attacked for releasing a controversial image of the Prophet in November 2011, although no casualties were sustained in that attack. The attack was followed by a series of further incidents on 8 and 9 January in and near Paris that left at least an additional five people dead. On 8 January 2015, one police official was killed in a suburb of southern Paris by an individual who officials have linked to the attackers of the Charlie Hebdo office and who is also believed to be responsible for a fatal assault on a kosher supermarket near Paris on 9 January 2015, which left four hostages dead. Also on 9 January 2015, the two gunmen involved in the 7 January 2015 attack took one hostage in Dammartin-en-Goele outside Paris. The two gunmen were killed, while the hostage was freed. Members of the Yemen-based Sunni terror organization al-Qaeda in the Arabian Peninsula (AQAP) reportedly claimed responsibility for the attack on the Charlie Hebdo publication offices.

The separatist organization Basque Country and Freedom (ETA) has some presence in southwestern France. However, the government is proactive in dealing with the terrorist threat. Several ETA members have been arrested in France in recent years, and in October 2015 a leading member of the group was arrested in a suburb of Paris.

Civil Unrest

Protests linked to the "yellow vest" (Gilets Jaunes) movement have been taking place in Paris and other cities throughout the country since 17 November 2018. Although the movement began as a protest against fuel price increases, the demonstrations have evolved into a larger protest movement against President Macron's economic policies that have allegedly led to reduced income, deterioration of purchasing power, unemployment, and lack of social security. At least ten people have been killed, several hundred others injured, and extensive damage to property have been reported since the first protest.

Political and economic discontent in France, as well as major domestic events such as a terrorist attack, can result in protests and strikes, which generally remain peaceful. Certain issues, however—including alleged police brutality and developments in the Middle East—have resulted in violent protests. Sporting events, such as soccer matches, can also result in violence.

France has faced multiple transport strikes over various labor disputes in response to the government's privatization of the transport sector as well as a number of concession policies. These strikes generally result in widespread transport disruptions, and several strike-related protests have also turned violent on multiple occasions.

There have also been several failed bomb attacks in the island of Corsica by the National Front for the Liberation of Corsica (FLNC). These attacks usually target government buildings. While the group announced a permanent ceasefire in June 2014, the risks posed by separatist elements should not be discounted.

Personal Security

Pickpocketing and other crimes of opportunity frequently occur in tourist areas, particularly on the Avenue des Champs-Élysées, Champs de Mars, and areas near the Eiffel Tower. There is also a risk of theft on public transportation, such as the rail link connecting the city to Charles de Gaulle Airport and the Metro line 1, which have been popular targets for thieves.

Violent crime rates are low but armed robberies targeting high-end jewelry stores and other luxury establishments do occur in Paris and other large cities. There is an increased rate of violent crime and illegal activity in certain Parisian suburbs and neighborhoods, including Seine-Saint Denis, Porte de Montreuil, Les Halles, and Pigalle among others. Public parks, such as Bois de Boulogne and Bois

de Vincennes, are dangerous at night. Residential break-ins have been reported, and rates are particularly high between August and December.

Crimes of a sexual nature-including harassment and assault-as well as violence against women are common. However, law enforcement is generally effective and helpful in investigating and prosecuting these crimes.

Violence and discrimination against immigrants and ethnic minorities occur frequently. These crimes are often directed at Roma or African migrant communities. Anti-Muslim, anti-Semitic, and homophobic acts have also been on the increase in France.

Do not take photographs of the police, security forces, or related infrastructure. Doing so is prohibited and may result in jail time or confiscation of one's camera. Fully covering one's face, by wearing a ski mask or Niqab, is illegal in France.

Law Enforcement

There is an extensive, professional, and efficient police force in France. These forces provide high quality response when called. Comply with police requests if stopped. There have been some reports of officers acting with impunity. Exercise caution when dealing with these officials.

Prisons in France are overcrowded and have unhygienic conditions. Lengthy pretrial detention periods are a concern but defendants are presumed innocent and have access to their lawyer. Make every attempt to notify their embassy or consulate in the event of arrest.

Transportation

Air: France is rated Category 1 by the International Aviation Safety Assessment Program (IASA). A Category 1 rating means that the country's civil aviation authority has been assessed by FAA inspectors and has been found to license and oversee air carriers in accordance with ICAO aviation safety standards.

Bus: Public transportation systems in France are extensive and modern. Major cities and large towns have bus systems and many also have trams. Petty theft is a concern on public transportation. Schedules can oftentimes be delayed due to transportation workers' strikes.

Car: French roads are usually paved and well-maintained. Some roads in France, especially in the countryside, are long and winding, while city roads can be quite narrow.

Theft from vehicles can be common in stopped traffic as well as from parked cars. [\[MG1\]](#)

Taxi: Taxis tend to be professionally operated and reliable. However, there have been some reports of women being harassed by taxi drivers. Robberies and assaults have also been reported in unregistered taxis, which tend to seek passengers at airports, train stations, and other busy public venues. Only use properly marked taxis.

Application-based car services like Uber, LeCab, and G7 Taxi are widely available in France.

Train: Rail systems in France are modern and efficient. Major cities are linked by both normal and high-speed rail service. Most train routes originate or transit through Paris. There have been reports of travelers being attacked on train routes to Paris Charles-de-Gaulle and Orly Airports, Paris Gare du Nord Eurostar, and the Stade de France.

The metro in Paris has 14 lines and is an economical and convenient way to travel around the city. Efficiency may be impacted by the frequency of worker strikes in France. Incidents of theft have

also increased on rail lines. The Metro Line 1 and the RER B link to Charles de Gaulle Airport are particularly targeted.

International train travel through the Channel Tunnel is occasionally delayed, disrupted, or halted altogether due to industrial actions or migrant protest activity.

Scams, Fraud, Corruption, and Extortion

French criminals have been known to invite travelers into a bar or dining establishment for a drink and then force them to pay exorbitant bills before allowing them to leave. Some criminals pose as street sellers and trick tourists into buying seemingly cheap products, sometimes claiming to be for a good cause. Avoid purchasing such items as street selling is prohibited in France. In addition, be careful when signing petitions on the streets, particularly those presented by young children, as they are oftentimes not real representatives of legitimate organizations. Variations of a three-card trick scam, where passersby are invited to bet money on finding a particular card, are also rampant in France. Another common scam is the gold ring trick, where criminals say they found a gold ring by accident and offer it to their target in exchange for some money. Additionally, ATMs that use a 'skimming' program can store card data, allowing criminals to steal from those cards and resulting in identity theft. Use ATMs within banks or shopping malls to ensure that they have not been tampered with. Avoid withdrawing large amounts of cash at night or when it can be observed by potential attackers. When possible, use ATM machines in accepted hotels, banks, or businesses.

Common scams against foreigners, regardless of destination, include dating and marriage scams, false employment opportunities, and virtual kidnapping for ransom. Avoid giving out personal information at all costs, especially bank or credit card numbers.

There have been isolated reports of the corruption of government officials, although this is unlikely to affect travelers.

Security Advice

Be prepared. Make an effort to understand your destination environment before you travel: identify the possible threats and prevailing situation, understand your own vulnerabilities and take action to mitigate the risks.

Maintain a low profile and good situational awareness. Ensure you travel with reliable communications equipment, test your mobile (cellular) telephone upon arrival at your destination and keep it fully charged. Make note of emergency telephone numbers, including the police, fire department, ambulance, and embassy or consulate.

Avoid all protests and demonstrations to minimize the risk of exposure to incidental violence. Travelers should walk away or wait inside a shop or restaurant if it is not possible to leave the area. Plan alternate routes to circumvent potential protest locations. Seek the assistance of a local host, or travel with a local driver, where possible.

To minimize the risk of becoming a victim of petty theft, travelers should maintain caution and exercise situational awareness at all times. Avoid overt displays of wealth. If confronted by a criminal, do nothing to antagonize the situation. Carry a "dummy" wallet if possible, and carry a passport photocopy at all times.

Carry handbags on the opposite side from passing traffic to reduce the risk of thieves on motorcycles trying to snatch them.

Avoid walking unless you are confident of the security situation. Do not walk by yourself at night in

secluded or troublesome areas of the city. Do not take shortcuts away from main roads, which tend to be busy and provide a safer environment.

National holidays and public festivals tend to attract large crowds in some countries. Such public gatherings, despite a typically enhanced security presence, create a potential venue for disorder or violence. In addition, large crowds may well impede local transportation systems.

Do not buy counterfeit or any goods in violation of copyright laws. Doing so may be a violation of local laws and can carry hefty fines or even prison time.

Reduce risk of injury from car crashes by always wearing a seatbelt. Some countries have heavy fines for not wearing a seatbelt. Avoid drinking and driving. Be sure to travel with all appropriate documentation, including passport and visa photocopies. Individuals who intend on driving should be in possession of their International Driving Permit (IDP), vehicle registration, and proof of insurance at all times.

Travelers are subject to the laws of France, even if they are not a citizen of France. Travelers can also be prosecuted for violating their home country's laws while in a foreign country. Travelers should be aware of the laws and customs of the country they are traveling to in order to avoid prosecution.

HEALTH ASSESSMENT

Health Risk Rating

Low

Travel Health Advice

Routine vaccines for preventable diseases, such as measles/mumps/rubella (MMR) vaccine, diphtheria/pertussis/tetanus (DPT) vaccine, chickenpox (or varicella), poliovirus vaccine, etc. are recommended for all travelers.

Protect against insect bites and insect-borne diseases, such as tick-borne encephalitis or malaria, by using insect repellent and wearing long pants, long sleeve shirts, boots, and hats if possible. See more detailed insect precautions below.

Prevent foodborne illnesses by avoiding undercooked foods and unpasteurized dairy products and washing hands, especially before eating. See more detailed food and beverage precautions below.

A comprehensive pre-travel health consultation with a travel health care provider is recommended for all travelers in order to optimize their health while traveling and to individualize their disease prevention strategies to best mitigate the health risks of any destination.

There are confirmed cases of COVID-19 in this country, and/or authorities have undertaken restrictive prevention measures. The situation is fluid. Numbers of cases, governmental restrictions, and travel services are subject to rapid change. To obtain Global Rescue's latest worldwide COVID-19 update, please contact a sales representative at (+1) 617-459-4200 or memberservices@globalrescue.com.

Immunizations - Required for Entry

The following vaccines are required for travelers entering the country. Some vaccines may only be required for travelers arriving from specific destinations, or those who have previously traveled to specific destinations within a given time period. Travelers are advised to consult with their travel healthcare provider for traveler-specific requirements.

| Immunization | Notes |
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| None | There are no vaccines required for entry to France. |

Immunizations - General

The following immunizations are recommended for travel to all destinations.

| Immunization | Notes |
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| Routine | Routine vaccines for preventable diseases, such as measles/mumps/rubella (MMR) vaccine, diphtheria/pertussis/tetanus (DPT) vaccine, chickenpox (or varicella), poliovirus vaccine, etc. are recommended for all travelers. |

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| Hepatitis B | <p>Hepatitis B is spread through contact with infected blood, sexual relations, and contact with contaminated needles.</p> <p>There are several pre-exposure vaccination options available: PEDIARIX (pediatric formulation containing DTaP, HepA/B, and polio vaccines), TWINRIX (3 dose HepA/HepB combination series), ENGERIX-B, RECOMBIVAX HB (3 doses); Heplisav-B (2 doses). The full course of injections is recommended prior to travel. Unvaccinated travelers who have been exposed to HBV should seek medical attention immediately. They should receive a dose of Hep B vaccine within 24 hours of the exposure, and may benefit from treatment with Hep B immunoglobulin as well.</p> |
| Influenza | <p>All types of Influenza are spread between humans by respiratory droplets through sneezing, coughing, and touching objects contaminated with the virus.</p> <p>There are 2 types of pre-exposure vaccinations available: Inactivated Influenza Vaccine (IIV), and Live Intranasal Influenza Vaccine (LAIV). IIV is injected into the upper arm or thigh, and LAIV is administered as a nasal spray. Components of the vaccine change yearly, depending on anticipated circulating strains of the virus, which vary by hemisphere. Vaccination is recommended annually for all persons at least 6 months of age, prior to transmission season.</p> |

Immunizations - Recommended for this Country

The following are vaccine preventable diseases present in this country. Some travelers may be at an increased risk of exposure to specific diseases. Travelers are advised to consult with their travel healthcare provider for traveler- and itinerary- specific recommendations.

| Immunization | Notes |
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| Hepatitis A | <p>The Hepatitis A virus is primarily transmitted through contaminated water and food such as shellfish and uncooked vegetables or fruit prepared by infected food handlers. It is also transmitted through person-to-person contact via fecal-oral exposure, or spread through sexual relations, blood transfusions, and needles.</p> <p>Several pre-exposure vaccination options are available: HAVRIX, VAQTA, TWINRIX (3-dose HepA/HepB combination series), and AVAXIM. The vaccine requires 2 doses, separated by a minimum of 6 months. Ideally, the traveler should complete both doses at least 2 weeks prior to travel. However, if there is insufficient lead time to travel, the first injection should be administered before departure and a booster after 6 months. Once both doses are completed, immunity is considered lifelong.</p> |
| Tick-Borne Encephalitis (TBE) | <p>The TBE virus is transmitted to humans through the bite of an infected tick. In rare cases, it can be acquired by eating unpasteurized dairy products from infected animals.</p> <p>TBE vaccines are not available in the US or Canada, but can be obtained in many other countries. Vaccination is recommended for travelers to endemic areas with exposure to forested areas or urban/peri-urban parks (i.e. outdoor activities), and those who consume unpasteurized dairy products.</p> |

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| Rabies | <p>Rabies is spread through the bite or scratch of an infected animal. All mammals are susceptible, but dogs and other wildlife (particularly bats) are the most common vectors. In this country, rabies is found only in bats.</p> <p>A 3-dose pre-exposure rabies vaccine is recommended for travelers involved in adventure or outdoor activities in remote areas who could be exposed to bats. Children are at higher risk and have a lower threshold for pre-exposure vaccination. The first dose of the vaccine should be administered at least 21 days before travel.</p> |
| Influenza Virus (flu) | <p>Classic, or seasonal, influenza, is a highly contagious respiratory infection, caused by 2 types of virus: A and B. All types of Influenza are spread between humans by respiratory droplets through sneezing, coughing, and touching objects contaminated with the virus.</p> <p>There are 2 types of pre-exposure vaccinations available: Inactivated Influenza Vaccine (IIV), and Live Intranasal Influenza Vaccine (LAIV). IIV is injected into the upper arm or thigh, and LAIV is administered as a nasal spray. Components of the vaccine change yearly, depending on anticipated circulating strains of the virus, which vary by hemisphere. Vaccination is recommended annually for all persons at least 6 months of age, prior to transmission season.</p> |
| Hepatitis B | <p>Hepatitis B is spread through contact with infected blood, sexual relations, and contact with contaminated needles.</p> <p>There are several pre-exposure vaccination options available: PEDIARIX (pediatric formulation containing DTaP, HepA/B, and polio vaccines), TWINRIX (3 dose HepA/HepB combination series), ENGERIX-B, RECOMBIVAX HB (3 doses); Heplisav-B (2 doses). The full course of injections is recommended prior to travel. Unvaccinated travelers who have been exposed to HBV should seek medical attention immediately. They should receive a dose of Hep B vaccine within 24 hours of the exposure, and may benefit from treatment with Hep B immunoglobulin as well. Vaccination is routine in the US and many other countries. Previously unvaccinated travelers should consider vaccination for travel to areas with high risk of HBV infection, or if they anticipate needing medical/dental care abroad, being exposed to needles, or engaging in sexual activity.</p> |
| Meningococcal Disease | <p>Meningococcal disease is spread through contact with the respiratory secretions of an infected person, as well as sharing food and drinks.</p> <p>Meningococcal conjugate vaccine (MCV4) can be given to all persons at least 2 months of age. Dosing will vary depending on the product and the age of the traveler.</p> |

Health Risks

The following are health risks present in the country. Some of these health risks are widespread, while others may only affect travelers in specific areas or those engaging in specific activities. Travelers are advised to consult with their travel healthcare provider for traveler- and itinerary-specific recommendations.

| Health Risks | Notes |
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| Air Pollution | <p>Air pollution refers to the potentially hazardous mix of particulate matter, chemicals, and other materials that infiltrates the air and causes acute symptoms and chronic conditions. Acute symptoms include itching of the eyes, nose, and throat, as well as wheezing, coughing, shortness of breath, chest pain, headaches, nausea, and upper respiratory infections (bronchitis and pneumonia). Air pollution is increasing in low- and middle- income countries and has become a major concern for travelers.</p> <p>Travelers with chronic lung conditions such as asthma or chronic obstructive pulmonary disease COPD should consult with their physicians prior to travel to areas with poor air quality, and these populations should reduce outdoor exertion. Elderly travelers and infants are also more at risk for respiratory consequences of exposure to air pollution. All travelers should comply with air pollution advisories. Levels of air pollution will vary by city and region; check current levels prior to travel to appropriately target preventive measures.</p> |
| Altitude Illness | <p>Altitude illness refers to a collection of conditions triggered by ascent to high altitude faster than the body is able to physiologically adapt. Altitude sickness includes mountain sickness (AMC), high altitude pulmonary edema (HAPE), and high altitude cerebral edema (HACE). Anyone traveling to high altitude can experience these conditions, but rapid ascent is a key risk factor for all 3 conditions. Prior history of altitude illness also increases risk, as does the absolute elevation. Altitude illness rarely occurs under 2,400 meters (7,874 feet) elevation. Certain chronic medical conditions also increase the risk of altitude illness. AMS symptoms include fatigue, rapid pulse, dizziness, headache, nausea, and vomiting. HAPE includes these and progresses to shortness of breath, chest tightness, and cough. Pink, frothy sputum is a very serious sign. HACE includes trouble with balance, decreased level of consciousness, disorientation, and can progress to coma and death. Altitude sickness can be life threatening.</p> <p>To avoid altitude illness, it is recommended to ascend gradually, with initial elevation not more than 2,800 meters (9,186 feet). Do not increase sleeping altitude faster than 500 meters (1,640 feet) per day, with a rest day for every 1,000 meters (3,280 feet) climbed. Stay hydrated and avoid alcohol. Also avoid physical exertion for the first 48 hours at high altitude. Prophylactic medications can be useful, and the most commonly used is acetazolamide. Consult a physician for individual recommendations based on personal risk profile. The primary treatment for altitude illness is descent to lower altitude. Sometimes other treatment modalities are used as temporary measures (oxygen, pressure bags, other medications), but none of these is a substitute for descent. Evacuation is sometimes needed depending on level of severity of symptoms.</p> |

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| Dengue Fever | <p>Dengue fever is a mosquito-borne viral infection. Symptoms include headache, sudden-onset fever, rash, and joint pain. Some cases progress to severe dengue, when significant bleeding, fluid shifts, and end organ damage can appear.</p> <p>Dengue fever is spread through the bite of an infected Aedes mosquito. The Aedes mosquito, which carries dengue fever, typically lives indoors in dark, cool places like closets, under beds, bathrooms, and behind curtains, as well as around standing water. Aedes are daytime biters, with highest activity 2-3 hours after dawn and mid-to-late afternoon. Aedes mosquitos are active in both urban and rural environments.</p> <p>There is no vaccine to prevent dengue fever. Use daytime insect precautions (see Insect Precautions below). Although there is no specific treatment for Dengue Fever, persons with suspected illness should seek medical care for definitive diagnosis. Dengue Fever does not usually require hospitalization; however, close clinical monitoring is needed to allow early intervention if complications occur.</p> |
| Leishmaniasis | <p>Leishmaniasis is a parasitic disease caused by several species of Leishmania protozoa. Three clinical syndromes result, depending on causative species: cutaneous, mucosal, and visceral (the most severe). Travelers most often are affected by the cutaneous form, usually with ulcerating skin lesions and swollen glands, and experience self-limited disease.</p> <p>Leishmaniasis is spread through the bite of an infected sandfly. Risk of acquiring the disease is higher among adventure travelers, eco-tourists, missionaries, military personnel, construction workers, and those working outdoors at night or sleeping outdoors.</p> <p>There is no vaccine to prevent Leishmaniasis. Follow insect precautions (see below), and avoid nighttime outdoor activities if possible. Most sandflies bite from dusk to dawn, but in the Western hemisphere, sandflies bite both day and night. Be aware that the mesh on any protective netting must be of a finer weave than the norm for prevention of mosquito bites. For netting to be effective against sandflies, it must have at least 18 holes per linear inch (2.54 cm). Impregnated nets and screens are most effective. Treatment decisions are multifactorial and can include local wound care and medications.</p> |

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| <p>Lyme Disease</p> | <p>Lyme disease is caused by <i>Borrelia</i> bacteria that reside primarily in deer, birds, and rodents. Symptoms vary widely depending on the stage of the illness. Early disease manifests with fatigue, headache, neck stiffness, muscle and joint aches, fever, and a classic "bull's eye" rash.</p> <p>Lyme disease is spread to humans through the bite of an infected <i>Ixodes</i> tick. Travelers engaged in outdoor activities in forested or grassy areas are at risk, including hikers, campers, and hunters. Ticks are more active during warmer months, but in temperate areas can be found year-round.</p> <p>There is no vaccine against Lyme disease. Follow insect precautions when outdoors in areas of potential exposure (see below with attention to tick prevention). Perform complete body tick check after outdoor activities. Remove ticks immediately if found. Post-exposure prophylaxis with doxycycline is recommended within 72 hours after <i>Ixodes</i> tick attachment in certain situations. Seek medical advice for tick attachment in endemic areas. Lyme disease can be treated with antibiotics; results are best with early treatment.</p> |
| <p>Schistosomiasis (Bilharzia)</p> | <p>Schistosomiasis is a parasitic infection caused by flatworms. Symptoms of initial infection can include skin rash, fever, headache, muscle ache, bloody diarrhea, cough, malaise, and abdominal pain, but many of those infected are asymptomatic. Schistosomiasis can become a chronic illness with varied manifestations if untreated.</p> <p>Schistosomiasis is spread via larvae that swim in fresh water, and through sexual contact with infected individuals. Travelers become infected by bathing, swimming, boating, or rafting in cercariae-infested waters.</p> <p>There is no vaccine to prevent against schistosomiasis. Avoid contact with bodies of freshwater in endemic areas. Schistosomiasis cannot be contracted in chlorinated swimming pools or in bodies of salt water. The use of insect repellent may be effective but is unreliable. Travelers who come in contact with bodies of fresh water should wear protective footwear and clothing, and clean their skin with rubbing alcohol and a clean, dry towel. Schistosomiasis can be treated with anti-helminthic medication.</p> |

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| <p>Sexually Transmitted Infections (STIs)</p> | <p>STIs are a concern for travelers worldwide, and are likely underreported as a travel-related infection. STIs are caused by viruses, bacteria, and parasites, the same potential pathogens as are present in the traveler's home environment. However, certain infections like chancroid, LGV, and Granuloma inguinale are more common in less industrialized countries, and other areas of the world have higher incidence of HIV and Hepatitis B and C than others. Symptoms vary widely depending on the specific infection, and can include both local and systemic symptoms.</p> <p>STIs are spread between humans by unprotected sexual contact (oral, anal, or vaginal), and skin-to-skin genital contact. Some STIs can also be transmitted through exposure to blood and other bodily fluids. Travelers are at higher risk if engaging in sex with sex workers, traveling for sex tourism, or certain higher risk behaviors. Healthcare workers are at higher risk for certain blood-borne infections.</p> <p>Preventive measures focus on decreasing exposure to STI pathogens. Adhere strictly to safe sex practices: use a condom correctly and consistently, or abstain from intercourse, and use an external condom or dental dam for oral exposures. Travelers should pack external and/or internal condoms, as the quality of condoms available in some areas is not reliable. Avoid behavior that increases the risk of contracting an STI such as casual sex with a stranger or a sex worker. Drinking heavily or taking mind-altering drugs will impair judgement and inhibitions during a sexual encounter, increasing the risk of making unsafe choices. Seek medical attention promptly if an STI is suspected.</p> |
| <p>Mediterranean Spotted Fever (MSF)</p> | <p>MSF is a tick-borne infection caused by a species of rickettsial bacteria. Symptoms include fever, headache, and rash. A black eschar occurs at the site of the tick bite.</p> <p>MSF is spread through the bite of an infected tick. Those engaging in outdoor activities in wooded or high vegetation areas are at increased risk of exposure to ticks.</p> <p>There is no vaccine to prevent against MSF. To avoid bites, adhere to the insect precautions detailed below, with particular attention to tick avoidance. Infected individuals should seek medical attention, and they can be treated with antibiotics and supportive care.</p> |
| <p>Marine Hazards</p> | <p>Marine hazards are varied and include exposures to challenging tides and currents, hazards of watersports and boating, as well as contact with plants and animals that can injure humans. Most commonly seen in travelers are envenomation or stings from jellyfish, sea urchins, certain corals, stonefish, sting rays, and sea urchins.</p> <p>Travelers should seek out and heed posted warnings and refrain from bathing or other aquatic activities at unmarked, unpatrolled beaches.</p> |

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| <p>West Nile Virus (WNV)</p> | <p>WNV is an arboviral infection spread by mosquitos. About 80% of those infected do not feel sick. Those who do experience symptoms typically have fever, headache, tiredness, nausea, vomiting, swollen lymph glands, and a rash on the chest, stomach, or back. Rarely, severe disease occurs, stiff neck, weakness, confusion, and coma.</p> <p>Transmission of WNV results from bites from infected Culex mosquitos. These mosquitos are most active in the evening after dusk and at dawn but are considered "night biting." Those engaged in outdoor activities in the evening and nighttime are most at risk.</p> <p>There is no vaccine to prevent WNV. Adhere to insect precaution recommendations (see below). Supportive care is the mainstay of treatment.</p> |
| <p>Hantavirus Infection</p> | <p>Hantavirus Infection is a zoonosis associated with rodents. There are multiple different hantaviruses circulating worldwide, but they divide into 2 groups, each group causing a distinct clinical syndrome: the European and Asian group of viruses causes hemorrhagic fever with renal syndrome (HFRS), and the American group causes hantavirus cardiopulmonary syndrome (HCPS). HFRS begins with fever, muscle aches, nausea, and headache, and progresses to blood and renal system involvement. HCPS is more severe and progresses to heart and lung complications leading to respiratory failure and shock. Case fatality of HCPS ranges from 25-40%.</p> <p>Hantavirus is spread through the inhalation of contaminated rodent waste matter. Person-to-person transmission can occur but is rare. Those at risk include agricultural workers, campers, trekkers, and those sleeping on the ground or staying in rodent-infested cabins.</p> <p>A vaccine for 1-2 strains of hantavirus is available in China and Korea, but the cost limits its use. No other vaccine is currently in use. Limit contact with rodents and their droppings in affected areas. Hantavirus progresses quickly, even with treatment. Those affected by hantavirus should receive immediate hospital care.</p> |
| <p>Avian Flu</p> | <p>Avian flu is caused by several subtypes of influenza A virus found in birds and domestic poultry. Travelers are at risk when visiting areas where avian flu is present, especially if in direct contact with birds/poultry, visiting live bird markets, or consuming undercooked poultry.</p> <p>Humans become infected through direct contact with sick or infected birds or their droppings. No evidence of sustained human-to-human transmission exists.</p> <p>There is no vaccination to prevent avian flu. Travelers to affected areas should avoid direct contact with birds (including domestic poultry), live animal markets and poultry farms, and avoid consumption of poultry. Observe hand and respiratory hygiene.</p> |

Medical Facilities and Services

Healthcare and health services in France meet international standards. Most prescriptions can be filled, as long as they are written in international nomenclature. Citizens of the EU will have most of their healthcare costs covered by national social services, although non-EU citizen members will have to pay full price for healthcare.

Food and Water Safety

Avoid eating raw or undercooked meat, poultry, seafood, or eggs. Avoid eating unwashed or unpeeled fruits/vegetables, fruits/vegetables that have been washed with contaminated water, unpasteurized dairy products, and bush or game meat. Avoid eating food that is not properly refrigerated or cooled, or that has been left standing and uncovered. Avoid eating leafy or uncooked vegetables and salads.

Although tap water in France is potable and generally safe to drink, travelers are advised to drink water that has been filtered or boiled, or has come in a sealed bottle. Avoid drinking any well water unless you can verify its quality. Do not drink beverages that contain ice unless you can confirm that the ice is from purified water. Do not drink unpasteurized milk or juice, or anything mixed with contaminated water. Hot coffee or tea is usually safe to drink.

Wash hands with soap or use an alcohol-based hand sanitizer prior to eating. Do not use tap water to brush teeth unless you can verify the quality of the water. Avoid sharing beverages or utensils with others.

Insect Precautions

Use insect repellent: DEET 20 - 30% or Picaridin 20% on exposed skin. Re-apply per manufacturer's directions.

Avoid scented soaps, hair products, deodorants, perfumes, and shaving products.

Wear long sleeves and pants tucked into socks. Wear neutral colors (beige, light gray). Always wear shoes, both indoors and outdoors.

Treat outer clothing with permethrin.

Remove any containers holding water, both inside and outside any building.

Avoid insect exposure using additional various methods depending on the insect:

- For nighttime flying insects, sleep under bed nets, preferably insecticide impregnated.
- For ticks, hike in the middle of the trail and avoid tall grasses and shrubs, use a tarp when sitting on grass, perform regular tick checks on your body and clothing.
- For other insect vectors, avoid direct contact with animals, and avoid overcrowded, unsanitary conditions to reduce risk of exposure to body lice, mites, fleas, and rodents.

DESTINATION DETAILS

Time Zones

From 29 March 2020 to 25 October 2020, Central European Summer Time (CEST): GMT + 2 hours
From 25 October 2020 to 28 March 2021, Central European Time (CET): GMT +1 hour
From 28 March 2021 to 31 October 2021, Central European Summer Time (CEST): GMT + 2 hours

Currency

Euro (EUR)

Credit Cards

Major credit cards are widely accepted in France. Some transactions in rural areas or with smaller vendors require hard currency. Travelers should always notify their bank of their travel plans to avoid having their account frozen.

ATMs

ATMs are easily accessible in France with a wide network of locations. Travelers should check with their bank before their trip about any fees that might be charged with ATM use.

Banking Hours

Monday to Friday 10:00 -17:00 (Paris only).
Tuesday to Saturday 10:00-13:00 and 15:00-17:00.
Hours may vary with bank and location.

Major Holidays

Services and transportation may be affected on/around the following holidays:

| Date | Holiday |
|------------------|--------------------|
| 01 January 2020 | New Year's Day |
| 13 April 2020 | Easter Monday |
| 01 May 2020 | Labor Day |
| 08 May 2020 | Victory Day |
| 21 May 2020 | Ascension Day |
| 01 June 2020 | Whit Monday |
| 14 July 2020 | Bastille Day |
| 15 August 2020 | Assumption of Mary |
| 01 November 2020 | All Saints' Day |
| 11 November 2020 | Armistice Day |
| 25 December 2020 | Christmas Day |

NOTE: Senate elections are scheduled to take place in September 2020. Exact date to be confirmed.

Voltage Information

230V, 50Hz - Plug Type E

International Airports

| Airport Name | Airport Code | Airport Location |
|-------------------------------------|--------------|---------------------------------|
| Ajaccio-Napoleon Bonaparte Airport | AJA | Ajaccio, Corsica |
| Bergerac Dordogne Périgod Airport | EGC | Bergerac, Dordogne |
| Biarritz-Anglet-Bayonne Airport | BIQ | Biarritz, Pyrénées-Atlantiques |
| Carcassonne Airport | CCF | Carcassonne, Aude |
| Lyon-Saint Exupéry Airport | LYS | Colombier-Saugnieu, Rhône-Alpes |
| Châlons Vatry Airport | XCR | Châlons-en-Champagne |
| Chambéry Airport | CMF | Chambéry, Savoie |
| Dinard-Pleurtuit-Saint Malo Airport | DNR | Dinard, Pleurtuit |
| Strasbourg Airport | SXB | Entzheim, Alsace |
| Figari Sud-Corse Airport | FSC | Figari, Corsica |
| Brest Bretagne Airport | BES | Guipavas, Finistère |
| Grenoble-Isère Airport | GNB | Grenoble, Isère |
| La Rochelle-Île de Ré Airport | LRH | La Rochelle, Charente-Maritime |
| Lille Airport | LIL | Lesquin, Nord Pas de Calais |
| Limoges-Bellegarde Airport | LIG | Limoges, Haute Vienne |
| Bastia-Poretta Airport | BIA | Lucciana, Corsica |
| Marseille Provence Airport | MRS | Marseille, Marignane |
| Bordeaux-Mérignac Airport | BOD | Mérignac, Gironde |
| Montpellier-Méditerranée Airport | MPL | Montpellier, Maugio |
| EuroAirport Basel-Mulhouse-Freiburg | BSL | Mulhouse Alsace |
| Nantes Atlantique Airport | NTE | Nantes Loire-Atlantique |
| Nice Côte d'Azur Airport | NCE | Nice, Alpes-Maritimes |
| Paris-Orly Airport | ORY | Orly, Paris |
| Paris-Charles de Gaulle Airport | CDG | Paris |
| Pau Pyrénées Airport | PUF | Pau, Uzein |
| Perpignan-Rivesaltes Airport | PGF | Perpignan, Pyrénées-Orientales |
| Poitiers-Biard Airport | PIS | Poitiers, Vienne |
| Rodez-Marcillac Airport | RDZ | Rodez, Aveyron |
| Saint-Étienne-Bouthéon Airport | EBU | Saint-Étienne, Loire |

| | | |
|----------------------------|-----|-------------------------|
| Nîmes Airport | FNI | Saint-Gilles, Provence |
| Beauvais -Tillé Airport | BVA | Tillé, Oise |
| Toulons-Hyères Airport | TLN | Toulon, Var |
| Toulouse Blagnac Airport | TLS | Toulouse, Midi-Pyrénées |
| Tours Val de Loire Airport | TUF | Tours, Loire Valley |
| Béziers Cap d'Agde Airport | BZR | Visas, Hérault |

ENTRY & EXIT REQUIREMENTS

The following information is for citizens of the United States. If you are a citizen of a country other than the United States, contact an embassy or consulate for up-to-date requirements. For additional questions regarding entry/exit requirements, contact Global Rescue at (+1) (617) 459-4200.

A passport valid for at least three months past the intended departure date from the Schengen Area is required for entry into France. An emergency passport is not recognized as a valid travel document by the French authorities. No visa is required for stays under 90 days in any 180-day period. As France is part of the Schengen Agreement, time spent in other Schengen countries will count toward the 90-day limit. An onward or return ticket and proof of sufficient funds may be requested. Failure to produce the required documents may result in the refusal of entry.

IMPORT RESTRICTIONS

Travelers 17 years of age or older are permitted:

- 800 cigarettes; or
- 400 cigarillos (maximum three grams each); or
- 200 cigars; or
- one kilogram smoking tobacco; and,
- 10 liters of spirits (more than 22 percent alcohol content); or
- 20 liters of alcoholic beverages (less than 22 percent alcohol content); or
- 90 liters of wine (no more than 60 liters of sparkling wine); or
- 110 liters of beer.

When arriving from outside the EU by air or sea, travelers 17 years of age or older may import:

- 200 cigarettes; or
- 100 cigarillos; or
- 50 cigars; or
- 250 grams of smoking tobacco;
- one liter of alcohol (not more than 22 percent alcohol content); or
- two liters of alcoholic beverages (less than 22 percent alcohol content); or
- a proportional mix of these products; or
- four liters of still wine; or
- 16 liters of beer;
- medication for non-commercial purposes; and,
- other goods up to a value of EUR 430.

When arriving from outside the EU by land, travelers 17 years of age or older may import:

- 40 cigarettes; or
- 20 cigarillos; or
- 10 cigars; or
- 50 grams of smoking tobacco (or proportional combination);
- one liter of alcohol (not more than 22 percent alcohol content); or
- two liters of alcoholic beverages (less than 22 percent alcohol content); or
- a proportional mix of these products; or
- four liters of still wine; or

- 16 liters of beer;
- medication for non-commercial purposes; and,
- other goods up to a value of EUR 300.

The following restrictions apply:

- All cash over EUR 10,000 must be declared upon entry if previous port of departure is outside the EU.
- Pets must be identifiable, vaccinated for rabies, and have a health certificate.
- Import of powdered milk and food for babies and children respectively;
- fish if disemboweled and less than 20 kilograms.
- Meat, milk, and dairy products from the Faeroe Islands, Greenland, and Iceland are limited to 10 kilograms.
- Clothing made from protected animals requires special permission.

The following items are prohibited:

- Meat, milk, and dairy products from non-EU countries (with the exception of Andorra, the Faeroe Islands, Greenland, and Iceland);
- counterfeit goods; and,
- protected species and products thereof.

EXPORT RESTRICTIONS

The following restrictions apply:

- There is free export from France.
- When destined for a non-EU member nation, all cash must be declared if over EUR 10,000.

The following items are prohibited:

- Meat, milk, and dairy products from non-EU countries (with the exception of Andorra, the Faeroe Islands, Greenland, and Iceland);
- counterfeit goods; and, protected species and products thereof.

IMPORTANT NUMBERS

| | |
|---------------------------|----------|
| Intl. Country Code | +33 |
| Fire | 18 / 112 |
| Police | 17 / 112 |
| Ambulance | 15 / 112 |

Contact Information for Select Embassies

US Embassy in Paris

2 Avenue Gabriel
75008 Paris
Telephone: (+33) (0) 1-4312-2222

British Embassy in Paris

35, Rue du Faubourg St Honoré
75383 Paris Cedex 08
Telephone: (+33) (0) 1-4451-3100

Australian Embassy in Paris

4, Rue Jean Rey
75724 Paris Cedex 15
Telephone: (+33) (0) 1-4059-3300

For other embassies, contact Global Rescue at (+1) (617) 459-4200.