



General Health and Welfare



How can I protect my child's health?

- Before traveling, obtain the necessary health records / documents from Migrant Health Centers, Clinics for Foreign Nationals, or public hospitals.
- Make sure your child's vaccination record is up-to-date and bring it with you.
- Bring any medication and medical equipment your child may need.

Health documents checklist:

- ✓ Vaccination card
- ✓ Medical reports documenting chronic conditions issued by a doctor (if any)
- ✓ Disability reports issued by a doctor (if any)
- ✓ Medical assist device records (if any)
- ✓ Allergies and dietary restrictions (if any) as specified by the doctor.



- Before and during your trip, watch for signs of illness in your child. Seek immediate medical attention if you notice symptoms such as fever, cough, vomiting, difficulty breathing or feeding, failure to urinate, or rash.
- Maintain your child's daily routines. Make eye contact with your child and continue talking to them. For babies, remember to provide skin-to-skin contact as much as possible. You can gently soothe your baby by holding them close, softly touching them, and keeping them in your arms.
- Pay attention to your hygiene to protect your child and family from illnesses while traveling. Wash your and your child's hands with soap every time you use the toilet, after changing your baby's diaper, before and after meals, before and after preparing food, and whenever necessary.



For help

For all other matters, please contact the staff of your nearest NGO.



Available 24/7 for emergencies and reports, and Monday through Friday from 8:00 AM to 6:00 PM for general inquiries.



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UNHCR
The UN Refugee Agency

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You can find the address of your local bar association by scanning the QR code.