

## **\*\*13. Health and Emergency Information\*\***

### **\*\*Hospitals and Pharmacies:\*\***

Rabat has several modern hospitals, clinics, and pharmacies to assist in case of health emergencies or routine medical needs. Many medical staff in Rabat speak French, and some may speak English, especially in private hospitals.

### **\*\*Hospitals in Rabat:\*\***

#### 1. **\*\*Hôpital Militaire Mohammed V\*\***

- A major hospital that provides emergency care and general medical services.
- Address: Avenue Mohammed V, Rabat
- Phone: +212 537 23 71 00

#### 2. **\*\*Hôpital Cheikh Zaid\*\***

- A private hospital offering high-quality healthcare services and a range of specialized treatments.
- Address: Boulevard Allal El Fassi, Rabat
- Phone: +212 537 68 78 00

#### 3. **\*\*Hôpital Ibn Sina\*\***

- One of the largest public hospitals in Rabat, offering emergency care and a range of medical services.
- Address: Avenue Ibn Sina, Agdal, Rabat
- Phone: +212 537 67 25 25

### **\*\*Pharmacies:\*\***

Pharmacies are widely available across Rabat, and many are open during standard business hours (9 am - 9 pm). Some pharmacies are open 24/7, especially in tourist and residential areas. If you need medication late at night, it's helpful to look for a "pharmacie de garde" (duty pharmacy) by checking local listings or asking at your hotel.

A few 24/7 pharmacies in Rabat:

#### 1. **\*\*Pharmacie Principale\*\***

- Address: 21 Avenue Hassan II, Rabat

- Phone: +212 537 70 78 97

2. **Pharmacie de la Gare**

- Address: 31 Avenue Moulay Ismail, Rabat

- Phone: +212 537 73 22 51

**Emergency Numbers:**

It's important to know the local emergency contact numbers in case of urgent situations:

- **Police:** 19 (from a mobile phone) / 177 (from a landline)

- **Ambulance/Medical Emergency:** 15

- **Fire Department:** 15

- **General Emergencies (Civil Protection):** 177

- **Tourist Police:** +212 537 70 76 02

- **Embassy Services:** Each embassy has specific contact details, so it's recommended to have the local number of your country's embassy on hand.

Some key embassy contacts in Rabat include:

1. **U.S. Embassy**

- Address: Km 5.7, Avenue Mohamed VI, Souissi, Rabat

- Phone: +212 537 63 72 00

2. **British Embassy**

- Address: 28 Avenue S.A.R. Sidi Mohammed, Souissi, Rabat

- Phone: +212 537 63 33 33

3. **French Embassy**

- Address: 1 Rue Sahnoun, Rabat

- Phone: +212 537 68 97 00

**Vaccination and Health Tips:**

While no mandatory vaccinations are required to enter Morocco, it is recommended to ensure routine vaccinations are up to date. The following are some recommended vaccines and health precautions when traveling to Rabat:

1. **Routine Vaccinations**: Ensure you are up to date with your routine vaccinations such as measles-mumps-rubella (MMR), diphtheria-tetanus-pertussis (DTP), varicella (chickenpox), polio, and influenza.
2. **Hepatitis A**: Recommended for most travelers as it can be contracted through contaminated food or water.
3. **Hepatitis B**: Recommended if you might have contact with blood or body fluids (e.g., healthcare workers, or for medical treatment).
4. **Typhoid**: Consider the typhoid vaccine if you are staying in smaller towns or rural areas or if you plan to eat from street vendors.
5. **Rabies**: Not necessary for most tourists, but recommended for those who will be involved in outdoor activities or traveling to remote areas where rabies-infected animals (such as dogs, bats, or monkeys) may be present.

**Health Tips:**

- **Water Safety**: Tap water in Rabat is generally safe to drink, but it's recommended to drink bottled water to avoid potential gastrointestinal discomfort, especially for sensitive travelers.
- **Food Safety**: Stick to eating food that has been freshly prepared, and be cautious with street food. Wash fruits and vegetables before consuming them.
- **Sun Protection**: Rabat enjoys a sunny climate most of the year, so ensure you bring sunscreen, sunglasses, and a hat to protect against sunburn and heatstroke.
- **Health Insurance**: It's advisable to have travel health insurance that covers medical expenses, including emergency evacuations, in case of severe illness or injury during your trip.

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