

# Safety & Health Tips in Sri Lanka — 2025 Traveler Guide

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## Quick Essentials

- Sri Lanka is generally safe; use common-sense precautions in busy areas.
- Travel insurance covering medical care and evacuation is strongly recommended.
- Dengue occurs year-round; use repellent and wear long sleeves at dusk/dawn.
- Drink bottled/boiled water; avoid ice at small stalls.
- Swim only at lifeguarded or locally recommended beaches; currents can be strong.
- Hire licensed operators for safaris, diving, rafting, and hikes.
- Respect temple etiquette: cover shoulders/knees; remove shoes/hats.

## Health & Vaccinations

- Routine vaccines up to date (MMR, Tetanus).
- Recommended by itinerary: Hepatitis A, Typhoid; consider Hepatitis B and Japanese Encephalitis for rural/long stays.
- Carry basic meds (ORS, antihistamine, paracetamol, motion-sickness, insect bite cream).

## Mosquito Protection

- Use repellents with DEET (20–30%) or Picaridin (20%).
- Wear light-colored, long-sleeved clothing at dusk/dawn.
- Choose accommodation with screens or nets; use coils or plug-ins when needed.

## Hospitals & Emergency

- Emergency Ambulance: 1990 (Suwaseriya).
- Police: 119 | Fire & Rescue: 110.
- Colombo: Lanka Hospitals, Asiri Medical, Nawaloka Hospitals.
- Tourist hubs: Negombo, Kandy, Galle, Matara, Trincomalee have private clinics.

## Road & Ocean Safety

- Hire a private driver for long distances; roads can be busy and winding.
- Always wear seatbelts; helmets on bikes/scooters.
- Only swim where locals or lifeguards confirm it's safe; watch rip currents.
- Check monsoon seasons before planning water activities.

## Cultural Etiquette

- Dress modestly at religious sites; cover shoulders and knees.
- Do not take selfies with your back to Buddha statues.
- Ask before photographing people; remove footwear in temples.