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TRAVELER'S HEALTH CARD

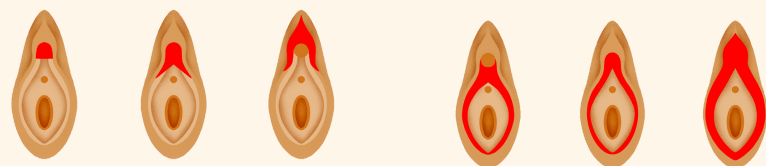


For the protection of the life
and health of girls against
female genital mutilation

Before traveling, remember that your safety and well-being come first. Taking care of yourself and your daughters is the first step toward a free and fulfilling life.

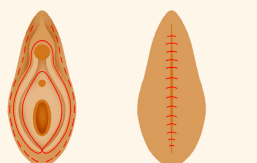
We hope this trip has been a positive experience.

Remember, you can always seek support and advice to address any questions you may have.



Type I: Clitoridectomy

Type II: Excision



Type III: Infibulation

All members of the community can contribute to improving the health and future of our girls. Together, we can say NO to female genital mutilation.

We commit to supporting, educating, and protecting our girls, ensuring a future free from suffering and full of opportunities.

ABOUT ME

A large empty rectangular box with a thick black border, intended for a photo or drawing.

SURNAMES: _____

NAME: _____

DNI/NIE/PASSPORT: _____

DATE OF BIRTH: _____

BEFORE TRAVELING, DON'T FORGET:

-  Check the validity of your passports.
-  Get vaccinated at least 4 weeks before the trip.
-  Carry some local currency in case of emergencies.
-  Have contact numbers at hand.
-  Carry a basic first aid kit.

MOST IMPORTANTLY, REMEMBER THAT...

INFORMED COMMITMENT

I declare that I have received information about female genital mutilation and understand the details that have been explained.

I understand the purpose, scope, and legal consequences of this information.

I commit to caring for the health of the girl(s) under my responsibility and to preventing FGM from being performed.

I also commit to taking the girl to a medical check-up after the trip

In, on of, 20..

Signature: mother, father, guardian of the girl

Name:.....

Female genital mutilation is a **crime** in Spain, regardless of whether it is carried out inside or outside the country. Some of its legal repercussions are:



- Loss of guardianship or custody of the girl.
 - Prison sentences from 6 to 12 years for those who perform, authorize, or allow FGM.
 - Girls may be sent to a child protection center.
 - Expulsion from Spain if the guardians do not have legal residency.
- (Art. 149 of the Penal Code)

Female genital mutilation is part of the tradition in various cultures worldwide, but its practice causes suffering for women and girls.



"Female Genital Mutilation (FGM) refers to all procedures that intentionally alter or injure the female genital organs for non-medical reasons. It is a form of violence against women and girls and constitutes a violation of human rights."

(WHO, FACT SHEET NO. 241, FEBRUARY 2010)

The **FGM** has harmful consequences for the health of women and girls. Some of these are:

PHYSICAL

- Persistent pain
- Urination and gynecological problems
- Infections due to dirty instruments
- Risk of fainting or severe complications
- Possible risk of death

PSYCHOLOGICAL

- Depression
- Anxiety
- Intense fears
- Frequent nightmares
- Stress-induced illnesses
- Severe behavioral changes

SEXUAL

- Pain during sexual intercourse
- Need for surgeries to facilitate intercourse
- Difficulty feeling desire or pleasure
- Intense fear of sex

How to contribute to eradicating **FGM** in women and girls:



Do not allow FGM to be performed on your daughters and minors in your care.



Sign the preventive commitment regarding FGM for your daughters or minors in your care when necessary.



Ensure that upon returning from the trip, the girl goes to the pediatric consultation at your Health Center for a corresponding examination under the Child Health Program.



Take the preventive measures recommended by healthcare professionals concerning travel.



Seek more information about FGM and its implications in the lives of women. Become an agent of change. Red Aminata and Farmamundi can help you with this.