

Lesotho

Medical Summary

The health risk information presented here is summarized from Shoreland Travax[®], a decision-support tool used by health care providers to perform a detailed health risk analysis based on specific locations, individual travel styles, and traveler risk behaviors. Travax provides practitioners current, independently researched malaria risk and prevention recommendations in a map-based format that goes beyond the annual WHO and US CDC statements included here. Not included here are current reports from Travax of disease outbreaks or environmental events that may pose elevated risks to travelers' health and safety. The Providers section of this site offers a directory of health care providers who utilize Shoreland Travax for travel health counseling. Learn more about the detailed reports and maps available from these practitioners (includes links to samples).

General Information

Lesotho is a developing nation classified as lower middle income. Located in southern Africa (entirely within the country of South Africa), the climate is classified as humid temperate (no dry season).

Vaccinations

Depending on your itinerary, your personal risk factors, and the length of your visit, your health care provider may offer you vaccination against COVID-19, hepatitis A, hepatitis B, influenza, measles, mumps, rubella, rabies, or typhoid fever. Routine immunizations, such as those that prevent tetanus/diphtheria or "childhood" diseases, should be reviewed and updated as needed.

Malaria

The following is current information as reported by the World Health Organization (WHO) and the US Centers for Disease Control (CDC):

WHO—*International Travel and Health* (current online update, Country List)

No statement given.

CDC—*Health Information for International Travel* (current online edition)

Areas with malaria: None.

Drug resistance: Not applicable.

Other Concerns

Travelers' Diarrhea

Moderate risk exists throughout the country, including in deluxe accommodations. Community sanitation and food safety measures may be inadequate. Some itineraries (e.g., remote destinations, austere accommodations) and activities (e.g., ecotourism, eating street or local-market food) further increase risk.

Travelers should observe food and beverage precautions, which reduce the likelihood of illness.

Travelers should carry loperamide for self-treatment of diarrhea and, if risk is moderate to high, an antibiotic to add if diarrhea is severe. Consult a knowledgeable health care provider regarding which antibiotic is appropriate for you and most effective for your destination.

Insect- and Arthropod-Borne Diseases

Tick-bite fever may pose a risk. Personal protective measures are important.

Other Disease and Health Risks

Additional concerns include anthrax disease, Crimean-Congo hemorrhagic fever, helminths, leptospirosis, plague, schistosomiasis, sexually transmitted infections, tuberculosis.

Consular Advice

The material below includes information from the US Department of State (DOS), the UK Foreign, Commonwealth & Development Office (FCO), Global Affairs Canada (GAC), and Australia's Department of Foreign Affairs and Trade (DFAT), as well as from additional open-source material. Standard safety precautions that apply to all international travel can be found in the Library article Safety and Security.

Terrorism Risk

No intrinsic risk of attack by terrorist groups exists, but unforeseen attacks are possible.

Crime

High risk of violent crime (armed robbery, home invasion, sexual assault, and carjacking) and high risk of petty crime exist throughout the country, especially in Maseru (particularly in downtown areas) and other cities, and in restaurants and locations frequented by foreigners.

Civil Unrest

Protests and demonstrations may infrequently occur, especially in Maseru, and have the potential to turn violent without warning. Bystanders are at risk of harm from violence or from the response by authorities. Disruption to transportation, free movement, or the ability to carry out daily activities may occur.

Transportation Safety

Significant risk of traffic-related injury or death exists. The road traffic death rate is more than 24 per 100,000 population, the highest risk category. Carefully assess the safety of transportation options before any road travel.

Speed laws are poorly enforced.

Drunk driving laws are poorly enforced.

There are no restrictions on mobile phone usage while driving.

Structural standards for vehicles may not meet international standards.

Natural Disasters

The rainy season is from October through April. Floods, mudslides, and landslides may occur.

Consular Information

Selected Embassies or Consulates in Lesotho

- United States: [+266] 22-312-666; ls.usembassy.gov
- Canada: Canada does not have an embassy or consulate in Lesotho.
- United Kingdom: U.K. does not have an embassy or consulate in Lesotho.
- Australia: Australia does not have an embassy or consulate in Lesotho.

Lesotho's Embassies or Consulates in Selected Countries

- In the U.S.: www.lesothoemb-usa.gov.ls
- In Canada: www.lesothocanada.gov.ls
- In the U.K.: www.lesotholondon.org.uk
- In Australia: [+61] 02-4961-5691

Visa/HIV Testing

HIV and hepatitis testing may be required to obtain a work or residence visa.

© 2024 Shoreland, Inc. All rights reserved.