

New Zealand

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

New Zealand is an advanced economy classified as high income. Located in the Pacific Ocean (southeast of Australia), 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, mpox, or rabies. 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

Minimal risk (comparable to that in other industrialized countries) exists throughout the country. Community sanitation and food safety measures are generally good, and health concerns related to food and beverage consumption are minimal. Risk for viral gastroenteritis (e.g., norovirus) may be elevated based on season, traveler itinerary, and/or level of community transmission.

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.

Other Food-Borne Illnesses

Precautions to prevent seafood poisoning may be needed.

Other Disease and Health Risks

Additional concerns include hepatitis C, leptospirosis, marine hazards, sexually transmitted infections.

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

Negligible risk of violent crime exists throughout the country.

Moderate risk of petty crime exists in cities and areas frequented by tourists. Theft from unattended vehicles and accommodations is common.

Water Safety

Basic safety standards for recreational water activities (including scuba diving, snorkeling, jet-skiing, rafting, kayaking, and tubing) may not be in place. Rent water sports equipment from reputable operators. Scuba dive only with personnel certified by PADI or NAUI, and use equipment only from PADI- or NAUI-certified dive operators.

Outdoor Safety

Basic safety standards for adventure activities (including bungee jumping, rappelling, and skydiving) are often not in place. Travelers should only use reputable adventure-sport operators for activities and equipment rentals.

Transportation Safety

Risk of traffic-related injury or death exists. The road traffic death rate is 7 to 12 per 100,000 population. The rate is less than 10 in most high-income countries.

Airline Safety

The US Federal Aviation Administration has determined that the civil aviation authority of this country oversees its air carriers in accordance with minimum international safety standards.

Natural Disasters

Seismic and volcanic activity frequently occur.

Consular Information

Selected Embassies or Consulates in New Zealand

- United States: [+64] 4-462-6000; nz.usembassy.gov
- Canada: [+64] 4-473-9577; www.newzealand.gc.ca
- United Kingdom: [+64] 4-924-2888; www.gov.uk/world/organisations/british-high-commission-wellington
- Australia: [+64] 4-473-6411; newzealand.highcommission.gov.au

New Zealand's Embassies or Consulates in Selected Countries

- In the U.S.: www.mfat.govt.nz/en/countries-and-regions/north-america/united-states-of-america/new-zealand-embassy-washington
- In Canada: www.mfat.govt.nz/en/countries-and-regions/north-america/canada/new-zealand-high-commission
- In the U.K.: www.mfat.govt.nz/en/countries-and-regions/europe/united-kingdom/new-zealand-high-commission
- In Australia: www.mfat.govt.nz/en/countries-and-regions/australia/new-zealand-high-commission

Visa/HIV Testing

HIV testing is required to obtain a work or residence visa.