

Portugal

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

Portugal is an advanced economy classified as high income. Located in southwestern Europe (west of Spain along the North Atlantic Ocean), the climate is classified as dry summer.

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, 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

Moderate risk exists throughout the country, with minimal risk 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

Leishmaniasis, Lyme disease, Rocky Mountain spotted fever, West Nile virus may pose a risk. Personal protective measures are important.

Other Disease and Health Risks

Additional concerns include helminths, 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

Risk of attack by transnational terrorist groups exists throughout Europe. Targets may include domestic and international organizations and businesses; public places and events, including those frequented by tourists; and transportation systems.

Crime

Negligible risk of violent crime exists throughout the country.

Moderate risk of petty crime exists throughout the country (particularly from May to September), especially in Lisbon (particularly on electric tram routes E28, E25, and E15), Cabo da Roca, Sintra (particularly Queluz), on beaches in Costa da Caparica, on Guincho Beach and Boca do Inferno in Cascais, at popular tourist sites, on or near public transportation, on beaches, and in hotel lobbies.

Theft of valuables from unattended rental vehicles and accommodations is common.

Risk exists of robberies and/or assaults occurring after consuming intentionally drugged food or drink; tourists are frequently targeted. GHB and liquid ecstasy are commonly used to incapacitate victims.

Civil Unrest

Protests and demonstrations occur throughout the country and are generally peaceful but 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.

Water Safety

Hazardous water conditions (including currents, tides, and undertows) may occur. Heed posted warnings and avoid beaches that are not patrolled. Do not swim alone or after dark and do not walk on any beach after dark.

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.

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

Forest fires occur during from June through September.

Seismic activity frequently occurs.

Consular Information

Selected Embassies or Consulates in Portugal

- United States: [+351] 21-727-3300; pt.usembassy.gov
- Canada: [+351] 213-16-4600; www.portugal.gc.ca
- United Kingdom: [+351] 21-392-4000; www.gov.uk/world/organisations/british-embassy-lisbon
- Australia: [+351] 21-310-1500; www.portugal.embassy.gov.au

Portugal's Embassies or Consulates in Selected Countries

- In the U.S.: www.washingtondc.embaixadaportugal.mne.pt/en

- In Canada: www.otava.embaixadaportugal.mne.pt/pt
- In the U.K.: www.londres.embaixadaportugal.mne.pt/pt
- In Australia: www.camberra.embaixadaportugal.mne.pt/en

Visa/HIV Testing

HIV testing is not required to obtain a tourist, work, or residence visa.

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