

Sudan

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

Sudan is a developing nation classified as lower middle income. Located in northern Africa along the Red Sea, south of Egypt and west of Chad, the climate is classified as dry (arid) in the north and dry (semi arid) in the south.

Vaccinations

Yellow Fever

Vaccination is usually recommended if you'll be traveling in areas where there is risk of yellow fever transmission.

- *Requirement:* No requirement for any traveler as of November 18, 2022 per the 2022 online update of *International Travel and Health*.
- *Official Status:* listed by WHO as a country where YF transmission risk is present.

Other Vaccines

Depending on your itinerary, your personal risk factors, and the length of your visit, your health care provider may offer you vaccination against cholera, COVID-19, hepatitis A, hepatitis B, influenza, measles, mumps, rubella, meningococcal meningitis, rabies, typhoid fever, or a one time polio booster if you haven't previously received one for travel. 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)

(2021) Malaria risk due predominantly to *P. falciparum* exists throughout the year in the entire country. Risk is low and seasonal in the north; it is higher in the central and southern parts of the country. Malaria risk on the Red Sea coast is very limited.

- Recommended prevention: **C** – Risk of *P. falciparum* malaria, in combination with reported chloroquine and sulfadoxine–pyrimethamine resistance. Mosquito bite prevention plus atovaquone–proguanil or doxycycline or mefloquine chemoprophylaxis (select according to reported side effects and contraindications) ^a

^aAlternatively, for travel to rural areas with low risk of malaria infection, mosquito bite prevention can be combined with stand-by emergency treatment (SBET).

WHO Country List footnote: When available, the date of the most recent update or confirmation is indicated in parentheses in the country list. If no date is indicated, the most recent update or confirmation was provided before 2013.

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

Areas with malaria: All.

- Drug resistance³ : Chloroquine.
- Malaria species: *P. falciparum* 90%, *P. vivax* 5%–10%, *P. malariae* and *P. ovale* rare.

- Recommended chemoprophylaxis: Atovaquone-proguanil, doxycycline, mefloquine, or tafenoquine.⁴

³ Refers to *P. falciparum* malaria unless otherwise noted.

⁴ Primaquine and tafenoquine can cause hemolytic anemia in people with G6PD deficiency. Patients must be screened for G6PD deficiency before starting primaquine or tafenoquine. See *Tafenoquine Approved for Malaria Prophylaxis and Treatment* for more information.

Other Concerns

Travelers' Diarrhea

High risk exists throughout the country, including in deluxe accommodations. Community sanitation and food safety measures are generally 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.

Other Food-Borne Illnesses

Precautions to prevent seafood poisoning may be needed.

Insect- and Arthropod-Borne Diseases

Chikungunya, dengue, leishmaniasis, onchocerciasis, Rift Valley fever, West Nile virus, Zika may pose a risk. Personal protective measures are important.

Other Disease and Health Risks

Additional concerns include Crimean-Congo hemorrhagic fever, helminths, leptospirosis, marine hazards, schistosomiasis, snakebites, 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.

Consular Travel Advice

Due to armed conflict, civil unrest, and ongoing security concerns, US (DOS), UK (FCO), Canada (GAC), and Australia (DFAT) advise avoiding all travel to this country.

The embassies of the US, UK, and Canada have closed and withdrawn their staff. Australia does not have an embassy in Sudan. Khartoum International Airport is closed. A state of emergency is in place in Abyei Disputed Area and West Darfur, Central Darfur, South Darfur, East Darfur, Kassala, South Kordofan, West Kordofan, North Kordofan, and Blue Nile states. Curfews may be in place.

Terrorism Risk

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

High risk of kidnapping by terrorist groups exists throughout the country, especially in Khartoum and Darfur states. Targets may include foreigners (especially Westerners), journalists, nongovernmental organization workers, missionaries, and aid workers.

Crime

High risk of violent crime (armed robbery, sexual assault, carjacking, and murder) exists in western areas of the country, especially in the Darfur states and areas bordering Chad. Low risk of violent crime and moderate risk of petty crime exist in Khartoum.

Kidnappings by criminal groups occur throughout the country, especially in Khartoum and Darfur states. Targets may include foreigners (especially Westerners), journalists, nongovernmental organization workers, missionaries, and aid workers.

Civil Unrest

Protests and demonstrations frequently occur throughout the country 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.

Unsafe Areas

Armed conflict occurs in Blue Nile, North Darfur, South Darfur, South Kordofan, and West Darfur states. A dangerous security environment exists in areas bordering Eritrea, Ethiopia, and Libya. Landmines and other unexploded ordnance may be present in border areas. Territorial disputes occur in the Abyei Disputed Area. Piracy (involving commercial and private leisure vessels) occurs in coastal and international waters.

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.

Seat belt laws are poorly enforced.

Structural standards for vehicles may not meet international standards.

Natural Disasters

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

Sandstorms and dust storms frequently occur, especially in northern and central areas.

Extreme heat (which can lead to heat-related illness) occurs from May through September.

Consular Information

Selected Embassies or Consulates in Sudan

- United States: sd.usembassy.gov
- Canada: www.canadainternational.gc.ca/sudan-soudan
- United Kingdom: www.gov.uk/world/organisations/british-embassy-khartoum
- Australia: Australia does not have an embassy or consulate in Sudan.

Sudan's Embassies or Consulates in Selected Countries

- In the U.S.: www.sudanembassy.org
- In Canada: www.sudanembassyottawa.com
- In the U.K.: www.sudan-embassy.co.uk
- In Australia: [+61] 02-6290-2635

Visa/HIV Testing

HIV testing may be required to obtain a work or residence visa. Travelers, including short-term travelers, may be detained or deported after arrival if found to be positive for HIV or hepatitis.

© 2024 Shoreland, Inc. All rights reserved.