

Tajikistan

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 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

Tajikistan is a developing nation classified as low income. Located in central Asia (north of Afghanistan and south of Kyrgyzstan), the climate is extremely diverse with classifications that range from dry summer to dry (arid), with cooler temperatures at high-altitudes.

Immunizations

Depending on your itinerary, your personal risk factors, and the length of your visit, your health care provider may offer you vaccination against 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 U.S. Centers for Disease Control (CDC):

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

(2017) No indigenous cases of *P. falciparum* have been reported since 2009 and of *P. vivax* since 2015. Previous risk due predominantly to *P. vivax* existed (from June through October) particularly in southern areas (Khatlon Region) and in some central (Dushanbe), western (Gorno-Badakhshan Autonomous Region), and northern (Leninabad Region) areas.

- ▮ Recommended prevention in risk areas: **A** - Very limited risk of malaria transmission. Mosquito bite prevention only.

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: Rare indigenous cases.

- ▮ Estimated relative risk of malaria for US travelers: Very low.
- ▮ Drug resistance⁴: Chloroquine.
- ▮ Malaria species: *P. vivax* 90%, *P. falciparum* 10%.
- ▮ Recommended chemoprophylaxis: Mosquito avoidance only.

⁴ Refers to *P. falciparum* malaria unless otherwise noted.

Other Concerns

Travelers' Diarrhea

High risk exists throughout the country, with moderate risk in deluxe accommodations. Food and beverage precautions may 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 brucellosis may be needed.

Insect- and Arthropod-Borne Diseases

Leishmaniasis, West Nile virus may pose a risk. Personal protective measures are important.

Other Disease and Health Risks

Additional concerns include Crimean-Congo hemorrhagic fever, plague, tuberculosis.

Consular Advice

The material below includes information from the U.S. Department of State (DOS), U.K. Foreign & Commonwealth 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 violent crime and landmines, Australia (DFAT) advises reconsidering travel (or avoiding nonessential travel) to Gorno-Badakhshan Autonomous Region and areas bordering Afghanistan, Kyrgyzstan, and Uzbekistan. Canada (GAC) has a more limited warning. U.S. (DOS) and U.K. (FCO) have no current warnings.

Terrorism Risk

Risk of attack by transnational terrorist groups exists throughout the country, especially in Dushanbe and areas bordering Afghanistan. Targets may include domestic and international organizations and businesses; public places and events, including those frequented by tourists; and transportation systems.

Crime

Low risk of violent crime (armed robbery and sexual assault, including verbal and physical harassment) and moderate risk of petty crime exist throughout the country, especially in Dushanbe (particularly in areas frequented by tourists and on international rail services).

Scams involving corrupt officials have been reported.

Risk exists of robberies and/or assaults occurring after consuming intentionally drugged food or drink; tourists are frequently targeted.

Civil Unrest

Protests and demonstrations may infrequently occur and have the potential to turn violent without warning.

Unsafe Areas

Armed conflict occurs, a dangerous security environment exists, and restricted areas may exist in areas bordering Afghanistan, Kyrgyzstan, and Uzbekistan; in Gorno-Badakhshan Province, including Khorugh Town; and in Tavlidara District, East Karotegin (Rasht Valley).

Transportation Safety

High risk of traffic-related injury or death exists. The road-traffic death rate is 12 to 24 per 100,000 population. The rate is less than 10 in most high-income countries. Driving at night is not advised. Seek local advice before traveling on roads outside urban areas after dark.

Traffic flows on the right-hand side of the road. Travelers (including drivers and pedestrians) accustomed to traffic moving on the opposite side should be vigilant when navigating traffic.

Public transportation services do not meet international safety standards (due to unsafe vehicles).

Natural Disasters

The rainy season is from December through March in northeastern areas and from May through October in southwestern areas. Floods, mudslides, and landslides may occur.

Avalanches, floods, mudslides, and landslides may occur from March through May, especially in high-altitude areas.

Seismic activity frequently occurs.

Consular Information

Selected Embassies or Consulates in Tajikistan

- | United States: [+992] 37-229-2000; tj.usembassy.gov
- | Canada: Canada does not have an embassy or consulate in Tajikistan.
- | United Kingdom: [+992] 237-224-2221; www.gov.uk/world/organisations/british-embassy-dushanbe
- | Australia: Australia does not have an embassy or consulate in Tajikistan.

Tajikistan's Embassies or Consulates in Selected Countries

- | In the U.S.: www.tajemb.us
- | In Canada: Tajikistan does not have an embassy or consulate in Canada.
- | In the U.K.: www.tajembassy.org.uk
- | In Australia: Tajikistan does not have an embassy or consulate in Australia.

Visa/HIV Testing

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

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