

Bulgaria

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

Bulgaria is a developing nation classified as upper middle income. Located in southeastern Europe (south of Romania and north of Turkey), the climate is classified as humid temperate (no dry season) in the north and dry summer in the south.

Vaccinations

Routine vaccinations are essential due to a persistent global rise of vaccine-preventable diseases (especially markedly high rates of diphtheria, pertussis, and measles). Prior to travel, travelers should be up-to-date with the age-appropriate routine vaccinations recommended by their home country, which may include: COVID-19; *H. influenzae* type B (Hib); hepatitis A; hepatitis B; herpes zoster; human papillomavirus; influenza; measles, mumps, rubella (a single early dose is recommended for travelers aged 6-11 months); meningococcal; pneumococcal; polio; rotavirus; tetanus, diphtheria, pertussis (Tdap preferred; consider an early pertussis booster for high-risk travelers); varicella.

Depending on your itinerary, your personal risk factors, and the length of your visit, your health care provider may offer you vaccination against mpox, rabies, or tick-borne encephalitis.

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)

No malaria transmission.

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.

Other Food-Borne Illnesses

Precautions to prevent brucellosis may be needed.

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 air pollution, anthrax disease, Crimean-Congo hemorrhagic fever, hantavirus, hepatitis C, leptospirosis, sexually transmitted infections.

Safety and Security

Key Safety Risks

- Road conditions and traffic collisions
- Petty crime
- Heightened crime risk for women
- Heightened crime risk for LGBTQ+ travelers
- Food and beverage spiking
- Theft of vehicles
- Scams
- Cybersecurity
- Stray dogs
- Natural disasters

Key Security Threats

- Risk of violent protests
- Risk of security forces responding to protests with excessive force
- Explosions in public places
- Random acts of armed violence

Emergency Contacts

The national emergency number is 112.