

Burma

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

Burma is a developing nation classified as lower middle income. Located in Southeast Asia along the Bay of Bengal and the Andaman Sea (east of India and west of Thailand), the climate ranges from dry summer to humid equatorial (short dry season), with cooler temperatures in some high-altitude areas.

Immunizations

Yellow Fever

Although yellow fever does not occur in Burma, an official yellow fever vaccination certificate may be required depending on your itinerary.

- Requirement: A vaccination certificate is required for travelers aged ≥ 1 year coming from countries with risk of YF transmission. This also applies to airport transit stops (no exit through immigration checkpoint) longer than 12 hours in risk countries.

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, hepatitis A, hepatitis B, influenza, Japanese encephalitis, measles, mumps, rubella, 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 U.S. Centers for Disease Control (CDC):

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

(2019) Malaria risk due predominantly to *P. falciparum* exists throughout the year in remote rural, hilly and forested areas of the country, as well as in some coastal areas in Rahkine State. There is no transmission in cities and urban areas. The central plains and the dry zone are generally free of malaria, but some pockets of transmission still exist. Mefloquine resistance has been reported in Kayin State and the eastern part of Shan State. Emerging artemisinin resistance is suspected in south-eastern Myanmar. *P. vivax* resistance to chloroquine has been reported. Human *P. knowlesi* infection has been reported.

- Recommended prevention in risk areas: **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)

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

^bIn certain areas with multidrug-resistant malaria, mefloquine chemoprophylaxis is no longer recommended. At present these areas include Cambodia, Thailand, and south-eastern Myanmar.

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: Present at altitudes < 1,000 m (3,281 ft), including Bagan. Rare transmission above 1,000 m.

- | Estimated relative risk of malaria for US travelers: Moderate.
- | Drug resistance⁴: Chloroquine and mefloquine.
- | Malaria species: *P. falciparum* 60%, *P. vivax* 35%, *P. malariae*, *P. ovale*, and *P. knowlesi* rare.
- | Recommended chemoprophylaxis: In the provinces of Bago, Kachin, Kayah, Kayin, Shan, and Tanintharyi below 1,000 m (3,281 ft): Atovaquone-proguanil or doxycycline.

All other areas with malaria: Atovaquone-proguanil, doxycycline, or mefloquine. Above 1,000 m (3,281 ft): Mosquito avoidance only.

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

Other Concerns

Travelers' Diarrhea

High risk exists throughout the country, including 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.

Insect- and Arthropod-Borne Diseases

Chikungunya, dengue, murine typhus, scrub typhus, West Nile virus, Zika may pose a risk. Personal protective measures are important.

Other Disease and Health Risks

Additional concerns include air pollution, avian influenza, helminths, leptospirosis, marine hazards, melioidosis, plague, schistosomiasis, sexually transmitted infections, snakebites, 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 military conflict, ethnic tensions, and other ongoing security concerns, U.S. (DOS) advises avoiding travel to Buthidaung, Kyauktaw, Maungdaw, Minbya, Mrauk-U, Ponnagyun, and Rathedaung townships (Rakhine State); Paletwa township (Chin State); Phakant, Momauk, Sumprabum, Tanai, and Waingmaw townships (Kachin State); Papun township (Kayin State); Konkyan, Kutkai, Kyaukme, Laukkaing, Matman, Mongmao, Muse, Namphan, Pangkham, and Pangwaun townships (Shan State); and advises reconsidering travel (or avoiding nonessential travel) to Matupi township (Chin State); Bhamo, Mansi, and Mogaung townships (Kachin State); Hopang, Hseni, Hsipaw, Mong Kung, Namhsan, Namtu, and Namhkam townships (Shan State); Ann and Myebon townships (Rakhine State). U.K. (FCO), Canada (GAC), and Australia (DFAT) have more limited warnings.

Terrorism Risk

Low risk of attack by transnational terrorist groups exists throughout the country, including Yangon (Rangoon). 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 home robbery) and low risk of petty crime exist throughout the country.

Theft of valuables from unattended accommodations is common.

Unsafe Areas

Armed conflict occurs in Rakhine State, northern areas of Shan State (especially in the historic region of Kokang), and in areas bordering China (especially in Kachin State), Thailand, India, and Laos.

Landmines and other unexploded ordnance are present in Rakhine State and in areas bordering China, Thailand, and Laos.

Restricted areas exist in areas bordering China, Thailand, and Laos.

Water Safety

Passenger boats may be unsafe, including ferries on rivers. Decline water transportation in vessels that appear overloaded or lack personal flotation devices or life jackets.

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. Speed laws are poorly enforced. Seek local advice before traveling on roads outside urban areas after dark. Driving at night is not advised.

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.

Many taxis are unsafe. Use taxis from official ranks or dispatched via smart phone app or radio from a reputable company and ascertain the license or identification number of the dispatched vehicle.

Natural Disasters

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

Seismic activity frequently occurs.

Consular Information

Selected Embassies or Consulates in Burma

- | United States: [+95] 1-536-509; mm.usembassy.gov
- | Canada: [+95] 1-384-805; international.gc.ca/world-monde/myanmar/yangon
- | United Kingdom: [+95] 1- 370865; www.gov.uk/world/organisations/british-embassy-rangoon
- | Australia: [+95] 1-230-7410; myanmar.embassy.gov.au

Burma's Embassies or Consulates in Selected Countries

- | In the U.S.: www.mewashingtondc.org
- | In Canada: [+1] 613-232-9990
- | In the U.K.: www.londonmyanmarembassy.com
- | In Australia.: www.mecanberra.com.au

Visa/HIV Testing

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

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