

Burundi

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

Burundi is a developing nation classified as low income. Located in central Africa (east of the Democratic Republic of the Congo and west of Tanzania), the climate is classified as humid equatorial (long dry season), with cooler temperatures in some high-altitude areas.

Vaccinations

Yellow Fever

- *Requirement:* A vaccination certificate is required for all travelers aged ≥ 9 months.
- *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, 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 US 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 the entire country.

- 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* 86%, *P. malariae*, *P. ovale*, and *P. vivax* 14% combined.
- 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. 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

African trypanosomiasis, dengue, onchocerciasis, Zika may pose a risk. Personal protective measures are important.

Other Disease and Health Risks

Additional concerns include helminths, hepatitis C, schistosomiasis, sexually transmitted infections, 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 political instability, civil unrest, and other ongoing security concerns, Canada (GAC) and Australia (DFAT) advise avoiding all travel to this country. US (DOS) and UK (FCO) have more limited warnings.

Terrorism Risk

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

Crime

High risk of violent crime (armed robbery, home robbery, carjacking, assault, and murder) exists throughout the country (especially after dark), particularly on roads near Lake Tanganyika and on roads leading out of Bujumbura.

High risk of petty crime exists throughout the country.

Civil Unrest

Protests and demonstrations frequently occur throughout the country, especially in Bujumbura, 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 areas bordering the Democratic Republic of the Congo. A dangerous security environment exists throughout the country.

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.

Speed laws are poorly enforced.

Drunk driving laws are poorly enforced.

Structural standards for vehicles may not meet international standards.

Natural Disasters

The rainy season is from February through May. Floods, mudslides, and landslides may occur.

Seismic activity occurs.

Consular Information

Selected Embassies or Consulates in Burundi

- United States: [+257] 22-20-7000; bi.usembassy.gov
- Canada: [+257] 22-24-58-98; travel.gc.ca/assistance/embassies-consulates/burundi
- United Kingdom: [+257] 22-24-64-78; www.gov.uk/world/organisations/british-embassy-liaison-office-bujumbura
- Australia: Australia does not have an embassy or consulate in Burundi.

Burundi's Embassies or Consulates in Selected Countries

- In the U.S.: www.burundiembassydc-usa.org
- In Canada: ambassadeduburundi.ca
- In the U.K.: www.burundiembassy.org.uk
- In Australia: Burundi 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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