

Cuba

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

Cuba is a developing nation classified as upper middle income. Located in the Caribbean Sea (south of the U.S. and north of Jamaica), the climate is classified as humid equatorial (long dry season).

Immunizations

Yellow Fever

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

- ▮ *Requirement:* A vaccination certificate is required for travelers aged ≥ 9 months 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, measles, mumps, rubella, meningococcal meningitis, 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)

No statement given.

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

Areas with malaria: None.

Drug resistance: Not applicable.

Other Concerns

Travelers' Diarrhea

Moderate 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.

Other Food-Borne Illnesses

Precautions to prevent seafood poisoning may be needed.

Insect- and Arthropod-Borne Diseases

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

Other Disease and Health Risks

Additional concerns include air pollution, helminths, leptospirosis, marine hazards.

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.

Terrorism Risk

No intrinsic risk of attack by terrorist groups exists, but unforeseen attacks are possible.

Crime

Moderate risk of violent crime (armed robbery, sexual assault, and assault) and moderate risk of petty crime exist throughout the country, especially in markets and on beaches in Havana (particularly in Old Havana and Centro Habana municipalities, Vedado neighborhood, and the area of Malecón), Playa del Este, Santiago de Cuba, and Varadero. Theft of items from checked baggage in airports is common.

Theft of valuables from unattended vehicles and accommodations is common.

Scams involving the use of distraction techniques to commit robbery, false befriending, and false identity (such as criminals posing as tour guides) have been reported.

Civil Unrest

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

Transportation Safety

Risk of traffic-related injury or death exists. The road-traffic death rate is 7 to 12 per 100,000 population. The rate is less than 10 in most high-income countries.

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 hurricane season is from June through November. Floods, mudslides, and landslides may occur.

Seismic and volcanic activity occur.

Consular Information

Selected Embassies or Consulates in Cuba

- | United States: [+53] 537-839-4100; cu.usembassy.gov
- | Canada: [+53] 7-204-2516; www.cuba.gc.ca
- | United Kingdom: [+53] 7-214-2200; www.gov.uk/world/organisations/british-embassy-havana
- | Australia: Australia does not have an embassy or consulate in Cuba.

Cuba's Embassies or Consulates in Selected Countries

- | In the U.S.: misiones.minrex.gob.cu/en/usa
- | In Canada: misiones.minrex.gob.cu/en/canada
- | In the U.K.: misiones.minrex.gob.cu/en/united-kingdom
- | In Australia: misiones.minrex.gob.cu/en/australia

Visa/HIV Testing

HIV testing may be required to obtain a work or residence visa.

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