

# Ghana

## Medical Summary

*The health risk information presented here is summarized from Shoreland Travax<sup>®</sup>, 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

Ghana is a developing nation classified as lower middle income. Located in western Africa along the Gulf of Guinea (east of Côte d'Ivoire and west of Togo), the climate classifications range from humid equatorial (long dry season) in the south to dry (semi arid) in the north.

## Vaccinations

### Yellow Fever

- *Requirement:* A certificate proving yellow fever vaccination is required for all travelers aged  $\geq 9$  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 COVID-19, 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 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) <sup>a</sup>

<sup>a</sup>Alternatively, 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.

- Estimated relative risk of malaria for US travelers: High.
- Drug resistance<sup>4</sup> : Chloroquine
- Malaria species: *P. falciparum* 90%, *P. ovale* 5%-10%, *P. vivax* rare
- Recommended chemoprophylaxis: Atovaquone-proguanil, doxycycline, or mefloquine.

<sup>4</sup> Refers to *P. falciparum* malaria unless otherwise noted.

## Other Concerns

### Travelers' Diarrhea

High risk exists throughout the country, including in deluxe accommodations. Community sanitation and food safety measures are generally 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

African trypanosomiasis, chikungunya, dengue, leishmaniasis, onchocerciasis, West Nile virus, Zika 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, helminths, hepatitis C, lassa fever, leptospirosis, Marburg virus disease, marine hazards, melioidosis, 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 the threat of attacks and kidnapping from terrorists and other groups, Australia (DFAT) advises avoiding travel to the northern border with Burkina Faso and advises reconsidering travel (or avoiding nonessential travel) to Upper East and Upper West regions. UK (FCO) has a more limited warning. US (DOS) and Canada (GAC) have no current 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

Moderate risk of violent crime (armed robbery, home invasion, sexual assault, carjacking, and assault) exists throughout the country, especially in Accra; in Kumasi, Takoradi, and other parts of the Ashanti Region; on the Accra–Tema and Accra–Kumasi–Tamale highways.

Moderate risk of petty crime exists throughout the country, especially in hotels, on beaches, and in Accra (particularly at Kotoka International Airport).

Kidnappings by criminal groups occur in Accra, Takoradi, and Kumasi. Targets may include foreigners (especially Westerners), journalists, missionaries, and aid workers.

Scams involving credit cards, precious metals, false befriending, and false identity (such as criminals posing as police officers or staff at Kotoka International Airport) have been reported.

### Civil Unrest

Protests and demonstrations may infrequently occur, especially in Accra, 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

Ethnic tensions may be present in Northern and Upper East regions.

### Water Safety

Hazardous water conditions (including currents, tides, and undertows) may occur. Heed posted warnings and avoid beaches that are not patrolled. Do not swim alone or after dark and do not walk on any beach after dark.

### 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.

Seat belt 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 March through November. Floods, mudslides, and landslides may occur.

Sandstorms and dust storms occur from January through March.

### Consular Information

Selected Embassies or Consulates in Ghana

- United States: [+233] 030-274-1000; [gh.usembassy.gov](http://gh.usembassy.gov)
- Canada: [+233] 30-2211 521; [www.canadainternational.gc.ca/ghana](http://www.canadainternational.gc.ca/ghana)
- United Kingdom: [+233] 302-213-200; [www.gov.uk/world/organisations/british-high-commission-accra](http://www.gov.uk/world/organisations/british-high-commission-accra)
- Australia: [+233] 302-216-400; [www.ghana.embassy.gov.au](http://www.ghana.embassy.gov.au)

Ghana's Embassies or Consulates in Selected Countries

- In the U.S.: [www.ghanaembassy.org](http://www.ghanaembassy.org)
- In Canada: [www.ghc-ca.com](http://www.ghc-ca.com)
- In the U.K.: [www.ghanahighcommissionuk.com](http://www.ghanahighcommissionuk.com)
- In Australia: [www.ghanahighcom.org.au](http://www.ghanahighcom.org.au)

### Visa/HIV Testing

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