

Honduras

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

Honduras is a developing nation in the lower half of the world's economies. Located in Central America along the Caribbean Sea (west of Nicaragua and east of Guatemala), the climate is extremely diverse with classifications that range from humid equatorial (long dry season) in the south to humid equatorial (short dry season) in the north, with cooler temperatures in some high-altitude areas.

Immunizations

Yellow Fever

Although yellow fever does not occur in Honduras, 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.

Supplementary requirement for exit: Honduran authorities enforce proof of YF vaccination for travelers departing Honduras for a country with risk of YF transmission. This exit requirement is to supplement Honduras' existing entry requirement under the International Health Regulations.

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 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 U.S. Centers for Disease Control (CDC):

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

(2018) Malaria risk due to *P. vivax* (79%), *P. falciparum* (20%), and mixed infections (~0.8%) exists. *P. vivax* transmission risk is high in the departments of Colon and Gracias a Dios and moderate in Atlántida, El Paraiso, Olancho, and Yoro. *P. falciparum* transmission risk is high in Colon and Gracias a Dios, and a few cases are also reported in Colon, Olancho and Yoro. No chloroquine-resistant *P. falciparum* has been reported.

- Recommended prevention: **B** in *P. vivax* and mixed risk areas: Risk of *P. vivax* malaria only. Mosquito bite prevention plus chloroquine chemoprophylaxis^a
- Recommended prevention in *P. falciparum* 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)^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: Present throughout the country and in Roatán and other Bay Islands. None in San Pedro Sula and Tegucigalpa.

- | Estimated relative risk of malaria for US travelers: Moderate.
- | Drug resistance⁴: None.
- | Malaria species: *P. vivax* 93%, *P. falciparum* 7%.
- | Recommended chemoprophylaxis: Atovaquone-proguanil, chloroquine, doxycycline, mefloquine, or primaquine.⁵

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

⁵ Primaquine can cause hemolytic anemia in people with glucose-6-phosphate dehydrogenase (G6PD) deficiency. Patients must be screened for G6PD deficiency before starting primaquine.

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

Chagas' disease (American trypanosomiasis), chikungunya, dengue, leishmaniasis, Zika may pose a risk. Personal protective measures are important.

Other Disease and Health Risks

Additional concerns include air pollution, helminths, leptospirosis, marine hazards, melioidosis, 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 ongoing violence and civil unrest, U.S. (DOS) advises avoiding travel to Gracias a Dios Department and advises reconsidering travel (or avoiding nonessential travel) to the rest of the country. Canada (GAC) and Australia (DFAT) have more limited warnings. U.K. (FCO) has no current warning.

Terrorism Risk

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

Crime

High risk of violent crime (armed robbery, home invasion, sexual assault, carjacking, gang-related violence, and murder) exists throughout the country, including areas frequented by tourists (including on beaches in the Bay Islands and along the Atlantic Coast, mainly at night), especially on city streets during the day and on intercity buses at night; in and around San Pedro Sula (including when leaving the airport); on the ferry from La Ceiba to the Bay Islands; in Tegucigalpa, Tela, Trujillo; near the

Copan ruins.

High risk of petty crime exists throughout the country, especially in cities and areas frequented by tourists (including the Bay Islands), at airports, in hotels, on or near public transportation, and at shopping malls and other crowded venues.

Kidnappings by criminal groups may occur throughout the country.

Scams involving the use of distraction techniques to commit robbery (including puncturing tires and posing as a helpful passerby) have been reported.

Risk exists of robberies and/or assaults occurring after consuming intentionally drugged food or drink; tourists are frequently targeted.

Civil Unrest

Protests and demonstrations frequently occur throughout the country, especially in major cities, 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

A dangerous security environment exists in areas bordering Guatemala and El Salvador.

Piracy (involving private, leisure vessels) occurs in coastal waters, especially off of the northeastern coast.

Water Safety

Basic safety standards for recreational water activities (including scuba diving, snorkeling, and jet-skiing) may not be in place. Rent water sports equipment from reputable operators. Scuba dive only with personnel certified by PADI or NAUI, and use equipment only from PADI- or NAUI-certified dive operators.

Outdoor Safety

Basic safety standards for adventure activities (including bungee jumping, canopy tours, eco-tourism activities, hot air ballooning, mountain biking, paragliding, rappelling, recreational off-roading, skydiving, and ziplining) are often not in place. Travelers should only use reputable adventure-sport operators for activities and equipment rentals.

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.

Avoid public buses due to safety and security concerns, including risk of armed robbery.

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

Forest fires occur during the dry season from December through April.

Seismic and volcanic activity frequently occur.

Consular Information

Selected Embassies or Consulates in Honduras

- | United States: [+504] 2236-9320; hn.usembassy.gov
- | Canada: [+504] 2232-4551; travel.gc.ca/assistance/embassies-consulates/honduras
- | United Kingdom: U.K. does not have an embassy or consulate in Honduras.
- | Australia: [+504] 2236-6936

Honduras' Embassies or Consulates in Selected Countries

- | In the U.S.: www.hondurasemb.org
- | In Canada: embajadahondurasencanada.hn
- | In the U.K.: www.hondurasembassyuk.co.uk
- | In Australia: Honduras 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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