

# Honduras

## 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

Honduras is a developing nation classified as lower middle income. 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.

## Vaccinations

### 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 certificate proving yellow fever vaccination is required for travelers aged 1-59 years 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 COVID-19, 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)

(2021) 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. 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<sup>a</sup>
- 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)<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: Present throughout the country and in Roatán and other Bay Islands. None in San Pedro Sula and Tegucigalpa.

- Drug resistance<sup>3</sup> : None.
- Malaria species: *P. vivax* 93%, *P. falciparum* 7%.
- Recommended chemoprophylaxis: Atovaquone-proguanil, chloroquine, doxycycline, mefloquine, primaquine,<sup>4</sup> or tafenoquine.<sup>4</sup>

<sup>3</sup> Refers to *P. falciparum* malaria unless otherwise noted.

<sup>4</sup> 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. 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, seafood poisoning may be needed.

### **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, 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 crime and kidnapping, US (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. UK (FCO) has no current warning.

A state of emergency, limiting certain constitutional rights, is in place in San Pedro Sula, Tegucigalpa, and other areas throughout the country in response to gang-related crime. The presence of heavily armed police should be expected in areas with significant gang activity. Travelers should maintain a high level of security awareness, carry a fully charged communication device, follow the advice of local authorities, and monitor the situation through local media and embassy communications.

### 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 Tegucigalpa, 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

Landmines and other unexploded ordnance may be present in areas bordering Nicaragua, especially in Choluteca and El Paraíso departments, areas near the Rio Coco River, and near the Atlantic 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.

Structural standards for vehicles may not meet international standards.

### 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](https://hn.usembassy.gov)
- Canada: [+504] 2232-4551; [travel.gc.ca/assistance/embassies-consulates/honduras](https://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](https://www.hondurasemb.org)
- In Canada: [embajadahondurasencanada.hn](https://embajadahondurasencanada.hn)
- In the U.K.: [+44] 020-7486-4550
- 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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