

Lebanon

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

Lebanon is a developing nation classified as upper middle income. Located in the Middle East along the Mediterranean Sea (north of Israel and west of Syria), the climate is classified as dry summer.

Vaccinations

Depending on your itinerary, your personal risk factors, and the length of your visit, your health care provider may offer you vaccination against cholera, COVID-19, hepatitis A, hepatitis B, influenza, measles, mumps, rubella, mpox, 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)

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. Community sanitation and food safety measures may be 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

Leishmaniasis, West Nile virus may pose a risk. Personal protective measures are important.

Other Disease and Health Risks

Additional concerns include air pollution, Crimean-Congo hemorrhagic fever, leptospirosis, marine hazards, schistosomiasis, sexually transmitted infections, snakebites.

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 unpredictable security situation, terrorism, crime, civil unrest, military conflict, and kidnapping, consular sources recommend avoiding travel to this country.

Terrorism Risk

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

High risk of kidnapping by terrorist groups exists throughout the country, especially in the southern suburbs of Beirut (except along the main highway to Beirut-Rafic Hariri International Airport), northern Bekaa Valley, and areas bordering Syria, Israel, and Turkey. Targets may include foreigners (especially Westerners), journalists, nongovernmental organization workers, missionaries, and aid workers.

Crime

Moderate risk of violent crime (armed robbery, home robbery, sexual assault, and assault) and moderate risk of petty crime exist throughout the country.

Civil Unrest

Protests and demonstrations occur throughout the country, especially in Beirut, 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 Israel and Syria (including as far south as Tripoli) and in refugee settlements. A dangerous security environment exists in northern areas of the country and in northeastern areas of Beqaa Valley. Landmines and other unexploded ordnance are present in areas south of the Litani River and in areas bordering Syria.

Water Safety

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.

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.

Seat belt laws are poorly enforced.

Drunk driving laws are poorly enforced.

Structural standards for vehicles may not meet international standards.

Natural Disasters

Sandstorms and dust storms frequently occur.

Seismic activity frequently occurs.

Consular Information

Selected Embassies or Consulates in Lebanon

- United States: [+961] 4-543600; lb.usembassy.gov
- Canada: [+961] 4-726700; www.lebanon.gc.ca
- United Kingdom: [+961] 01-960800; www.gov.uk/world/organisations/british-embassy-beirut
- Australia: [+961] 1-960600; www.lebanon.embassy.gov.au

Lebanon's Embassies or Consulates in Selected Countries

- In the U.S.: www.lebanonembassyus.org
- In Canada: www.lebanonembassy.ca
- In the U.K.: london.mfa.gov.lb
- In Australia: www.lebanemb.org.au

© 2024 Shoreland, Inc. All rights reserved.