

# Mexico

## 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

Mexico is a developing nation classified as upper middle income. Located in North America (south of the US and north of Guatemala), the climate is extremely diverse with classifications that range from humid equatorial (no dry season) to arid (dry), with cooler temperatures in some high-altitude areas.

## Vaccinations

**Routine vaccinations** are essential due to a persistent rise of vaccine-preventable diseases (especially markedly high rates of diphtheria, pertussis, and measles) globally. Prior to travel, travelers should be up-to-date with the age-appropriate routine vaccinations recommended by their home country, which may include: COVID-19; *H. influenzae* type B (Hib); hepatitis A; hepatitis B; influenza; measles, mumps, rubella; meningococcal; pneumococcal; polio; rotavirus; tetanus, diphtheria, pertussis (Tdap preferred; consider an early pertussis booster for high-risk travelers); varicella.

Depending on your itinerary, your personal risk factors, and the length of your visit, your health care provider may offer you vaccination against chikungunya, mpox, rabies, or typhoid fever.

## 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)

(2020) Malaria risk due almost exclusively to *P. vivax* exists intermittently throughout the year in some rural areas that are not often visited by tourists. Low risk exists in some localities in Chiapas State (Costa). Localities with very low risk are situated in the states of Chihuahua, Durango, Nayarit, Quintana Roo and Sinaloa.

- Recommended prevention in moderate risk areas: **A** – Very limited risk of malaria transmission. Mosquito bite prevention only.

*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 in Chiapas and southern part of Chihuahua. Rare cases in Campeche, Durango, Jalisco, Nayarit, Quintana Roo, San Luis Potosi, Sinaloa, Sonora, and Tabasco. No malaria along the US–Mexico border (see Map 2-18).

- Drug resistance<sup>3</sup>: None.
- Malaria species: *P. vivax* 100%.
- Recommended chemoprophylaxis: States of Chiapas and southern part of Chihuahua: Atovaquone-proguanil, chloroquine, doxycycline, mefloquine, primaquine,<sup>4</sup> or tafenoquine.<sup>4</sup> States of Campeche, Durango, Jalisco, Nayarit, Quintana Roo, San Luis Potosi, Sinaloa, Sonora, and Tabasco: None (practice mosquito avoidance).

<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), dengue, leishmaniasis, Lyme disease, mayaro virus, Rocky Mountain spotted fever, 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, avian influenza, helminths, leptospirosis, marine hazards, melioidosis, plague, sexually transmitted infections, snakebites, tuberculosis.

## Safety and Security

### Key Safety Risks

- Road conditions and traffic collisions
- Public transportation
- Maritime safety
- Petty crime
- Heightened crime risk for women
- Food and beverage spiking
- Theft of vehicles
- Scams
- Natural disasters

### Key Security Threats

- Risk of violent civil unrest
- Risk of violent protests
- Violent crime
- Kidnapping
- Random acts of armed violence

### Emergency Phone Number

The national emergency number is 911.