

Mozambique

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

Mozambique is a developing nation in the lowest 25% of the world's economies. Located in southeastern Africa along the Indian Ocean (north of South Africa and south of Malawi), the climate classifications range from tropical dry winter to humid equatorial (long dry season).

Immunizations

Yellow Fever

Although yellow fever does not occur in Mozambique, an official yellow fever vaccination certificate may be required depending on your itinerary.

- Requirement: A vaccination certificate is required for travelers aged ≥ 9 months 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. Note: Proof of YF vaccination is often required for travelers coming from nonrisk countries, despite Mozambique's published declaration to the contrary 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 cholera, hepatitis A, hepatitis B, influenza, measles, mumps, rubella, rabies, typhoid fever, or a one time polio booster if you haven't previously received one for travel. 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 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) ^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: All.

- Estimated relative risk of malaria for US travelers: Moderate.

- | Drug resistance⁴: Chloroquine.
- | Malaria species: *P. falciparum* > 90%, *P. malariae*, *P. ovale*, and *P. vivax* rare.
- | Recommended chemoprophylaxis: Atovaquone-proguanil, doxycycline, or mefloquine.

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

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

African trypanosomiasis, chikungunya, dengue, onchocerciasis, tick-bite fever may pose a risk. Personal protective measures are important.

Other Disease and Health Risks

Additional concerns include Crimean-Congo hemorrhagic fever, helminths, marine hazards, plague, schistosomiasis, sexually transmitted infections, 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 the threat of terrorism and ongoing security concerns, Canada (GAC) advises avoiding travel to the following districts in Cabo Delgado Province: Palma, Mocimboa da Praia, Muidumbe, Macomia, and Quissanga; advises reconsidering travel (or avoiding nonessential travel) to the rest of Cabo Delgado Province; and advises reconsidering travel (or avoiding nonessential travel) to Cuamba and Madimba districts (Niassa Province) and Sofala and Zambezia provinces. U.S. (DOS), U.K. (FCO), and Australia (DFAT) have more limited warnings.

Terrorism Risk

Risk of attack by domestic and transnational terrorist groups exists throughout the country, especially in Cabo Delgado Province. Targets may include domestic and international organizations and businesses; public places and events, including those frequented by tourists; and transportation systems.

Crime

High risk of violent crime (armed robbery, home robbery, sexual assault, and carjacking) and high risk of petty crime exist throughout the country, especially in Maputo and other cities.

Theft of valuables from unattended vehicles is common.

Kidnappings by criminal groups occur throughout the country, especially in Maputo (including Matola), Beira, and other cities. Targets may include foreigners (especially Westerners).

Scams involving the use of distraction techniques to commit robbery (including ploys to detain drivers) and corrupt officials have been reported.

Civil Unrest

Protests and demonstrations occur throughout the country 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 may occur.

Unsafe Areas

Armed conflict occurs in the town of Mocimboa da Praia, Cabo Delgado Province.

A dangerous security environment exists in Manica and Sofala provinces, especially on the EN1 and EN6 roads.

Landmines and other unexploded ordnance may be present in remote areas.

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

Significant risk of traffic-related injury or death exists. The road-traffic death rate is greater than 24 per 100,000 population, the highest risk category. Carefully assess the safety of transportation options before any road travel. Speed laws are poorly enforced. Driving at night is not advised. Seek local advice before traveling on roads outside urban areas after dark.

Traffic flows on the left-hand side of the road. Travelers (including drivers and pedestrians) accustomed to traffic moving on the opposite side should be vigilant when navigating traffic.

Public buses do not meet international safety standards (due to unsafe vehicles).

Due to security concerns, travel on EN1 north of the Save River and south of Caia (Sofala Province) and on EN6 between Beira (Sofala Province) and Chimoio (Manica Province) is unsafe.

Natural Disasters

The rainy season is from November through April, coinciding with the cyclone season. Floods, mudslides, and landslides may occur, especially in coastal areas, around river basins (particularly the Zambezi River), and in central and southern provinces.

Consular Information

Selected Embassies or Consulates in Mozambique

- | United States: [+258] 21-49-27-97; mz.usembassy.gov
- | Canada: [+258] 21-492-623; www.canadainternational.gc.ca/mozambique
- | United Kingdom: [+258] 21-35-60-00; www.gov.uk/world/organisations/british-high-commission-maputo
- | Australia: [+258] 21-498-778

Mozambique's Embassies or Consulates in Selected Countries

- | In the U.S.: www.embamoc-usa.org
- | In Canada: Mozambique does not have an embassy or consulate in Canada.
- | In the U.K.: www.mozambiquehighcommission.org.uk
- | In Australia: [+61] 02-9669-1099

Visa/HIV Testing

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

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