Oman

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

Oman is a developing nation classified as high income. Located in the Middle East along the Arabian Sea, Persian Gulf, and Gulf of Oman (east of Yemen and south of Saudi Arabia), the climate is classified as dry (arid).

Vaccinations

Routine vaccinations are essential due to a persistent global rise of vaccine-preventable diseases (**especially markedly high rates of diphtheria, pertussis, and measles**). Prior to travel, travelers should be up-to-date with the age-appropriate and risk-based routine vaccinations recommended by their home country, which may include:

- COVID-19
- ***H. influenzae*** type B (Hib)
- Hepatitis A
- Hepatitis B: Protection is especially important for those at increased risk.
- Herpes zoster
- Human papillomavirus
- Influenza
- Measles, mumps, rubella: A single early dose is recommended for travelers aged 6-11 months.
- Meningococcal
- Pneumococcal
- Polio
- Rotavirus
- Tetanus, diphtheria, pertussis: Tdap preferred; consider an early pertussis booster for high-risk travelers.
- Varicella

Yellow Fever

Although yellow fever does not occur in Oman, 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 ≥ 9 months coming from countries with risk of YF transmission and from Rwanda and Tanzania. This also applies to airport transit stops (no exit through immigration checkpoint) longer than 12 hours in these countries.

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 dengue, 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)

(2022) Sporadic transmission of ***P. falciparum*** and ***P. vivax*** may occur subsequent to international importations of parasites. In 2010, local outbreaks of ***P. falciparum*** and ***P. vivax*** were reported in Ash Sharqiyah North Governorate. Local cases were also reported in 2011 and 2012.

- Recommended prevention: **None**

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 accurate date is indicated, the most recent update or confirmation was provided prior to 2013.

CDC—*Health Information for International Travel* (current online edition)

Transmission areas

- Rare sporadic transmission after importation only

Drug resistance[1]

- Previously, chloroquine

Species

- Previously, ***P. falciparum*** and ***P. vivax***

Recommended chemoprophylaxis

- None (insect bite precautions and mosquito avoidance only)[4]

[1] Refers to ***P. falciparum*** malaria, unless otherwise noted.

[4] Mosquito avoidance includes applying topical mosquito repellant, sleeping under an insecticide-treated mosquito net, and wearing protective clothing (e.g., long pants and socks, long-sleeve shirt). For additional details on insect bite precautions, see Mosquitoes, Ticks, and Other Arthropods chapter.

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 Crimean-Congo hemorrhagic fever, leptospirosis, marine hazards, Middle East respiratory syndrome (MERS), schistosomiasis, sexually transmitted infections, snakebites.

Safety and Security

Key Safety Risks

- Traffic collisions

- Petty crime
- Heightened crime risk for women
- Theft of vehicles
- Natural disasters
- Extreme weather

Key Security Threats

- Risk of terrorist attacks by transnational groups
- Risk of violent civil unrest
- Risk of violent protests
- Potential spillover of armed conflict
- Cross-border threats in areas bordering Yemen
- Occasional violent crime
- Piracy

Emergency Contacts

The national emergency number is 9999; local operators may not speak English.

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