

Poland

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*).

COVID-19

Fully vaccinated: 59.3%

Daily new cases: 170 (7-day rolling average)

Daily new cases / 100,000: 0.5

Daily new deaths: 3 (7-day rolling average)

Daily new deaths / 100,000: 0.008

14-Day Case Change: -16%

CDC Recommendation

Persons who are at increased risk for severe illness from COVID-19 (even if up-to-date on COVID-19 vaccinations) should seek informed medical advice and consider delaying travel. All travelers should be up-to-date prior to their trip and follow destination requirements and recommendations.

General Information

Poland is a developing nation classified as high income. Located in eastern Europe (east of Germany and west of Belarus), the climate classifications range from humid temperate (no dry season) in the west to humid cold (no dry season) in the east, with cooler temperatures in some high-altitude areas.

Vaccinations

Depending on your itinerary, your personal risk factors, and the length of your visit, your health care provider may offer you vaccination against hepatitis A, hepatitis B, influenza, measles, mumps, rubella, meningococcal meningitis, rabies, or tick-borne encephalitis. 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

Minimal risk (comparable to that in industrialized countries) exists throughout the country. Refugee camps are typically at risk of diarrheal outbreaks; no specific information is available.

Community sanitation is generally good, and health concerns related to food and beverages are minimal.

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

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

Other Disease and Health Risks

Additional concerns include air pollution, anthrax disease, hantavirus, viral hemorrhagic fevers.

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.

Terrorism Risk

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

Crime

Low risk of violent crime (armed robbery and carjacking) exists throughout the country, mainly in Warsaw and other cities.

Moderate risk of petty crime exists throughout the country, especially in large cities, areas frequented by tourists, near hotels and markets, and on or near public transportation (particularly to and from central Warsaw and Warsaw Chopin Airport).

Scams involving exorbitant fees for services at bars and nightclubs 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 occur throughout the country and are generally peaceful but 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.

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

Risk of traffic-related injury or death exists. The road traffic death rate is 7 to 12 per 100,000 population. The rate is less than 10 in most high-income countries.

Airline Safety

U.S. Federal Aviation Administration has determined that the civil aviation authority of this country oversees its air carriers in accordance with minimum international safety standards.

Natural Disasters

Winter storms frequently occur.

Seasonal flooding frequently occurs.

Consular Information

Selected Embassies or Consulates in Poland

- United States: [+48] 22-504-2000; pl.usembassy.gov
- Canada: [+48] 22-584-3100; www.poland.gc.ca
- United Kingdom: [+48] 22-311-0000; www.gov.uk/world/organisations/british-embassy-warsaw
- Australia: [+48] 22-5213-444; www.poland.embassy.gov.au

Poland's Embassies or Consulates in Selected Countries

- In the U.S.: www.msz.gov.pl/en/p/waszyngton_us_a_en
- In Canada: www.ottawa.mfa.gov.pl
- In the U.K.: www.london.mfa.gov.pl
- In Australia: www.canberra.msz.gov.pl/en

Visa/HIV Testing

HIV testing may be required to obtain a work or residence visa.

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