

# Poland

## 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

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

**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 routine vaccinations recommended by their home country, which may include: COVID-19; *H. influenzae* type B (Hib); hepatitis A; hepatitis B; 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.

Depending on your itinerary, your personal risk factors, and the length of your visit, your health care provider may offer you vaccination against mpox, rabies, tick-borne encephalitis, or a one time polio booster if you haven't previously received one for travel.

## 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)

No malaria transmission.

## 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 and food safety measures are generally good, and health concerns related to food and beverage consumption are minimal. Risk for viral gastroenteritis (e.g., norovirus) may be elevated based on season, traveler itinerary, and/or level of community transmission.

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

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, leptospirosis, sexually transmitted infections, viral hemorrhagic fevers.

## Safety and Security

### Key Safety Risks

- Road conditions and traffic collisions
- Petty crime
- Heightened crime risk for women
- Heightened crime risk for LGBTQ+ travelers
- Food and beverage spiking
- Scams

### Key Security Threats

- Risk of violent protests
- Potential spillover of armed conflict
- Cross-border threats in areas bordering Ukraine
- Occasional violent crime

## Emergency Contacts

The national emergency number is 112. The police emergency number is 997.