

# Saint Helena

## 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

Saint Helena is a territory of the United Kingdom. Located west of Africa in the Atlantic Ocean, the climate is classified as humid equatorial (no dry season).

## Vaccinations

### Yellow Fever

Although yellow fever does not occur in Saint Helena, 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  $\geq 1$  year coming from countries with risk of YF transmission. This does not apply to airport transit stops (no exit through immigration checkpoint) in risk 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 COVID-19, hepatitis A, hepatitis B, influenza, measles, mumps, rubella, rabies, or typhoid fever. 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

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 Disease and Health Risks

Additional concerns include hepatitis C, leptospirosis, marine hazards, snakebites.

## 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

No intrinsic risk of attack by terrorist groups exists, but unforeseen attacks are possible.

## Crime

Negligible risk of violent crime exists throughout the country.

## Transportation Safety

National incidence data on traffic-related injury or death are not available.

## Consular Information

Selected Embassies or Consulates in Saint Helena

- United States: The U.S. does not have an embassy or consulate in Saint Helena.
- Canada: Canada does not have an embassy or consulate in Saint Helena.
- United Kingdom: U.K. does not have an embassy or consulate in Saint Helena.
- Australia: Australia does not have an embassy or consulate in Saint Helena.

Saint Helena's Embassies or Consulates in Selected Countries

- In the U.S.: Saint Helena does not have an embassy or consulate in the U.S.
- In Canada: Saint Helena does not have an embassy or consulate in Canada.
- In the U.K.: Saint Helena does not have an embassy or consulate in the U.K.
- In Australia: Saint Helena does not have an embassy or consulate in Australia.

## Visa/HIV Testing

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

© 2024 Shoreland, Inc. All rights reserved.