

Tanzania

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

Tanzania is a developing nation classified as low income. Located in eastern Africa along the Indian Ocean (south of Kenya and north of Malawi), the climate is classified as predominantly humid equatorial (long dry season).

Vaccinations

Yellow Fever

An official yellow fever vaccination certificate may be required depending on your itinerary. Vaccination is usually recommended if you'll be traveling in areas where there is risk of yellow fever transmission.

- **Requirement:** A certificate proving yellow fever vaccination is required for travelers aged ≥ 1 year 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 or a YF exemption letter is often requested from travelers transiting (regardless of duration) countries with risk of YF transmission and is uncommonly requested from all travelers entering Zanzibar, or from travelers coming directly from Europe by air, despite Tanzania's published declaration to the contrary under the International Health Regulations. Payment of a fine may be required from those lacking either proof of YF vaccination or a YF exemption letter.

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, COVID-19, Ebola virus disease, 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 US Centers for Disease Control (CDC):

WHO—*International Travel and Health* (current online update, Country List)

(2020) Malaria risk due predominantly to *P. falciparum* exists throughout the year in the entire country below 1800m.

- Recommended prevention in risk areas: **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 areas < 1,800 m (5,906 ft).

- Drug resistance³ : Chloroquine.
- Malaria species: *P. falciparum* >85%, *P. ovale* >10%, *P. malariae* and *P. vivax* rare.
- Recommended chemoprophylaxis: Atovaquone-proguanil, doxycycline, mefloquine, or tafenoquine.⁴

³ Refers to *P. falciparum* malaria unless otherwise noted.

⁴ Primaquine and tafenoquine can cause hemolytic anemia in people with G6PD deficiency. Patients must be screened for G6PD deficiency before starting primaquine or tafenoquine. See *Tafenoquine Approved for Malaria Prophylaxis and Treatment* for more information.

Other Concerns

Travelers' Diarrhea

High risk exists throughout the country, with moderate risk in deluxe accommodations. Community sanitation and food safety measures are generally 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, seafood poisoning may be needed.

Insect- and Arthropod-Borne Diseases

African trypanosomiasis, chikungunya, dengue, leishmaniasis, onchocerciasis, Rift Valley fever, Rocky Mountain spotted fever, tick-bite fever, West Nile virus, Zika may pose a risk. Personal protective measures are important.

Other Disease and Health Risks

Additional concerns include altitude illness, anthrax disease, helminths, leptospirosis, marine hazards, plague, schistosomiasis, sexually transmitted infections, snakebites, tuberculosis.

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.

Consular Travel Advice

Due to terrorism and other ongoing security concerns, Canada (GAC) advises avoiding travel within 10 km (6.1 mi) of the border with Mozambique (in Mtwara Region) and reconsidering travel (or avoiding nonessential travel) to areas south of the A19 Highway in Mtwara Region, to areas within 20 km (12.4 mi) of the border with Burundi, and to areas within 20 km (12.4 mi) of the shoreline of Lake Tanganyika (along the border with the Democratic Republic of Congo). This excludes Gombe, Katavi, and Mahale national parks and the city of Kigoma. US (DOS), UK (FCO), and Australia (DFAT) have more limited warnings.

Terrorism Risk

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

Crime

Moderate risk of violent crime (armed robbery, home invasion, sexual assault, carjacking, and murder) and high risk of petty crime exist throughout the country, especially in areas frequented by tourists, particularly on Zanzibar (including Stone Town and

popular tourist beaches); in Dar es Salaam (particularly in the city center, Ubungo bus terminal, Masaki/Osterbay peninsula area, Coco Beach, and Toure Drive); in Arusha; in parks and nature reserves (including the northern circuit in the vicinity of Serengeti National Park); in regions surrounding Mount Kilimanjaro.

Express kidnappings to force cash withdrawals at ATMs may occur throughout the country.

Scams involving corrupt officials 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 may infrequently occur, especially on Zanzibar Island, 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, free movement, or the ability to carry out daily activities may occur.

Unsafe Areas

Piracy (involving commercial and private leisure vessels) may occur in coastal areas.

Water Safety

Passenger boats may be unsafe, including ferries traveling between islands and from mainland Tanzania to islands in the Zanzibar archipelago. Decline water transportation in vessels that appear overloaded or lack personal flotation devices or life jackets.

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.

Other Safety Threats

Risk exists for fatal wildlife attacks on safaris and in game parks and reserves. Travelers should closely follow park regulations, always maintain a safe distance from wildlife, and should not exit vehicles or protected enclosures.

Transportation Safety

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

There are no restrictions on mobile phone usage while driving.

Natural Disasters

The monsoon season is from June through October in coastal areas and islands. The rainy seasons are from March through May and from November through December. Floods, mudslides, and landslides may occur.

Seismic activity occurs.

Consular Information

Selected Embassies or Consulates in Tanzania

- United States: [+255] 22-229-4000; tz.usembassy.gov
- Canada: [+255] 22-216-3300; www.tanzania.gc.ca
- United Kingdom: [+255] 22-229-0000; www.gov.uk/world/organisations/british-high-commission-dar-es-salaam
- Australia: Australia does not have an embassy or consulate in Tanzania.

Tanzania's Embassies or Consulates in Selected Countries

- In the U.S.: www.tanzaniaembassy-us.org
- In Canada: www.tzrepottawa.ca
- In the U.K.: tzhc.uk
- In Australia: www.tanzaniaconsul.com

Visa/HIV Testing

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

