

# Tonga

## 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

Tonga is a developing nation classified as upper middle income. Located in the South Pacific Ocean (east of Fiji and north of New Zealand), the climate is classified as humid equatorial (no dry season).

## 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, 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. Food and beverage precautions may 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 seafood poisoning may be needed.

### Insect- and Arthropod-Borne Diseases

Chikungunya, dengue, Zika may pose a risk. Personal protective measures are important.

### Other Disease and Health Risks

Additional concerns include hepatitis C, 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**

Low risk of violent crime (home robbery and sexual assault) and low risk of petty crime exist throughout the country, including on public beaches. Theft of valuables from accommodations is common.

## **Civil Unrest**

Protests and demonstrations may infrequently occur 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.

## **Water Safety**

Basic safety standards for recreational water activities (including scuba diving, snorkeling, jet-skiing, and kayaking) may not be in place. Rent water sports equipment from reputable operators.

## **Transportation Safety**

High risk of traffic-related injury or death exists. The road traffic death rate is 12 to 24 per 100,000 population. The rate is less than 10 in most high-income countries.

There are no seatbelt laws.

Drunk driving laws are poorly enforced.

There are no restrictions on mobile phone usage while driving.

Structural standards for vehicles may not meet international standards.

## **Natural Disasters**

The cyclone season is from November through April. Floods, mudslides, and landslides may occur.

Seismic and volcanic activity frequently occurs.

## **Consular Information**

Selected Embassies or Consulates in Tonga

- United States: The U.S. does not have an embassy or consulate in Tonga.
- Canada: Canada does not have an embassy or consulate in Tonga.
- United Kingdom: U.K. does not have an embassy or consulate in Tonga.
- Australia: [+676] 23-244; [www.tonga.embassy.gov.au](http://www.tonga.embassy.gov.au)

Tonga's Embassies or Consulates in Selected Countries

- In the U.S.: [tongaconsul.com](http://tongaconsul.com)
- In Canada: Tonga does not have an embassy or consulate in Canada.
- In the U.K.: [+44] 020-7724-9074
- In Australia: [+61] 02-6232-4806

## **Visa/HIV Testing**

HIV testing is required to obtain a work or residence visa.

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