

Trinidad and Tobago

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 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

Trinidad and Tobago is a developing nation classified as high income. Located between the Caribbean Sea and the Atlantic Ocean (north of Venezuela), the climate is classified as humid equatorial (short dry season).

Immunizations

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 vaccination certificate 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.
- ▮ *Official Status:* listed by WHO as a country where YF transmission risk is present.

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 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 U.S. 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

High risk exists throughout the country, with moderate risk 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, West Nile virus, Zika may pose a risk. Personal protective measures are important.

Other Disease and Health Risks

Additional concerns include helminths, leptospirosis, marine hazards, melioidosis, sexually transmitted infections, snakebites.

Consular Advice

The material below includes information from the U.S. Department of State (DOS), U.K. Foreign & Commonwealth 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 ongoing security concerns, U.S. (DOS) advises avoiding travel to the following areas of Port of Spain: Laventille, Beetham, Sea Lots, Cocorite, and the interior of Queen's Park Savannah. U.K. (FCO), and Canada (GAC), and Australia (DFAT) have no current warnings.

Terrorism Risk

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

Crime

High risk of violent crime (armed robbery, home invasion, sexual assault, and murder) exists throughout the country. Trinidad Island: especially in Port of Spain (Queens Park Savannah; eastern neighborhoods of Laventille, Morvant, and Barataria; scenic rest stops after dark; and in and around cruise ship docks and Fort George); on Maracas and Las Cuevas beaches; in La Brea Pitch Lake. Tobago Island: especially in Bacolet area of Scarborough; in Mount Irvine/Buccoo Bay; at waterfalls; on isolated beaches.

Kidnappings by criminal groups may occur throughout the country, including Port of Spain.

Civil Unrest

Protests and demonstrations may infrequently occur and have the potential to turn violent without warning.

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

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. Speed laws are poorly enforced. Driving at night is not advised. Seek local advice before traveling on roads outside urban areas after dark.

Traffic flows on the left-hand side of the road. Travelers (including drivers and pedestrians) accustomed to traffic moving on the opposite side should be vigilant when navigating traffic.

Due to security concerns, travel on the Beetham/Churchill Roosevelt Highway or Young Lady Road between Port of Spain and Piarco Airport is unsafe.

Many taxis are unsafe. Use taxis from official ranks or dispatched via smart phone app or radio from a reputable company and ascertain the license or identification number of the dispatched vehicle.

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

The hurricane season is from June through November. Floods, mudslides, and landslides may occur.

Seismic activity frequently occurs.

Consular Information

Selected Embassies or Consulates in Trinidad and Tobago

- | United States: [+1-868] 622-6371; tt.usembassy.gov
- | Canada: [+1-868] 622-6232; www.trinidadandtobago.gc.ca
- | United Kingdom: [+1 868] 350-0444; www.gov.uk/world/organisations/british-high-commission-trinidad-and-tobago
- | Australia: [+1-868] 822-5450; trinidadandtobago.embassy.gov.au

Trinidad and Tobago's Embassies or Consulates in Selected Countries

- | In the U.S.: foreign.gov.tt/missions-consuls/tt-missions-abroad/diplomatic-missions/embassy-washington-dc-us
- | In Canada: foreign.gov.tt/missions-consuls/tt-missions-abroad/diplomatic-missions/consulate-general-toronto-canada
- | In the U.K.: foreign.gov.tt/missions-consuls/tt-missions-abroad/diplomatic-missions/high-commission-london-united-kingdom
- | In Australia: Trinidad and Tobago 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.

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