

Turkmenistan

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

Turkmenistan is a developing nation classified as upper middle income. Located in central Asia along the Caspian Sea, north of Iran and south of Uzbekistan, the climate is classified as dry (arid) in the north and dry (semi arid) in the south.

Vaccinations

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

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 may be needed.

Insect- and Arthropod-Borne Diseases

Leishmaniasis, West Nile virus may pose a risk. Personal protective measures are important.

Other Disease and Health Risks

Additional concerns include Crimean-Congo hemorrhagic fever, hepatitis C, leptospirosis, plague, 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 civil unrest and ongoing security concerns, Australia (DFAT) advises avoiding travel to areas bordering Afghanistan and advises reconsidering travel (or avoiding nonessential travel) to the rest of the country. Canada (GAC) has a more limited warning. US (DOS) and UK (FCO) have no current warnings.

Terrorism Risk

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

Crime

Low risk of violent crime (armed robbery) and moderate risk of petty crime exists, especially on overnight trains and in markets.

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 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

A dangerous security environment may exist in areas bordering Afghanistan. Restricted areas exist in areas bordering Afghanistan, Iran (not including Ashgabat), and Uzbekistan, and in some coastal areas along the Caspian Sea (not including the city of Turkmenbashi).

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.

Structural standards for vehicles may not meet international standards.

Natural Disasters

Seasonal flooding occurs.

Seismic activity frequently occurs.

Consular Information

Selected Embassies or Consulates in Turkmenistan

- United States: [+993] 12-94-00-45; tm.usembassy.gov
- Canada: Canada does not have an embassy or consulate in Turkmenistan.
- United Kingdom: [+993] 12-363-465; www.gov.uk/world/organisations/british-embassy-ashgabat
- Australia: Australia does not have an embassy or consulate in Turkmenistan.

Turkmenistan's Embassies or Consulates in Selected Countries

- In the U.S.: usa.tmembassy.gov/tm/en
- In Canada: Turkmenistan does not have an embassy or consulate in Canada.
- In the U.K.: uk.tmembassy.gov/tm

- In Australia: Turkmenistan does not have an embassy or consulate in Australia.

Visa/HIV Testing

HIV testing is required to obtain a work or residence visa. Travelers, including short-term travelers, may be detained or deported after arrival if found to be positive for HIV or hepatitis.

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