

First, I'm certainly not a doctor. This is provided only as guidance for when you do your own research and visit your travel doctor. They will have the latest information and can tailor to your specific medical needs. The info below has been gathered from the CDC recommendations list, as well as personal experience for this specific trip to Tanzania.

## RECOMMENDED VACCINES/MEDICATIONS

### ROUTINE VACCINES

Make sure you are up-to-date on all routine vaccines before every trip.

These vaccines include Chickenpox (Varicella), Diphtheria-Tetanus-Pertussis, Flu, Measles-Mumps-Rubella (MMR), Polio and Shingles.

### HEPATITIS A

Recommended for unvaccinated travelers.

### HEPATITIS B

Recommended for unvaccinated travelers.

### TYPHOID

Recommended for most travelers, especially those staying in smaller cities or rural areas.

### MALARIA

CDC recommends that travelers going to certain areas of Tanzania take prescription medicine to prevent malaria. Depending on the medicine you take, you will need to start taking this medicine multiple days before your trip, as well as during and after your trip. When talking to your doctor about which malaria medication you should take, know that there are several kinds, all have very different usage requirements and side effects.

The mountain, the hotel before and after the mountain, safari and hotels on safari are all at a higher altitude where there is little risk of mosquitoes and malaria. The airports and island of Zanzibar are at lower altitudes where there is the potential of malaria carrying mosquitoes at night.

### YELLOW FEVER

Required if traveling from a Yellow Fever virus transmission, including transit greater than 12 hours in an airport located in a country with risk of Yellow Fever virus transmission. Most will not require this vaccine. However, if you travel through Ethiopia it is a good idea to ask your doctor for an Yellow Fever exemption note in case of a flight delay.

### COVID-19

The CDC recommends being fully vaccinated for COVID-19 before travel. However, Tanzania does not require proof of vaccination. Regardless of vaccination, Tanzania requires a negative PCR test within 96 hours of entry into the country. Mainland Tanzania and Zanzibar also require separate completed health surveillance forms within 24 hours of arrival. You will complete these from your phone and receive a UHC (Unique Health Code) to present officials. You may also be subject to an additional rapid test at the airport upon arrival as well. Cost for this test is \$10 ea.

**Tanzania Health Surveillance Form:** <https://afyamsafiri.moh.go.tz/>

**Zanzibar Health Surveillance Form:** <https://healthtravelzanz.mohz.go.tz>

Departure back to the United States or Canada will also require a negative rapid Covid test taken within 1 calendar day.

These are available near the Kilimanjaro International Airport or the Abeid Amani Karume International Airport in Zanzibar for a small fee.

## OTHER MEDICATIONS

### DIAMOX

This is a tiny pill used to prevent altitude sickness and it's highly recommended on Mt. Kilimanjaro. Diamox will be provided to you twice each day on the mountain to help you to more easily acclimate. It's a good idea to check with your travel doctor ahead of time to make sure this is safe for you and is ok to use with other medications you'll be taking.