Travel Recommendations

- Angola
- Cameroon
- Central African Republic
- Chad
- Republic of the Congo (Congo-Brazzaville)
- Democratic Republic of the Congo (Congo-Kinshasa)

Recommended Travel Vaccines

☐ Hepatitis A
☐ Typhoid
☐ Meningitis: Cameroon, Central African Republic, Chad, South Sudan, and Sudan (December through June)
☐ Polio: one time adult booster for Cameroon, Central African Republic, Chad, Equatorial Guinea, Gabon, Republic of the Congo, South Sudan, and Sudan
☐ Rabies: consider for high risk travel or long term/frequent travel to low/medium resource countries.
☐ Yellow Fever Vaccine: recommended for all countries in Central Africa, **except** for Zambia, the Sahara desert, and Khartoum in Sudan (unless at increased risk for exposure to yellow fever because of heavy exposure to mosquitoes)

Equatorial Guinea
- Gabon
- South Sudan
- Sudan
- Zambia

Medications:

Traveler’s Diarrhea:
☐ Ciprofloxacin: One 500 mg tablet twice daily for 1-3 days.

Malaria Prophylaxis:
☐ Malarone: One tablet once daily; start one to two days before travel to region with malaria, every day while in at risk area, and for 7 days after leaving at risk area.
☐ Doxycycline: One 100mg once daily; start one to two days before travel to region with malaria, every day while in at risk area, and for 28 days after leaving at risk area.

Routine Vaccines:
☐ Influenza vaccine
☐ Tetanus booster: Tdap or Td
☐ Hepatitis B vaccine
☐ TB Test: if length of stay is 6 weeks or longer; test should be done 12 weeks after return. Consider two step PPD before travel if in high risk environment, such as hospitals.

Non-Vaccine Preventable Diseases:

Avoid Bug Bites to Protect against:

- **Dengue**
  - Risk in urban and residential areas.

**African sleeping sickness (African trypanosomiasis)**

- Transmitted by tsetse fly, which bite during the day and are attracted to bright, dark colors and can bite through lightweight clothing.
- Increased risk with outdoor activities and at game parks.
- Not a risk in urban areas.

**African Tick-Bite Fever**

- Increased risk with game hunting, travel to Southern Africa and during warmer months.

**Chikungunya**

- Mosquitoes carrying disease bite during the day and night, both indoors and outdoors, and often live around buildings.
See General Travel Advice for more information on personal safety and security, food and water precautions, malaria and how to avoid bug bites.

For the Most Up To Date Information:
Centers for Disease Control Travelers’ Health: http://wwwnc.cdc.gov/travel/
State Department (Travel Alerts and Warnings): http://travel.state.gov/
Travel Registration with Embassies: https://step.state.gov/step/
State Department Smart Travel for Students Abroad: http://studentsabroad.state.gov/