Travel Recommendations

Belize   Honduras
Costa Rica   Mexico
El Salvador   Nicaragua
Guatemala   Panama

Medications:

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

MALARIA RISK

Belize: All areas, especially the districts of Cayo, Stann Creek, and Toledo. None in Belize City and islands frequented by tourists. Mosquito avoidance in all areas except for the districts of Cayo, Stann Creek, and Toledo.

Costa Rica: none

El Salvador: mosquito avoidance only

Guatemala: Rural areas only at altitudes below 1,500 m (4,921 ft). None in Antigua, Guatemala City, or Lake Atitlán.

Honduras: Present throughout the country and in Roatán and other Bay Islands. None in San Pedro Sula and Tegucigalpa.

Mexico: Present in Chiapas, Chihuahua, Durango, Nayarit, and Sinaloa. Rare cases in Campeche, Jalisco, Oaxaca, Sonora, and Tabasco. Rare cases in the municipality of Orton P. blanco in the southern part of Quintana Roo bordering Belize. No malaria along the United States–Mexico border.

Nicaragua: risk in districts of Chinandega, Leon, Managua, Matagalpa, Region Autonoma Atlantico Norte (RAAN), and Region Autonoma Atlantico Sur (RAAS)

Panama: risk in areas east of the Panama Canal. No risk in Panama City or in the former Canal Zone (mosquito avoidance only).

Malaria Prophylaxis:
For most parts of Central America at risk for malaria:
☐ Chloroquine: One 500mg tablet once a week; start one week before travel to region with malaria, take every week while at risk, and for four weeks after leaving at risk area.

For parts of Panama (provinces east of the Panama Canal) at risk for malaria:
☐ 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.

Recommended Travel Vaccines
☐ Hepatitis A
☐ Typhoid
☐ Rabies: consider for high risk travel or long term/frequent travel to low/medium resource countries.
☐ Yellow Fever
  • Recommended for Panama for areas east of the Canal Zone.
  • Not recommended for travelers whose itineraries are limited to areas west of the Canal Zone, the city of Panama, the Canal Zone itself, the San Blas Islands, and the Balboa Islands.
Non-Vaccine Preventable Diseases:

Avoid Bug Bites to Protect against:

**Dengue**
- Risk in urban and residential areas
- Leading cause of febrile illness among travelers returning from the Caribbean, South America, and South and Southeast Asia.

**American Trypanosomiasis (Chagas disease)**
- Risk to travelers is extremely low
- Higher risk if staying in poor quality housing
- Spread by the feces of “kissing” bugs, not the bug bite.

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/