Travel Recommendations

**EAST AFRICA**

- Burundi
- Djibouti
- Ethiopia
- Kenya
- Malawi
- Mozambique
- Rwanda
- Somalia
- Tanzania
- Uganda
- British Indian Ocean Territory
- Comoros
- Madagascar
- Mauritius
- Mayotte
- Reunion
- Seychelles

**Medications:**

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

**MALARIA RISK**

- Burundi: Risk in all areas
- Djibouti: Risk in all areas
- Ethiopia: Risk in all areas <2,200 m (7,218 ft). None in the city of Addis Ababa.
- Kenya: Present in all areas (including game parks) <2,500 m (8,202 ft). None in the highly urbanized, central part of the city of Nairobi.
- Malawi: Risk in all areas
- Mozambique: Risk in all areas
- Rwanda: Risk in all areas
- Somalia: Risk in all areas
- Tanzania: Risk in all areas <1,800 m (5,906 ft).
- Uganda: Risk in all areas
- British Indian Ocean Territory: No risk
- Comoros: Risk in all areas
- Madagascar: Risk in all areas
- Mauritius: No risk
- Mayotte: Risk in all areas
- Reunion: No risk
- Seychelles: No risk

**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.

**Recommended Travel Vaccines**

- ☐ 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.

- ☐ Yellow Fever Vaccine: refer to CDC Travelers Health website for recommendations and requirements.
  - Required: Burundi and Rwanda
  - Recommended: parts of Ethiopia, parts of Kenya, Uganda
  - Generally not recommended: Tanzania and some parts of Djibouti, Eritrea, Ethiopia, and Somalia
  - Not recommended: Malawi, Mozambique, some parts of Djibouti and Somalia
Non-Vaccine Preventable Diseases:

**ALTITUDE ILLNESS**

The symptoms of altitude illness can range from benign to severe, but are preventable with gradual acclimatization and/or acetazolamide. Altitude illness can markedly impair a traveler and prevent enjoyment of the destination.

Climbing Kilimanjaro is a goal for many travelers to East Africa, since no technical climbing skill is required to reach the summit. However, typical 5 day/4 night treks are a risk factor for altitude illness. Six to nine day packages provide more time to acclimatize safely, and offer a greater chance to reach the summit.

Marangu Route in 4-5 days: only 50% of travelers reached the crater rim, known as Gilman’s Point at 5685m (18,652ft); only 10% reached the summit, known as Uhuru (Freedom) Peak at 5895m (19,341ft). There are at least nine alternative routes, which are longer, but may result in less risk of altitude illness.

If visiting Ngorongoro crater, try to spend the last few nights of your safari here, because its elevation (2286m or 7500ft) will aid in acclimatization for the Kilimanjaro trek.

Before attempting Kilimanjaro, consider hiking nearby Mount Meru or Mount Kenya to aid in acclimatization.

Using acetazolamide prophylaxis may cause less problems with altitude illness, especially if trekking over 4-5 days.

☐ **Acetazolamide (125 mg twice daily):** start 24 hours before ascent and continue daily for two or more days. May cause increased urination and numbness in extremities. **Caution with sulfa allergy.**

If combining trekking with a safari, malarone may be a better antimalarial option as it causes less sun sensitivity than doxycycline.

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**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:**

- **State Department (Travel Alerts and Warnings):** [http://travel.state.gov/](http://travel.state.gov/)
- **Travel Registration with Embassies:** [https://step.state.gov/step/](https://step.state.gov/step/)
- **State Department Smart Travel for Students Abroad:** [http://studentsabroad.state.gov/](http://studentsabroad.state.gov/)