Travel Recommendations

MIDDLE EAST

- Bahrain
- Cyprus
- Iran
- Iraq
- Israel including West Bank and Gaza
- Jordan
- Kuwait
- Lebanon
- Oman
- Qatar
- Saudi Arabia
- Syria
- Turkey
- United Arab Emirates
- Yemen

Recommended Travel Vaccines

☐ Hepatitis A
☐ Typhoid
☐ Rabies: Consider for high risk travel or long term/frequent travel to low/medium resource countries.
☐ Meningococcal vaccine: recommended for Saudi Arabia (required for the Hajj)
☐ Polio: one time adult booster for Iraq, Israel, including the West Bank and Gaza, Jordan, Lebanon, Syria, Turkey, Yemen

Malaria Prophylaxis:

For most parts of Turkey (southeastern part of country) 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 most parts of Iran, Saudi Arabia and Yemen 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.

Medications:

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

MALARIA RISK

- Bahrain: no risk
- Cyprus: no risk
- Iran: Rural areas of Fars Province, Sistan-Baluchestan Province and southern, tropical parts of Hormozgan and Kerman Provinces.
- Iraq: no risk
- Israel, including West Bank and Gaza: no risk
- Jordan: no risk
- Kuwait: no risk
- Lebanon: no risk
- Oman: no risk
- Qatar: no risk
- Saudi Arabia: risk in emirates by border with Yemen, specifically Asir and Jizan. No risk in the cities of Jidda, Mecca, Medina, Riyadh, and Ta’if.
- Syria: no risk
- Turkey: Risk in southeastern part of the country. None on the Incirlik US Air Force Base or on typical cruise itineraries.
- United Arab Emirates: no risk
- Yemen: Risk in all areas <2,000 m (6561 ft). None in Sana’a
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.
• Leading cause of febrile illness among travelers returning from Caribbean, South America, and South and Southeast Asia
• Avoid bug bites

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/