Travel Recommendations

Botswana  Swaziland
Lesotho    Zimbabwe
Namibia    South Africa

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

Malaria Risk
Botswana: Present in the following districts: Central and North West (including Chobe National Park). None in the cities of Francistown and Gaborone.
Lesotho: no risk.
Namibia: Present in the provinces of Kunene, Ohangwena, Okavango (Kavango), Omaheke, Omusati, Oshana, Oshikoto, and Otjozondjupa and in the Caprivi Strip.
South Africa: Present in the provinces of Kunene, Ohangwena, Okavango (Kavango), Omaheke, Omusati, Oshana, Oshikoto, and Otjozondjupa and in the Caprivi Strip.
Swaziland: Present in eastern areas bordering Mozambique and South Africa, including all of Lubombo district and the eastern half of Hhohho, Manzini, and Shiselweni districts.
Zimbabwe: Risk in all areas.

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.

Recommended Travel Vaccines
☐ Hepatitis A
☐ Typhoid
☐ Rabies: consider for high risk travel or long term/frequent travel to low/medium resource countries.
☐ Yellow Fever Vaccine: refer to CDC Travelers Health website for recommendations and requirements. There is no risk for yellow fever in Southern Africa.
*For South Africa: Required for travelers arriving from countries with risk of YFV transmission and from Eritrea, São Tomé and Príncipe, Somalia, the United Republic of Tanzania, and Zambia. Vaccine is also required if the traveler has been in transit in an airport located in a country with risk of YFV transmission.

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.
Non-Vaccine Preventable Diseases (cont’d):

**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/