Travel Recommendations

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

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.

Avoid Bug Bites Day and Night to Protect against:
Dengue
Chikungunya

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.
• 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/