

Health Information for Travelers to Panama Traveler View

Traveler View

Clinician View

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Vaccines and Medicines

Check the vaccines and medicines list and visit your doctor (ideally, 4-6 weeks) before your trip to get vaccines or medicines you may need.

Find Out Why

Protect Yourself

All travelers

You should be up to date on routine vaccinations while traveling to any destination. Some vaccines may also be required for travel.

Routine vaccines

Make sure you are up-to-date on routine vaccines before every trip. These vaccines include measles-mumps-rubella (MMR) vaccine, diphtheria-tetanus-pertussis vaccine, varicella (chickenpox) vaccine, polio vaccine, and your yearly flu shot.



Most travelers

Get travel vaccines and medicines because there is a risk of these diseases in the country you are visiting.













Hepatitis A

CDC recommends this vaccine because you can get hepatitis A through contaminated food or water in Panama, regardless of where you are eating or staying.



Find Out Why

Protect Yourself

| | | |
|---|---|---|
| <u>Typhoid</u> | You can get typhoid through contaminated food or water in Panama. CDC recommends this vaccine for most travelers, especially if you are staying with friends or relatives, visiting smaller cities or rural areas, or if you are an adventurous eater. |    |
| Some travelers | | |
| Ask your doctor what vaccines and medicines you need based on where you are going, how long you are staying, what you will be doing, and if you are traveling from a country other than the US. | | |
| <u>Hepatitis B</u> | You can get hepatitis B through sexual contact, contaminated needles, and blood products, so CDC recommends this vaccine if you might have sex with a new partner, get a tattoo or piercing, or have any medical procedures. |    |
| <u>Rabies</u> | Although rabies can be found in bats and other mammals in Panama, it is not a major risk to most travelers. CDC recommends rabies vaccine for only these groups: <ul style="list-style-type: none">• Travelers involved in outdoor and other activities in remote areas that put them at risk for bat bites or other animal bites (such as adventure travel and caving).• People who will be working with or around animals (such as wildlife professionals and researchers). |   |
| <u>Yellow Fever</u> | Required if traveling from a country with risk of YFV transmission and ≥ 1 year of age. ¹ Recommended for all travelers ≥ 9 months of age traveling to all mainland areas east of the area surrounding the canal (the entire provinces of Darién, Emberá, and Kuna Yala [also spelled Guna Yala] and areas of the provinces of Colón and Panamá that are east of the canal) (see Map 3-34). Not recommended for travelers whose itineraries are limited to areas west of the canal, the city of Panama, the canal area itself, and the Balboa Islands (Pearl Islands) and San Blas Islands (see Map 3-34). Note: Yellow fever vaccine availability in the United States is currently limited. If you need to be vaccinated before your trip, you may need to travel some distance and schedule your appointment well in advance. Find the clinic nearest you. |   |
| <u>Malaria</u> | When traveling in Panama, you should avoid mosquito bites to prevent malaria. You may need to take prescription medicine before, during, and after your trip to prevent malaria, depending on your travel plans, such as where you are going, when you are traveling, and if you are spending a lot of time outdoors or sleeping outside. Talk to your doctor about how you can prevent malaria while traveling. For more information on malaria in Panama, see malaria in Panama . |   |

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[Routine vaccines](#)



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[Hepatitis A](#)



CDC recommends this vaccine because you can get hepatitis A through contaminated food or water in Panama, regardless of where you are eating or staying.

[Typhoid](#)



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Some travelers

Ask your doctor what vaccines and medicines you need based on where you are going, how long you are staying, what you will be doing, and if you are traveling from a country other than the US.

Hepatitis B



You can get hepatitis B through sexual contact, contaminated needles, and blood products, so CDC recommends this vaccine if you might have sex with a new partner, get a tattoo or piercing, or have any medical procedures.

Rabies



Although rabies can be found in bats and other mammals in Panama, it is not a major risk to most travelers. CDC recommends rabies vaccine for only these groups:

- Travelers involved in outdoor and other activities in remote areas that put them at risk for bat bites or other animal bites (such as adventure travel and caving).
- People who will be working with or around animals (such as wildlife professionals and researchers).

Yellow Fever



Required if traveling from a country with risk of YFV transmission and ≥ 1 year of age.¹

Recommended for all travelers ≥ 9 months of age traveling to all mainland areas east of the area surrounding the canal (the entire provinces of Darién, Emberá, and Kuna Yala [also spelled Guna Yala] and areas of the provinces of Colón and Panamá that are east of the canal) (see [Map 3-34](#)).

Not recommended for travelers whose itineraries are limited to areas west of the canal, the city of Panama, the canal area itself, and the Balboa Islands (Pearl Islands) and San Blas Islands (see [Map 3-34](#)).

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Malaria



When traveling in Panama, you should avoid mosquito bites to prevent malaria. You may need to take prescription medicine before, during, and after your trip to prevent malaria, depending on your travel plans, such as where you are going, when you are traveling, and if you are spending a lot of time outdoors or sleeping outside. Talk to your doctor about how you can prevent malaria while traveling. For more information on malaria in Panama, see [malaria in Panama](#).

Key

Get vaccinated

Take antimalarial meds

Eat and drink safely

Prevent bug bites

Keep away from animals

Reduce your exposure to germs

Avoid sharing body fluids

Avoid non-sterile medical or cosmetic equipment

Note: Zika is a risk in Panama. Zika infection during pregnancy can cause serious birth defects. Therefore, pregnant women should not travel to Panama. Partners of pregnant women and couples planning pregnancy should know the [possible risks to pregnancy and take preventive steps](https://www.cdc.gov/zika/pregnancy/index.html) (<https://www.cdc.gov/zika/pregnancy/index.html>) ([more information](#)).

Stay Healthy and Safe

Learn actions you can take to stay healthy and safe on your trip. Vaccines cannot protect you from many diseases in Panama, so your behaviors are important.

Eat and drink safely

Prevent bug bites

Stay safe outdoors

Keep away from animals

Reduce your exposure to germs

Avoid sharing body fluids

Know how to get medical care while traveling

Select safe transportation

Maintain personal security

Healthy Travel Packing List

Use the [Healthy Travel Packing List for Panama](#) for a list of health-related items to consider packing for your trip. Talk to your doctor about which items are most important for you.

Why does CDC recommend packing these health-related items?

It's best to be prepared to prevent and treat common illnesses and injuries. Some supplies and medicines may be difficult to find at your destination, may have different names, or may have different ingredients than what you normally use.

Travel Health Notices

There are no notices currently in effect for Panama.

After Your Trip

If you are not feeling well after your trip, you may need to see a doctor. If you need help finding a travel medicine specialist, see [Find a Clinic](#). Be sure to tell your doctor about your travel, including where you went and what you did on your trip. Also tell your doctor if you were bitten or scratched by an animal while traveling.

If your doctor prescribed antimalarial medicine for your trip, keep taking the rest of your pills after you return home. If you stop taking your medicine too soon, you could still get sick.

Malaria is always a serious disease and may be a deadly illness. If you become ill with a fever either while traveling in a malaria-risk area or after you return home (for up to 1 year), you should seek **immediate** medical attention and should tell the doctor about your travel history.

For more information on what to do if you are sick after your trip, see [Getting Sick after Travel](#).

Map Disclaimer - The boundaries and names shown and the designations used on maps do not imply the expression of any opinion whatsoever on the part of the Centers for Disease Control and Prevention concerning the legal status of any country, territory, city or area or of its authorities, or concerning the delimitation of its frontiers or boundaries. Approximate border lines for which there may not yet be full agreement are generally marked.

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Content source: Centers for Disease Control and Prevention (<https://www.cdc.gov/>)

National Center for Emerging and Zoonotic Infectious Diseases (NCEZID) (<https://www.cdc.gov/ncezid/index.html>)

