

Health Information for Travelers to Tanzania, including Zanzibar Traveler View

Traveler View

Clinician View

On This Page

- [Vaccines and Medicines](#)
- [Stay Healthy and Safe](#)
- [Healthy Travel Packing List](#)
- [Travel Health Notices](#)
- [After Your Trip](#)



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 Tanzania, regardless of where you are eating or staying.



Find Out Why

Protect Yourself

<p><u>Typhoid</u></p>	<p>You can get typhoid through contaminated food or water in Tanzania. 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.</p>	
<p>Some travelers</p>		
<p>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.</p>		
<p><u>Hepatitis B</u></p>	<p>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.</p>	
<p><u>Cholera</u></p>	<p>CDC recommends this vaccine for adults who are traveling to areas of active cholera transmission. Areas of active cholera transmission include the regions of Arusha, Dar es Salaam (last case December 2017), Dodoma (last case April 2018), Iringa (last case March 2018), Katavi (last case December 2017), Kigoma (last case February 2018), Kilimanjaro, Manyara, Mbeya (last case December 2017), Morogoro (last case March 2018), Rukwa, Rumuva (last case March 2018), Songwe, and Tanga (last case December 2017) in Tanzania. Cholera is rare in travelers but can be severe. <u>Certain factors</u> (https://www.cdc.gov/cholera/infection-sources.html), may increase the risk of getting cholera or having severe disease (more information). Avoiding unsafe food and water and washing your hands can also prevent cholera.</p>	
<p><u>Malaria</u></p>	<p>Talk to your doctor about how to prevent malaria while traveling. You may need to take prescription medicine before, during, and after your trip to prevent malaria, especially if you are visiting low-altitude areas. See more detailed information about malaria in Tanzania.</p>	
<p><u>Rabies</u></p>	<p>Rabies can be found in dogs, bats, and other mammals in Tanzania, so CDC recommends this vaccine for the following groups:</p> <ul style="list-style-type: none"> • Travelers involved in outdoor and other activities (such as camping, hiking, biking, adventure travel, and caving) that put them at risk for animal bites. • People who will be working with or around animals (such as veterinarians, wildlife professionals, and researchers). • People who are taking long trips or moving to Tanzania • Children, because they tend to play with animals, might not report bites, and are more likely to have animal bites on their head and neck. 	
<p><u>Yellow Fever</u></p>	<p>Health recommendation: CDC does not recommend yellow fever vaccine for most travelers to Tanzania. However, you might consider this vaccine if you are staying a long time or will be heavily exposed to mosquitoes.</p> <p>Country entry requirement: The government of Tanzania requires proof of yellow fever vaccination upon arrival if you are traveling from a country with risk of yellow fever (this does not include the US - see complete list: Countries with risk of yellow fever virus (YFV) transmission.)</p> <p>For more information on recommendations and requirements, see yellow fever recommendations and requirements for Tanzania. Your doctor can help you decide if this vaccine is right for you based on your travel plans.</p> <p>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.</p>	

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Most travelers

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Hepatitis A



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

Typhoid



You can get typhoid through contaminated food or water in Tanzania. 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.

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.

Cholera



CDC recommends this vaccine for adults who are traveling to areas of active cholera transmission. Areas of active cholera transmission include the regions of Arusha, Dar es Salaam (last case December 2017), Dodoma (last case April 2018), Iringa (last case March 2018), Katavi (last case December 2017), Kigoma (last case February 2018), Kilimanjaro, Manyara, Mbeya (last case December 2017), Morogoro (last case March 2018), Rukwa, Rumuwa (last case March 2018), Songwe, and Tanga (last case December 2017) in Tanzania. Cholera is rare in travelers but can be severe. [Certain factors \(https://www.cdc.gov/cholera/infection-sources.html\)](https://www.cdc.gov/cholera/infection-sources.html) may increase the risk of getting cholera or having severe disease ([more information](#)). Avoiding unsafe food and water and washing your hands can also prevent cholera.

Malaria



Talk to your doctor about how to prevent malaria while traveling. You may need to take prescription medicine before, during, and after your trip to prevent malaria, especially if you are visiting low-altitude areas. See more detailed information about [malaria in Tanzania](#).

Rabies



Rabies can be found in dogs, bats, and other mammals in Tanzania, so CDC recommends this vaccine for the following groups:

- Travelers involved in outdoor and other activities (such as camping, hiking, biking, adventure travel, and caving) that put them at risk for animal bites.
- People who will be working with or around animals (such as veterinarians, wildlife professionals, and researchers).
- People who are taking long trips or moving to Tanzania
- Children, because they tend to play with animals, might not report bites, and are more likely to have animal bites on their head and neck.

Yellow Fever



Health recommendation: CDC does not recommend yellow fever vaccine for most travelers to Tanzania. However, you might consider this vaccine if you are staying a long time or will be heavily exposed to mosquitoes.

Country entry requirement: The government of Tanzania requires proof of yellow fever vaccination upon arrival if you are traveling from a country with risk of yellow fever (this does not include the US - see complete list: [Countries with risk of yellow fever virus \(YFV\) transmission](#).)

For more information on recommendations and requirements, see [yellow fever recommendations and requirements for Tanzania](#). Your doctor can help you decide if this vaccine is right for you based on your travel plans.

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](#).

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 Tanzania. Zika infection during pregnancy can cause serious birth defects. Therefore, pregnant women should not travel to Tanzania. 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>) (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 Tanzania, 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 Tanzania 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 Tanzania, including Zanzibar.

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.

Page last updated: November 07, 2018

Page last reviewed: November 07, 2018

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>)

Division of Global Migration and Quarantine (DGMQ) (<https://www.cdc.gov/ncezid/dgmq/index.html>)