



MENU

CDC A-Z



SEARCH

## Travelers' Health

[CDC](#) > [Home](#) > [Destinations \(245\)](#)

# Health Information for Travelers to Tanzania, including Zanzibar Traveler View



### On This Page

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

### Clinician View



## Vaccines and Medicines

[Hide](#)

Check the vaccines and medicines list and visit your doctor at least a month before your trip to get vaccines or medicines you may need.

### All travelers

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

#### Measles

- Infants (6 through 11 months old): 1 dose of measles-mumps-rubella (MMR) vaccine before travel. This dose does not count as the first dose in the routine childhood vaccination series.



People 12 months old or older, with no [evidence of immunity](#) or no written documentation of any doses: 2 doses of MMR vaccine before travel. The 2 doses must be given 28 days apart.

- People 12 months old or older who have written documentation of 1 dose and no other evidence of immunity: 1 additional dose before travel, at least 28 days after the previous dose.

---

### [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.

---

### [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.

---

### [Cholera](#)



Vaccination may be considered for adults who are traveling to areas of active cholera transmission. Areas of active cholera transmission are [localized](#) to the regions of Arusha (last case reported April 2019), Dar es Salaam (last case reported July 2019), Kigoma (last case reported February 2019), Kilimanjaro (last case reported November 2018), Manyara (last case reported November 2018), Songwe (last case reported March 2019), and Tanga (last case reported July 2019) in Tanzania. Cholera is rare in travelers but can be severe. [Certain factors](#) may increase the risk of getting cholera or having severe disease ([more information](#)). Avoiding unsafe food and water and washing your hands can also help prevent cholera.

---

### [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.

---

### [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. Areas of Tanzania with risk of malaria: All areas <1,800 m (5,906 ft). 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



Required if traveling from a country with risk of YF virus transmission and  $\geq 1$  year of age, including transit  $> 12$  hours in an airport located in a country with risk of YF virus transmission.<sup>1</sup>

**Generally not recommended** for travelers to Tanzania.

**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.](#)

[Top](#)



## Stay Healthy and Safe

[Hide](#)

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

[Show](#)

Prevent bug bites

[Show](#)

Stay safe outdoors

[Show](#)

Keep away from animals

[Show](#)

Reduce your exposure to germs

[Show](#)

Avoid sharing body fluids

[Show](#)

Know how to get medical care while traveling

[Show](#)

Select safe transportation

[Show](#)

Maintain personal security

[Show](#)

[Top](#)

## Healthy Travel Packing List

[Hide](#)

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.

[Top](#)

## Travel Health Notices

[Hide](#)

Be aware of current health issues in Tanzania. Learn how to protect yourself.

### Watch Level 1, Practice Usual Precautions

#### [Global Measles Outbreak Notice](#)

June 10, 2019

Measles is in many countries and outbreaks of the disease are occurring around the world. Before you travel internationally, regardless of where you are going, make sure you are protected fully against measles.

[Top](#)

## After Your Trip

[Hide](#)

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 08, 2019

Page last reviewed: November 08, 2019

Content source: [Centers for Disease Control and Prevention](#)

[National Center for Emerging and Zoonotic Infectious Diseases \(NCEZID\)](#)

[Division of Global Migration and Quarantine \(DGMQ\)](#)

**Follow CDC**



**CDC Media**



**About CDC**

[Employment](#)

[Newsroom](#)

[Training/Education](#)

[Funding](#)

[CDC's Organization](#)

[Mission and Vision](#)

[Using this Site](#)

**Legal**

[Link to Us](#)

[Policies](#)

[FOIA](#)

[Accessibility](#)

[Privacy](#)

[No FEAR Act](#)

[Inspector General](#)

[USA.gov](#)



**Contact CDC**

Centers for Disease Control and Prevention

1600 Clifton Road

Atlanta, GA 30329-4027 USA

800-CDC-INFO (800-232-4636)

[Contact CDC-INFO](#)