



MENU

CDC A-Z



SEARCH

## Travelers' Health

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

# Health Information for Travelers to The Bahamas 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.

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## 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.

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## Most travelers

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

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### Hepatitis A



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

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### Typhoid



You can get typhoid through contaminated food or water in The Bahamas. 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.

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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.

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### 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.

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### Rabies



Rabies is present in bats in The Bahamas. However, 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 (such as adventure travel and caving).
- People who will be working with or around bats (such as wildlife professionals and researchers).

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### 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>

**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 The Bahamas, 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 Bahamas, The](#) 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 The Bahamas. Learn how to protect yourself.

## Warning Level 3, Avoid Nonessential Travel

### [Hurricane Dorian in the Bahamas](#)

September 12, 2019

Parts of the Bahamas, including the Abacos and Grand Bahama Island, have been severely affected by Hurricane Dorian. US residents should avoid nonessential travel to affected parts of the Bahamas.

## 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.

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

[Top](#)

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