



Travelers' Health

Panama



Travel Health Notices

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

Level 1 Practice Usual Precautions

- [Dengue in the Americas](#)
 September 25, 2023
 Dengue is a risk in many parts of Central and South America, Mexico, and the Caribbean. Some countries are reporting increased numbers of cases of the disease. Travelers to the Americas can protect themselves by preventing mosquito bites.

Vaccines and Medicines

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. If you or your doctor need help finding a location that provides certain vaccines or medicines, visit the [Find a Clinic](#) page.

Vaccines for disease	Recommendations	Clinical Guidance for Healthcare providers
Routine vaccines	Make sure you are up-to-date on all routine vaccines before every trip. Some of these vaccines include <ul style="list-style-type: none"> Chickenpox (Varicella) Diphtheria-Tetanus-Pertussis Flu (influenza) Measles-Mumps-Rubella (MMR) Polio Shingles 	Immunization schedules

Vaccines for disease	Recommendations	Clinical Guidance for Healthcare providers
COVID-19	All eligible travelers should be up to date with their COVID-19 vaccines. Please see Your COVID-19 Vaccination for more information.	COVID-19 vaccine
Hepatitis A	<p>Recommended for unvaccinated travelers one year old or older going to Panama.</p> <p>Infants 6 to 11 months old should also be vaccinated against Hepatitis A. The dose does not count toward the routine 2-dose series.</p> <p>Travelers allergic to a vaccine component or who are younger than 6 months should receive a single dose of immune globulin, which provides effective protection for up to 2 months depending on dosage given.</p> <p>Unvaccinated travelers who are over 40 years old, immunocompromised, or have chronic medical conditions planning to depart to a risk area in less than 2 weeks should get the initial dose of vaccine and at the same appointment receive immune globulin.</p>	<p>Hepatitis A - CDC Yellow Book</p> <p>Dosing info - Hep A</p>
Hepatitis B	Recommended for unvaccinated travelers younger than 60 years old traveling to Panama. Unvaccinated travelers 60 years and older may get vaccinated before traveling to Panama.	<p>Hepatitis B - CDC Yellow Book</p> <p>Dosing info - Hep B</p>
Malaria	<p>CDC recommends that travelers going to certain areas of Panama take prescription medicine to prevent malaria. Depending on the medicine you take, you will need to start taking this medicine multiple days before your trip, as well as during and after your trip. Talk to your doctor about which malaria medication you should take.</p> <p>Find country-specific information about malaria.</p>	<p>Malaria - CDC Yellow Book</p> <p>Considerations when choosing a drug for malaria prophylaxis (CDC Yellow Book)</p> <p>Malaria information for Panama.</p>
Measles	Infants 6 to 11 months old traveling internationally should get 1 dose of measles-mumps-rubella (MMR) vaccine before travel. This dose does not count as part of the routine childhood vaccination series.	Measles (Rubeola) - CDC Yellow Book
Rabies	<p>Rabid dogs are commonly found in Panama. However, if you are bitten or scratched by a dog or other mammal while in Panama, rabies treatment is often available.</p> <p>Consider rabies vaccination before your trip if your activities mean you will be around dogs or wildlife.</p> <p>Travelers more likely to encounter rabid animals include</p> <ul style="list-style-type: none"> • Campers, adventure travelers, or cave explorers (spelunkers) • Veterinarians, animal handlers, field biologists, or laboratory workers handling animal specimens • Visitors to rural areas <p>Since children are more likely to be bitten or scratched by a dog or other animals, consider rabies vaccination for children traveling to Panama.</p>	Rabies - CDC Yellow Book
Typhoid	Recommended for most travelers, especially those staying with friends or relatives or visiting smaller cities or rural areas.	<p>Typhoid - CDC Yellow Book</p> <p>Dosing info - Typhoid</p>
Yellow Fever	<p>Required for travelers ≥ 1 year old arriving from countries with risk for YF virus transmission.¹</p> <p>Recommended for travelers ≥ 9 months old going to all mainland areas east of the Canal Zone including Darién Province, the indigenous provinces (comarcas indígena) of Emberá and Kuna Yala (also spelled Guna Yala), and areas of the provinces of Colón and Panamá, east of the Canal Zone. Not recommended for travel limited to the Canal Zone; areas west of the Canal Zone; Panama City (the capital); Balboa district (Pearl Islands) of Panamá Province; or the San Blas Islands of Kuna Yala Province.</p>	Yellow Fever - CDC Yellow Book

Non-Vaccine-Preventable Diseases

Disease Name	Common ways the disease spreads	Advice	Clinical Guidance for Healthcare Providers
Avoid contaminated water			
Leptospirosis	<ul style="list-style-type: none"> • Touching urine or other body fluids from an animal infected with leptospirosis • Swimming or wading in urine-contaminated fresh water, or contact with urine-contaminated mud • Drinking water or eating food contaminated with animal urine 	<ul style="list-style-type: none"> • Avoid contaminated water and soil 	Leptospirosis
Avoid bug bites			
Chagas disease (American Trypanosomiasis)	<ul style="list-style-type: none"> • Accidentally rub feces (poop) of the triatomine bug into the bug bite, other breaks in the skin, your eyes, or mouth • From pregnant woman to her baby, contaminated blood products (transfusions), or contaminated food or drink. 	<ul style="list-style-type: none"> • Avoid Bug Bites 	Chagas disease
Dengue	<ul style="list-style-type: none"> • Mosquito bite 	<ul style="list-style-type: none"> • Avoid Bug Bites 	Dengue
Leishmaniasis	<ul style="list-style-type: none"> • Sand fly bite 	<ul style="list-style-type: none"> • Avoid Bug Bites 	Leishmaniasis
Zika	<ul style="list-style-type: none"> • Mosquito bite • An infected pregnant woman spread it to her unborn baby 	<ul style="list-style-type: none"> • Avoid Bug Bites 	Zika
Airborne & droplet			
Hantavirus	<ul style="list-style-type: none"> • Breathing in air or accidentally eating food contaminated with the urine, droppings, or saliva of infected rodents • Bite from an infected rodent • Less commonly, being around someone sick with hantavirus (only occurs with Andes virus) 	<ul style="list-style-type: none"> • Avoid rodents and areas where they live • Avoid sick people 	Hantavirus
Tuberculosis (TB)	<ul style="list-style-type: none"> • Breathe in TB bacteria that is in the air from an infected and contagious person coughing, speaking, or singing. 	<ul style="list-style-type: none"> • Avoid sick people 	Tuberculosis (TB)

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.

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: [National Center for Emerging and Zoonotic Infectious Diseases \(NCEZID\)](#)
[Division of Global Migration Health \(DGMH\)](#)