



Travelers' Health

Tanzania, including Zanzibar



Travel Health Notices

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

Level 2 Practice Enhanced Precautions

- [Global Polio](#)
 September 11, 2023
 Some international destinations have circulating poliovirus. Before any international travel, make sure you are up to date on your polio vaccines.

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
Cholera	<p>Areas of active cholera transmission are localized to Arusha (last case reported in the past 3 months), Dar Es Salaam (last case reported 6-9 months ago), Katavi (last case reported 6-9 months ago), Kigoma (last case reported 6-9 months ago), Kilimanjaro (last case reported in the past 3 months), Manyara (last case reported 9-12 months ago), Mara (last case reported in the past 3 months), Rukwa (last case reported 6-9 months ago) and Ruvuma (last case reported 6-9 months ago) in Tanzania. Cholera is rare in travelers. 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.</p> <p>Vaccination may be considered for children and adults who are traveling to areas of active cholera transmission.</p>	Cholera - CDC Yellow Book
Hepatitis A	<p>Recommended for unvaccinated travelers one year old or older going to Tanzania.</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 Tanzania. Unvaccinated travelers 60 years and older may get vaccinated before traveling to Tanzania.	<p>Hepatitis B - CDC Yellow Book</p> <p>Dosing info - Hep B</p>
Malaria	<p>CDC recommends that travelers going to certain areas of Tanzania 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 Tanzania.</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
Polio	<p>In Tanzania poliovirus has been identified in the past year.</p> <p>Travelers to Tanzania are at increased risk of exposure to poliovirus.</p> <p>Vaccine recommendations: Adults traveling to Tanzania who received a complete polio vaccination series as children may receive a single lifetime booster dose of inactivated polio vaccine; travelers who are unvaccinated or not fully vaccinated should receive a complete polio vaccination series before travel. Children who are not fully vaccinated will be considered for an accelerated vaccination schedule.</p>	<p>Polio - CDC Yellow Book</p> <p>Polio: For Travelers</p>

Vaccines for disease	Recommendations	Clinical Guidance for Healthcare providers
Rabies	<p>Rabid dogs are commonly found in Tanzania. If you are bitten or scratched by a dog or other mammal while in Tanzania, there may be limited or no rabies treatment 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 Tanzania.</p>	Rabies - CDC Yellow Book
Typhoid	Recommended for most travelers, especially those staying with friends or relatives or visiting smaller cities or rural areas.	Typhoid - CDC Yellow Book Dosing info - Typhoid
Yellow Fever	<p>Required for travelers ≥ 1 year old arriving from countries with risk for YF virus transmission; this includes >12-hour airport transits or layovers in countries with risk for YF virus transmission.¹</p> <p>Generally not recommended for travel to Tanzania.</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
Schistosomiasis	<ul style="list-style-type: none"> • Wading, swimming, bathing, or washing in contaminated freshwater streams, rivers, ponds, lakes, or untreated pools. 	<ul style="list-style-type: none"> • Avoid contaminated water 	Schistosomiasis

Avoid bug bites

African Sleeping Sickness (African Trypanosomiasis)	<ul style="list-style-type: none"> • Tsetse fly bite 	<ul style="list-style-type: none"> • Avoid Bug Bites 	African Trypanosomiasis
African Tick-Bite Fever	<ul style="list-style-type: none"> • Tick bite 	<ul style="list-style-type: none"> • Avoid Bug Bites 	African Tick-bite fever
Chikungunya	<ul style="list-style-type: none"> • Mosquito bite 	<ul style="list-style-type: none"> • Avoid Bug Bites 	Chikungunya
Crimean-Congo Hemorrhagic fever	<ul style="list-style-type: none"> • Tick bite • Touching the body fluids of a person or animal infected with CCHF 	<ul style="list-style-type: none"> • Avoid Bug Bites 	Crimean-Congo Hemorrhagic fever

Disease Name	Common ways the disease spreads	Advice	Clinical Guidance for Healthcare Providers
Dengue	<ul style="list-style-type: none"> Mosquito bite 	<ul style="list-style-type: none"> Avoid Bug Bites 	Dengue
Avoid animals			
Rift Valley Fever	<ul style="list-style-type: none"> Touching blood, body fluids, or tissue of infected livestock Mosquito bite 	<ul style="list-style-type: none"> Avoid animals Avoid Bug Bites 	Rift Valley fever
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 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.

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 \(DGMH\)](#)