Test Country page

Capital City : "Capital"
Official Language: "Language"
Monetary Unit: "Currency"

General Information

General Information

The information on these pages should be used to research health risks and to inform the pre-travel consultation.

Due to COVID-19, travel advice is subject to rapid change. Countries may change entry requirements and close their borders at very short notice. Travellers must ensure they check current Foreign, Commonwealth & Development Office (FCDO) travel advice in addition to the FCDO specific country page (where available) which provides additional information on travel restrictions and entry requirements in addition to safety and security advice.

Travellers should ideally arrange an appointment with their health professional at least four to six weeks before travel. However, even if time is short, an appointment is still worthwhile. This appointment provides an opportunity to assess health risks taking into account a number of factors including destination, medical history, and planned activities. For those with pre-existing health problems, an earlier appointment is recommended.

All travellers should ensure they have adequate travel health insurance.

A list of useful resources including advice on how to reduce the risk of certain health problems is available below.

Resources

- Food and water hygiene
- Insect and tick bite avoidance
- Personal safety
- Sexually transmitted infections
- Sun protection

Vaccine Recommendations

Vaccine Recommendations

Details of vaccination recommendations and requirements are provided below.

All travellers

Travellers should be up to date with routine vaccination courses and boosters as recommended in the UK. These vaccinations include for example measles-mumps-rubella (MMR) vaccine and diphtheria-tetanus-polio vaccine.

Country-specific diphtheria recommendations are not provided here. Diphtheria tetanus and polio are combined in a single vaccine in the UK. Therefore, when a tetanus booster is recommended for travellers, diphtheria vaccine is also given. Should there be an outbreak of diphtheria in a country, diphtheria vaccination guidance will be provided.

Those who may be at increased risk of an infectious disease due to their work, lifestyle choice, or certain underlying health problems should be up to date with additional recommended vaccines. See the individual chapters of the 'Green Book' Immunisation against infectious disease for further details.

Certificate Requirements

Please read the information below carefully, as certificate requirements may be relevant to certain travellers only. For travellers further details, if required, should be sought from their healthcare professional.

- There is a **risk of yellow fever** transmission in all areas of this country (see '*Most Travellers*' section below).
- Under International Health Regulations, proof of vaccination against yellow fever is required for travellers aged 9 months or over.
- According to World Health Organization (WHO), from 11 July 2016 (for all countries), the yellow fever certificate will be valid for the duration of the life of the person vaccinated. As a consequence, a valid certificate, presented by arriving travellers, cannot be rejected on the grounds that more than ten years have passed since the date vaccination became effective as stated on the certificate; and that boosters or revaccination cannot be required.
- The yellow fever vaccine is not suitable for all travellers, there are specific undesirable effects associated with it. This vaccine is only available at registered yellow fever vaccination centres. Health professionals should carefully assess the risks and benefits of the vaccine, and seek specialist advice if necessary.

Some travellers

The vaccines in this section are recommended for some travellers visiting this country. Information on when these vaccines should be considered can be found by clicking on the arrow. Vaccines are listed alphabetically.

Cholera

Cholera is a bacterial infection transmitted by contaminated food and water. Cholera can cause severe watery diarrhoea although mild infections are common. Most travellers are at low risk.

Prevention

All travellers should take care with personal, food and water hygiene.

Cholera vaccination

This oral vaccine is recommended for those whose activities or medical history put them at increased risk. This includes:

- aid workers.
- those going to areas of cholera outbreaks who have limited access to safe water and medical care.
- those for whom vaccination is considered potentially beneficial.

Cholera in brief

Hepatitis B

Hepatitis B is a viral infection spread through blood, semen and vaginal fluids. This mostly occurs during sexual contact or as a result of blood-to-blood contact (for example from contaminated equipment during medical and dental procedures, tattooing or body piercing procedures, and sharing of intravenous needles). Mothers with the virus can also pass on the infection to their baby during childbirth.

Hepatitis B in Test Country page

This country is considered to have an intermediate or high prevalence of hepatitis B.

Prevention

Travellers should avoid contact with blood or body fluids. This includes:

- Avoiding unprotected sexual intercourse.
- Avoiding tattooing, piercing, public shaving, and acupuncture (unless sterile equipment is used).
- Not sharing needles or other injection equipment.
- Following universal precautions if working in a healthcare or other higher risk setting.

A sterile medical equipment kit may be helpful when travelling to resource poor areas.

Hepatitis B vaccination

Vaccination could be considered for all travellers and is recommended for those whose activities or medical history put them at increased risk. This includes:

- Those who may have unprotected sex.
- Those who may be exposed to contaminated needles through injecting drug use.
- Those who may be exposed to blood or body fluids through their work (e.g. health and aid workers).
- Those at high risk of requiring medical or dental procedures or hospitalisation e.g. those with pre-existing medical conditions, those who may require travelling for medical care abroad, or those travelling to visit families or relatives.
- Long-stay travellers.
- Those who are participating in contact sports.
- Families adopting children from this country.

Hepatitis B in brief

Tuberculosis

TB is a bacterial infection most commonly affecting the lungs but can affect any part of the body. When a person with TB in their lungs or throat coughs or sneezes they could pass TB on to other people. TB is curable but can be serious if not treated.

The BCG vaccination helps to protect some people, particularly babies and young children who are at increased risk from TB.

Tuberculosis in Test Country page

This country has reported an annual TB incidence of greater than or equal to 40 cases per 100,000 population at least once in the last five years (further details).

Prevention

Travellers should avoid close contact with individuals known to have infectious pulmonary (lung) or laryngeal (throat) TB.

Those at risk during their work (such as healthcare workers) should take appropriate infection control and prevention precautions.

Tuberculosis (BCG) vaccination

BCG vaccine is recommended for those at increased risk of developing severe disease and/or of exposure to TB infection. See UK Health Security Agency Immunisation against infectious disease, the 'Green Book'.

For travellers, BCG vaccine is recommended for:

- Unvaccinated, children under 16 years of age, who are going to live for more than 3 months in this country. A tuberculin skin test is required prior to vaccination for all children from 6 years of age and may be recommended for some younger children.
- Unvaccinated, tuberculin skin test-negative individuals at risk due to their work such as healthcare or laboratory workers who have direct contact with TB patients or potentially infectious clinical material and vets and abattoir workers who handle animal material, which could be infected with TB.

There are specific contraindications to BCG vaccine. Health professionals must be trained and assessed as competent to administer this vaccine intradermally.

Following administration, no further vaccines should be administered in the same limb for 3 months.

The BCG vaccine is given once only, booster doses are not recommended.

Tuberculosis in brief

Polio

Polio is caused by one of three types of polio virus and is transmitted by contaminated food and water. Previous infection with one type of polio virus does not protect against other types of the virus.

Those at increased risk include travellers who are unvaccinated or under-vaccinated visiting friends and relatives, those in direct contact with an infected person, long-stay travellers, and those visiting areas of poor sanitation.

Polio in Test Country page

Prevention

All travellers should take care with personal and food and water hygiene.

Polio vaccination

- All travellers should have completed a polio vaccination course according to the UK schedule.
- A booster dose of IPV containing vaccine should be considered for immunosuppressed individuals travelling to an area (see above) with circulating vaccine-derived virus if they have not received a dose within the previous 10 years.

Polio in brief

Malaria

MALARIA ONE

MALARIA ONE

MALARIA THREE

MALARIA THREE

KML map test

Other Risks

There are some risks that are relevant to all travellers regardless of destination. These may for example include road traffic and other accidents, diseases transmitted by insects or ticks, diseases transmitted by contaminated food and water, sexually transmitted infections,

or health issues related to the heat or cold.

Some additional risks (which may be present in all or part of this country) are mentioned below and are presented alphabetically. Select risk to expand information.

Altitude

There is a risk of altitude illness when travelling to destinations of 2,500 metres (8,200 feet) or higher. Important risk factors are the altitude gained, rate of ascent and sleeping altitude. Rapid ascent without a period of acclimatisation puts a traveller at higher risk.

There are three syndromes; acute mountain sickness (AMS), high-altitude cerebral oedema (HACE) and high-altitude pulmonary oedema (HAPE). HACE and HAPE require immediate descent and medical treatment.

Altitude illness in France

There is a point of elevation in this country higher than 2,500 metres. An example place of interest; Mt Blanc 4,807m.

Prevention

- Travellers should spend a few days at an altitude below 3,000m.
- Where possible travellers should avoid travel from altitudes less than 1,200m to altitudes greater than 3,500m in a single day.
- Ascent above 3,000m should be gradual. Travellers should avoid increasing sleeping elevation by more than 500m per day and ensure a rest day (at the same altitude) every three or four days.
- Acetazolamide can be used to assist with acclimatisation, but should not replace gradual ascent.
- Travellers who develop symptoms of AMS (headache, fatigue, loss of appetite, nausea and sleep disturbance) should avoid further ascent. In the absence of improvement or with progression of symptoms the first response should be to descend.
- Development of HACE or HAPE symptoms requires immediate descent and emergency medical treatment.

Altitude illness in brief

Biting insects or ticks

Insects or tick bites can cause irritation and infections of the skin at the site of a bite. They can also spread certain diseases.

Diseases in Western Europe

There is a risk of insect or tick-borne diseases in some areas of Western Europe. This includes diseases such as West Nile virus.

Prevention

- All travellers should avoid insect and tick bites day and night.

- There are no vaccinations (or medications) to prevent these diseases.

Further information about specific insect or tick-borne diseases for this country can be found, if appropriate on this page, in other sections of the country information pages and the insect and tick bite avoidance factsheet.

Dengue

Dengue is a viral infection spread by mosquitoes which mainly feed during daytime hours. It causes a flu-like illness, which can occasionally develop into a more serious life-threatening illness. Severe dengue is rare in travellers.

The mosquitoes that spread dengue are more common in towns, cities and surrounding areas.

Since 2010, dengue outbreaks have been reported in France in the following areas: in the region of Provence-Alpes-Côte d'Azur (PACA) (departments of Alpes Maritimes, Bouches-du-Rhone and Var), the region of Occitanie (departments of Gard, Haute-Garonne, Hautes-Pyrénées Herault and Pyrénées-Orientale), the region of Auvergne Rhône-Alpes, the region of Île-de-France and the island of Corsica.

Dengue in Test Country page

Prevention

- Travellers should avoid mosquito bites particularly during daytime hours.
- A dengue vaccine is licensed in the UK for the prevention of dengue disease in individuals from 4 years of age. The Joint Committee on Vaccination and Immunisation (JCVI) and World Health Organization are in the process of reviewing the product information. Recommendations on the use of this vaccine will be published in due course.

Dengue in brief

Influenza

Seasonal influenza is a viral infection of the respiratory tract and spreads easily from person to person via respiratory droplets when coughing and sneezing. Symptoms appear rapidly and include fever, muscle aches, headache, malaise (feeling unwell), cough, sore throat and a runny nose. In healthy individuals, symptoms improve without treatment within two to seven days. Severe illness is more common in those aged 65 years or over, those under 2 years of age, or those who have underlying medical conditions that increase their risk for complications of influenza.

Seasonal influenza occurs throughout the world. In the northern hemisphere (including the UK), most influenza occurs from as early as October through to March. In the southern hemisphere, influenza mostly occurs between April and September. In the tropics, influenza can occur throughout the year.

Prevention

All travellers should:

- Avoid close contact with symptomatic individuals
- Avoid crowded conditions where possible
- Wash their hands frequently
- Practise 'cough hygiene': sneezing or coughing into a tissue and promptly discarding it safely, and washing their hands
- Avoid travel if unwell with influenza-like symptoms
- A vaccine is available in certain circumstances (see below)*

***In the UK, seasonal influenza vaccine is offered routinely each year to those at higher risk of developing of severe disease following influenza infection, and certain additional groups such as healthcare workers and children as part of the UK national schedule (see information on vaccination). For those who do not fall into these groups, vaccination may be available privately.**

If individuals at higher risk of severe disease following influenza infection are travelling to a country when influenza is likely to be circulating they should ensure they received a flu vaccination in the previous 12 months.

The vaccine used in the UK protects against the strains predicted to occur during the winter months of the northern hemisphere. It is not possible to obtain vaccine for the southern hemisphere in the UK, but the vaccine used during the UK influenza season should still provide important protection against strains likely to occur during the southern hemisphere influenza season, and in the tropics.

Avian influenza

Avian influenza viruses can rarely infect and cause disease in humans. Such cases are usually associated with close exposure to infected bird or animal populations. Where appropriate, information on these will be available in the outbreaks and news sections of the relevant country pages. Seasonal influenza vaccines will not provide protection against avian influenza.

Avian influenza in brief

Outdoor air quality

Poor air quality is a significant public health problem in many parts of the world. Exposure to high levels of air pollution over short time periods (e.g. minutes/hours/days) and longer time periods (e.g. years) is linked to many different acute and chronic health problems. These effects are mainly on the respiratory (lungs and airways) and cardiovascular (heart function and blood circulation) systems.

Current information on world air quality is available from the world air quality index project.

Prevention

Travellers with health problems that might make them more vulnerable to the effects of air pollution who are travelling to areas of high pollution should:

- Discuss their travel plans with their doctor, and carry adequate supplies of their regular medication.
- Take sensible precautions to minimise their exposure to high levels of air pollution.
- Check local air quality data and amend their activities accordingly.
- Take notice of any health advisories published by the local Ministry of Health and Department for Environment, and follow the guidance provided.

It is unclear if face masks are beneficial at reducing exposure and may make breathing more difficult for those with pre-existing lung conditions. Those who choose to use one should make sure that the mask fits well and know how to wear it properly.

Outdoor air quality in brief

Schistosomiasis

Schistosomiasis is a parasitic infection. Schistosoma larvae are released from infected freshwater snails and can penetrate intact human skin following contact with contaminated freshwater. Travellers may be exposed during activities such as wading, swimming, bathing or washing clothes in freshwater streams, rivers or lakes.

Schistosomiasis infection may cause no symptoms, but early symptoms can include a rash and itchy skin ('swimmer's itch'), fever, chills, cough, or muscle aches. If not treated, it can cause serious long term health problems such as intestinal or bladder disease.

Schistosomiasis in French Island of Corsica

Cases of schistosomiasis have previously been reported from Corsica. There is a very low risk of schistosomiasis in Corsica.

Prevention

- There is no vaccine or tablets to prevent schistosomiasis.
- All travellers should avoid wading, swimming, or bathing in fresh water. Swimming in adequately chlorinated water or sea water is not a risk for schistosomiasis.
- Drink water that is boiled, filtered or bottled.
- Application of insect repellent before exposure to fresh water, or towel drying after possible exposure to schistosomiasis are not reliable in preventing infection.
- If you have concerns about your risk, discuss with your health care provider.

Schistosomiasis in brief

Zika virus

Zika virus (ZIKV) is a viral infection spread by mosquitoes which predominantly feed during daytime hours. A small number of cases of sexual transmission of ZIKV have also been reported. Most people infected with ZIKV have no symptoms. When symptoms do occur, they are usually mild and short-lived. Serious complications and deaths are not common. However, ZIKV is a cause of Congenital Zika Syndrome (microcephaly and other congenital anomalies) and neurological complications such as Guillain-Barré syndrome.

FREE TEXT: Cases have previously been reported in...

Zika virus in Test Country page

Based on current evidence there is a **negligible risk** of Zika virus.

Prevention

- All travellers should avoid mosquito bites particularly during daytime hours.
- There is no vaccination or medication to prevent Zika virus infection.

Zika virus in brief

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Zika virus in Test Country page

There is a **very low risk** of Zika virus.

Prevention

- All travellers should avoid mosquito bites particularly during daytime hours.
- There is no vaccination or medication to prevent Zika virus infection.

Pregnant women should seek medical advice if they develop Zika virus symptoms or are concerned.

Zika virus in brief

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Zika virus in Test Country page

There is a risk of Zika virus in this country. Details of specific affected areas within this country are not available, but information on current outbreaks where available will be reported on our outbreak surveillance database.

Pregnant women should discuss the suitability of travel and the potential risk that Zika virus may present with their health care provider.

Prevention

- All travellers should avoid mosquito bites particularly during daytime hours.
- There is no vaccination or medication to prevent Zika virus infection.
- Women should avoid becoming pregnant while travelling in this country, and for 2 months (8 weeks) after their last possible Zika virus exposure* (see below if male partner has travelled).
- If a woman develops symptoms compatible with Zika virus infection, it is recommended she avoids becoming pregnant for a further 2 months following recovery.
- Women who visited this country while pregnant, or who become pregnant within 2 months after their last possible Zika virus exposure*, should contact their GP, obstetrician or midwife for further advice, even if they have not been unwell.

Please note screening of returning travellers without Zika virus symptoms is not available on the NHS. Couples planning pregnancy in the very near future should consider whether they should avoid travel to a country or area with risk of Zika virus, rather than delay conception for the recommended period (see below) after travel. This particularly includes couples in assisted fertility programmes.

Prevention of sexual transmission

Couples should follow guidance on prevention of sexual transmission of Zika virus and avoid conception as follows:

- If both partners travelled, for 3 months after last possible Zika virus exposure.*
- Male traveller only, for 3 months after last possible Zika virus exposure.*
- Female traveller only, for 2 months after last possible Zika virus exposure.*

See further information for pregnant women, their partners and couples planning pregnancy .

***Last possible Zika virus exposure is defined as the later of either the date of leaving a country or area with risk for Zika virus transmission, or the date on which unprotected sexual contact with a potentially infectious partner took place.**

See detailed guidance on factors to consider when assessing the risk of Zika virus.

Zika virus in brief

Zika virus

Zika virus (ZIKV) is a viral infection spread by mosquitoes which predominantly feed during daytime hours. A small number of cases of sexual transmission of ZIKV have also been reported. Most people infected with ZIKV have no symptoms. When symptoms do occur, they are usually mild and short-lived. Serious complications and deaths are not common. However, ZIKV is a cause of Congenital Zika Syndrome (microcephaly and other congenital anomalies) and neurological complications such as Guillain-Barré syndrome.

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Zika virus in Test Country page

There is a **high risk** of Zika virus.

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Pregnant women should consider avoiding travel to this country until after the pregnancy. In the event that travel is unavoidable, the pregnant traveller must be informed of the risks which Zika virus presents.

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Prevention

- All travellers should avoid mosquito bites particularly during daytime hours.
- There is no vaccination or medication to prevent Zika virus infection.
- Women should avoid becoming pregnant while travelling in this country, and for 2 months (8 weeks) after their last possible Zika virus exposure* (see below if male partner has travelled).
- If a woman develops symptoms compatible with Zika virus infection, it is recommended she avoids becoming pregnant for a further 2 months following recovery.
- Women who visited this country while pregnant, or who become pregnant within 2 months after their last possible Zika virus exposure*, should contact their GP, obstetrician or midwife for further advice, even if they have not been unwell.

Please note screening of returning travellers without Zika virus symptoms is not available on the NHS. Couples planning pregnancy in the very near future should consider whether they should avoid travel to a country or area with risk of Zika virus, rather than delay conception for the recommended period (see below) after travel. This particularly includes couples in assisted fertility programmes.

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Prevention of sexual transmission

Couples should follow guidance on prevention of sexual transmission of Zika virus and avoid conception as follows:

- If both partners travelled, for 3 months after last possible Zika virus exposure.*
- Male traveller only, for 3 months after last possible Zika virus exposure.*

- Female traveller only, for 2 months after last possible Zika virus exposure.*

See further information for pregnant women, their partners and couples planning pregnancy .

***Last possible Zika virus exposure is defined as the later of either the date of leaving a country or area with risk for Zika virus transmission, or the date on which unprotected sexual contact with a potentially infectious partner took place.**

See detailed guidance on factors to consider when assessing the risk of Zika virus.

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Zika virus in brief

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Latest News

Latest Outbreaks