

Travax® Traveler Health Report

Itinerary

Round trip: United States → Zambia → United States

Health Concerns Summary

The following may pose a risk or require preventive measures based on this itinerary. See the report sections below for details.

- **Vaccine-Preventable Diseases:** hepatitis A, hepatitis B, influenza, measles, mumps, rubella, rabies, typhoid fever, yellow fever
- **Malaria**
- **Other Diseases:** African trypanosomiasis, schistosomiasis, traveler's diarrhea, tuberculosis, Zika

Yellow Fever

Requirement Information (for entry)

Is yellow fever vaccine an official requirement for this itinerary?

NO. An official certificate showing vaccination is not required for entry by any country on the entered itinerary sequence, but view full details and see "YF Requirement Table" if there are additional transited countries.

- **Visa application:** Proof of YF vaccination may be required for certain visa applicants. Travelers should contact the appropriate embassy or consulate with questions and, if it is required for their visa, carry the YF certificate with their passport on the day of travel.

Yellow Fever Requirement Table for this Itinerary

The following values result in the "NO" requirement result shown above (based on a round trip with United States as the home country):

Yellow Fever Requirement Table					
Country	Transm. Risk	Required if Coming From	Applies to Ages	ICVP Validity	See Note
UNITED STATES	No	None	None		
ZAMBIA	No	Country with Transm. Risk	9 mos. and older	Lifetime	2

Note 2: Direct air transit stops in a "Required if Coming From" country may impact the yellow fever requirement. Please refer to the Individual Country Requirements information presented below to review this country's requirement and determine whether qualifying transit stops should be added to the itinerary in Report Builder.

Individual Country Requirements

As of June 2014 the IHR have been amended to state an indefinite validity of an ICVP no matter when issued. The pre-existing 10-year limitation on the validity of an ICVP may continue to be enforced by individual countries for an unpredictable amount of time. Countries that definitively declare acceptance of the 2014 amendment or continuing application of the 10-year limitation are noted in the above table and in Travax. A country that has made no declaration to WHO may still have a 'Within 10 years' policy in effect.

- **Zambia**
 - A vaccination certificate (valid for life) is required for travelers 9 months of age and older coming from countries with risk of YF transmission. *Note:* This applies to airport layovers > 12 hours in such countries. Proof of YF vaccination is often required for travelers coming from non-risk countries, despite Zambia's published declaration to the contrary under the International Health Regulations.

Recommendation Information (for health protection)

Is yellow fever vaccine a recommended protective measure for this itinerary?

NO. Vaccination is not recommended except for highly risk-averse and long-stay travelers. See additional information below.

Individual Country Recommendations

- **Zambia**

- *Not recommended except for highly risk-averse travelers and long-stay travelers:* North-Western and Western provinces. Although no human or non-human primate cases of YF have been reported from these areas, recent serosurvey data indicate very low rates of possible exposure in the local populations.
- *Not recommended:* itineraries limited to any areas not listed above.

Other Immunization Recommendations

- **Hepatitis A**

- **Zambia**

- *Recommended for:* all travelers.

- **Typhoid fever**

- **Zambia**

- *Recommended for:* all travelers.

- **Influenza**

- **Zambia**

- Risk exists throughout the year in the tropics. *Recommended for:* all travelers due to demonstrated influenza risk in this group. Immunity may have declined in those vaccinated > 6 months earlier; consider an additional dose using the most recently available vaccine formulation. Consider oseltamivir as standby therapy, especially for those who are at high risk for complications from influenza.

- **Hepatitis B**

- **Zambia**

- *Recommended for:* prolonged stays; frequent short stays in this or other high risk countries; adventure travelers; the possibility of acupuncture, dental work, or tattooing; all health care workers; the possibility of a new sexual partner during the stay; injection drug users; and travelers with high potential to seek medical care in local facilities. Consider for short stays in travelers desiring maximum pre-travel preparation. Increased awareness is recommended regarding safe sex and body fluid/blood precautions.

- **Measles, mumps, rubella**

- **Zambia**

- Indicated for those born in 1957 or later (1970 or later in Canada and U.K.; 1966 or later in Australia) without evidence of immunity or of 2 adequate doses of live vaccine at any time during their lives. Also indicated for those born before 1970 (in Canada) without evidence of immunity or vaccination with measles-containing vaccine at or after age 1 year.

- **Polio**

- **Zambia**

- Adult polio boosters are not recommended for travel to this country.

- **Rabies**

- **Zambia**

- Significant risk from dogs exists throughout the country, especially in Central, Copperbelt, Lusaka, and Southern provinces. *Recommended for prolonged stays:* all travelers and expatriates, with a priority for young children. *Recommended for shorter stays:* adventure travelers, hikers, cyclists, and cavers; locations more than 24 hours' travel from a reliable source of human rabies immune globulin and rabies vaccine for postexposure treatment; occupational exposure (such as veterinarians and wildlife professionals); and all travelers likely to have contact with bats. *Consider for:* risk-averse travelers with shorter stays desiring maximum pre-travel preparation. Dog, other terrestrial mammal, and bat bites or scratches should be taken seriously and postexposure prophylaxis sought even in those already immunized.

- **Routine vaccinations** (adults only)
 - **Tetanus, diphtheria, pertussis**
 - **Zambia**
 - Due to increasingly frequent pertussis outbreaks worldwide, all travelers should receive Tdap vaccine every 10 years, assuming they previously received an adequate primary series. Those who received Td or TT for their most recent booster should receive an immediate dose of Tdap, regardless of interval since the last tetanus dose.
 - **Pneumococcal**
 - **Zambia**
 - Recommended for adults aged ≥ 65 years and all adults with chronic disease or immunocompromising conditions.
 - **Varicella**
 - **Zambia**
 - Indicated for all persons born outside the U.S. or born in the U.S. after 1979, except not indicated for persons with an adequate vaccination history (2 lifetime doses), reliable evidence of previous infection, or laboratory confirmation of immunity.

Malaria

Malaria Information

- **Zambia**
 - **General malaria information:** predominantly *P. falciparum*. Extremely high transmission occurs throughout the year, and is highest from November through June in all areas except the Zambezi Valley and Victoria Falls, where transmission is constant throughout the year.
 - **Location-specific recommendations:**
 - *Chemoprophylaxis is recommended for all travelers:* throughout the country, including all cities and towns, even for very short stays.

Malaria Prophylaxis

Drug choice depends on personal factors discussed between the traveler and medical provider. No preventive measure is 100% effective. Immediate medical attention is necessary for fever or influenza-like illness within 3 months after travel in a malaria risk area. Include mention of travel history.

- **Zambia**
 - **Preventive measures:** Evening and nighttime insect precautions are essential in areas with any level of transmission. Atovaquone/proguanil (Malarone or generic), doxycycline, and mefloquine are protective in this country. Effective antimalarial drugs may not be available in this country. Travelers staying longer than 3 weeks should consider carrying a treatment dose of co-artemether or atovaquone/proguanil in case their protective medicines fail (treatment dose should be administered under the supervision of a qualified local health care provider).

Country Profile(s)

ZAMBIA

General Information

Zambia is a developing nation in the lower half of the world's economies. Located east of Angola in southern Africa, its climate is tropical but varies by altitude.

Traveler's Diarrhea

- Moderate risk exists in deluxe accommodations; high risk exists elsewhere. Food and beverage precautions are essential to reduce the likelihood of illness.
- Travelers should carry loperamide and/or a quinolone antibiotic for presumptive self-treatment of diarrhea if it occurs.

Other Concerns

- **Sexually Transmitted Infections:** HIV/AIDS is estimated to be present in 13% of the adult population putting this country in the top tier of all countries. In addition, 65% of sex workers in the capital city are estimated to be HIV positive. Travelers should clearly understand STI concepts and risks for HIV transmission.
- **Tuberculosis:** This disease is common in all developing countries. However, this country has an incidence of over 100 cases per 100,000 population, the highest risk category. Travelers planning to stay more than 1 month should have pre-departure PPD skin test status documented. Travelers should avoid crowded public places and public transportation whenever possible. Domestic help should be screened for TB.
- **Zika:** Negligible risk may exist throughout the country, but current epidemiologic data are unavailable. Daytime insect precautions are recommended.
- **African Trypanosomiasis:** Risk exists in and around national parks of the northeast (Isangano, Kasanka, Lavushi Manda, and North and South Luangwa National Park). Sporadic cases have also been reported in Kafue National Park. Conventional insect repellents (DEET and permethrin) are ineffective. Wearing of light-colored (not blue), heavyweight clothing is recommended.
- **Schistosomiasis:** Significant risk exists throughout the country, especially in Lusaka Province, Lake Kariba, and surrounding areas. Travelers should avoid freshwater exposure.
- **Medication Restrictions:** Customs authorities strictly regulate the importation of medications. Zambia considers certain prescription medications and over-the-counter diphenhydramine-containing medications (Benadryl and generics) to be controlled substances (<http://photos.state.gov/libraries/zambia/231771/PDFs/controlleddrugsaspercap96.pdf>). Carrying banned substances may result in incarceration, confiscation of passport, and charges of drug trafficking. Travelers should take extra care to carry all prescription drugs in the original packaging and to carry the original prescription.

Medical Care

- Medical care is substandard throughout the country including Lusaka. Shortages of routine medications and supplies may be encountered. Adequate evacuation coverage for all travelers is a high priority. In the event of a serious medical condition, medical evacuation to Johannesburg/Pretoria is likely to be necessary. Strict documentation requirements for minor children entering South Africa may impede unanticipated medical evacuation of minors into the country.
- For a private ambulance in Lusaka, call Care for Business at [+260] 973-674-592. The national emergency number is 999.
- Emergency services are limited. Travelers should know their blood group and carry a sterile medical kit including needles, dressings, etc.
- Immediate cash payment may be expected for health services. There is no clear information as to whether credit cards are accepted for medical care, but credit card fraud is increasingly common in Zambia.

Travel Advisory

The material below has been compiled or quoted verbatim from the consular websites of the United States, United Kingdom, Canada, and Australia and, in some cases, the U.S. Overseas Security Advisory Council and internationally recognized media sources. Standard safety precautions that apply to all international travel are not included in this advisory. Please refer to the "Safety and Security" handout for standard precautions.

Consular Travel Warning

Due to ongoing security concerns, a Canadian consular warning currently advises against all non-essential travel to border areas with the Democratic Republic of the Congo and Angola. Other governments warn against all non-essential travel to border areas with Democratic Republic of the Congo, Angola, and Mozambique.

Consider Avoiding

- The risk of land mines is high in Zambia's border areas with Angola and Mozambique, and travelers should exercise caution when venturing off the main roads. The possibility of border conflicts and/or the presence of refugees and armed combatants make these areas potentially dangerous and unstable. Carjacking and armed assaults also pose a risk.

Crime

- Illegal drug trafficking occurs on a limited scale. Do not accept packages from strangers or carry parcels if unsure of their contents.
- Petty crime such as pickpocketing, purse snatching, and vehicle and hotel break-ins are a concern, particularly in Lusaka. Armed robbery, carjacking, petty crime, and residential break-ins occur throughout the country.

Civil Unrest

- Demonstrations and strikes are common.

Miscellaneous Safety

- It is recommended to avoid swimming in lakes and rivers due to the presence of crocodiles.

Road Conditions and Hazards

- Many roads are severely potholed. Traffic accidents occur frequently throughout the country, especially on the Great East Road in Lusaka. Bad driving habits, poorly maintained vehicles, pedestrians, animals wandering onto roads, and inadequate road lighting also pose safety risks when driving. Avoid overland travel to rural areas after dark.

Driving Laws

- Traffic drives on the left.
- Vehicles must be equipped with 2 metallic emergency triangles, white reflector stickers in front, and red reflector stickers in back.
- Penalties for drunk driving are severe.
- It is illegal to drive while talking on a mobile telephone.
- Seat belts are mandatory, as are helmets for motorcyclists.
- Turning left at a red light is prohibited.
- An International Driving Permit (IDP) is recommended.

Public Transportation

- Exercise caution when using public transportation, especially buses, which are often overloaded. Taxi fares are expensive and should be paid in local currency.
- Taxi fares are expensive and should be paid in local currency.
- Rail service is limited.

Natural Disasters and Climate

- The rainy season extends from December to April. Rural roads may become impassable during this period.

Roadblocks

- Police roadblocks are common throughout the country and identity documents may be requested.

Exit Fees

- An airport tax is charged upon departure, payable in local currency if not included in the price of airfare.

Other Laws

- Zambian immigration officials insist that visitors carry the original or a certified copy of their passport and immigration permit at all times. Certified copies must be obtained from the immigration office that issued the permit.
- The possession or use of narcotics, including marijuana, is strictly prohibited. Convicted offenders could face stiff penalties including long jail sentences and/or deportation.
- Homosexual activity is illegal and may result in long terms of imprisonment.
- The government of Zambia considers it treasonous for anyone to discuss the Barotseland Agreement or Barotseland

autonomy/secession.

- The possession of pornographic material is illegal in Zambia, and offenders may be jailed and/or deported.
- Photography of military zones, facilities, and personnel, as well as airports, bridges, and other facilities deemed to be of security relevance, is illegal. Such sites may not be clearly marked, and the first notification that a traveler may receive is a police officer demanding the camera disk and/or camera.

Availability of Basic Infrastructure and Tourist Facilities

- Outside of Lusaka, Livingstone, and well-known game parks, tourist facilities are not fully developed.

Dual Citizenship

- Zambia does not recognize dual nationality.

Currency

- The currency is the Zambian kwacha (ZMK). All transactions must be carried out in kwacha. While foreign currency can still be exchanged in Zambia, it is against the law to quote, pay, or demand to be paid or receive foreign currency as legal tender for goods, services, or any other domestic transaction. Doing so can result in a fine or a 10-year prison sentence. Major credit cards are accepted in larger supermarkets, restaurants, stores, and hotels in large urban centers only. ATMs are available within Lusaka and some of the major towns in Zambia, though these tend to only accept Visa and not MasterCard.

Import and Export Information

- It is against Zambian law to buy, possess, or transport animals or animal products, such as tortoise shells, rhino horns, elephant ivory, tusks of any animal, or any items made out of these materials.

Visa/HIV Testing

- Visa applicants may need to meet specific requirements. Review the application and contact the appropriate embassy or consulate with questions. The U.S. Department of State is unaware of any HIV/AIDS entry restrictions for visitors to or foreign residents of Zambia.

Consular Information

Selected Embassies or Consulates in Zambia

- U.S. Embassy: Tel.: [+260] 21-357-000, zambia.usembassy.gov
- Canadian Embassy: Tel.: [+260] 21-25-08-33, www.zambia.gc.ca
- U.K. Embassy: Tel.: [+260] 211-423-200, ukinzambia.fco.gov.uk/en
- Australian Embassy: Australia does not have an Embassy or Consulate in Zambia. Travelers can obtain consular assistance from the nearest Australian Embassy, which is in Zimbabwe. Tel.: [+263] 4-853-235-55, www.zimbabwe.embassy.gov.au

Zambia's Embassies or Consulates in Selected Countries

- In the U.S.: www.zambiaembassy.org
- In Canada: www.zambiahighcommission.ca
- In the U.K.: www.zambiahc.org.uk

Basic Preventive Measures

Many travel-related health and safety problems can be significantly reduced through appropriate behavior by the traveler. Risk can be minimized by adherence to the following measures.

INSECT PRECAUTIONS

- Wear clothing that exposes as little skin as is practicable.

- Apply a repellent containing the insecticide DEET (concentration 30-35%) or picaridin (concentration 20% or greater for tropical travelers).
 - Picaridin products in the U.S. with 20% concentration include Natrapel (Tendercorp) and Picaridin Insect Repellent (Sawyer). Picaridin is also known as Icaridin in some countries.
 - Picaridin has a pleasant smell, an advantage over DEET.
- The repellent should be applied to all exposed nonsensitive areas of the body. Frequent application ensures continuous protection.
- The time of day and type of insects to be avoided determine when the repellent should be applied.
 - Mosquitoes that transmit malaria (*Anopheles* mosquitoes) are generally night biters. In risk areas, be especially vigilant in applying repellent from dusk to dawn.
 - Mosquitoes that transmit dengue, chikungunya, and yellow fever (*Aedes* mosquitoes) are generally day biters. In risk areas, be especially vigilant in applying repellent during daytime hours, especially during peak biting times during the early morning hours and again in late afternoon.
 - Mosquitoes that transmit West Nile virus and Japanese encephalitis (*Culex* mosquitoes) are most active at dusk and again at dawn. In risk areas, be especially vigilant in applying repellent from dusk to dawn.
- Consider treating outer clothing, tents, and sleeping bag liners with permethrin (or other pyrethroid) when traveling in an area of very high risk for malaria or other mosquito-borne or tick-borne diseases.
- If not sleeping in a sealed, air-conditioned room, sleep under a permethrin-impregnated bed net when at high risk of malaria. Regularly check the net for rips and tears, and keep it tucked in around the bed at all times. Ensure that all open windows have insect screens.
- Use an aerosol insecticide before going to bed and a vaporizer device throughout the night.
- Outdoors, a smoldering pyrethroid coil can be used to reduce flying insects.
- In areas where tick-borne disease is a risk, perform a full body check at least once a day.

SAFE FOOD and BEVERAGES

- Always wash hands with soap before eating and after using the toilet.
- Avoid purchasing food from market stalls and street vendors.
- Avoid buffets without food covers or fly controls.
- Avoid high risk food such as shellfish, raw or undercooked foods, unpasteurized dairy products, mayonnaise, unpeeled fruits, and salads.
- Avoid tap water and drinks/ice made from tap water, unless advised of their safety by a reliable source.
- Use sealed bottled water or treated water for drinking and brushing teeth. (See *Treating Water*.)

BLOOD-BORNE and SEXUALLY TRANSMITTED DISEASES (STDs)

- STDs, hepatitis B, and HIV are generally more prevalent in developing countries. Unprotected casual sex whether with the local population or with fellow travelers is always high risk.
- Inhibitions are diminished when traveling away from the social constraints of home. In addition, excess alcohol and other recreational drugs can influence behavior and encourage unintentional risk exposure.
- HIV and hepatitis B may be transmitted through blood, blood products, and contaminated surgical or dental instruments. These may be required following accidents or trauma. Consider carrying a needle and suture kit for high risk areas. If possible, defer medical treatment and travel to a facility where safety can be assured. Tattooing and body piercing carry similar risks.

SAFETY and CRIME AVOIDANCE

- Make sure at least one other person knows your whereabouts and expected schedule at all times.
- Use extra caution in tourist sites, market places, elevators, crowded subways, train stations and festivals, and avoid marginal areas of cities.
- Use only "registered" taxis, preferably radio taxis.
- Avoid visible signs of wealth in dress or jewelry.
- Be constantly attentive to surroundings and be wary of any stranger who engages you in any form of conversation or touches you in any way no matter how accidental the contact may appear to be.
- Carry only a photocopy of your passport face page and legal entry stamp; leave the actual passport in a hotel safe or at your residence.
- Wear your hand bag across your chest to prevent it from being snatched.

- Familiarize yourself with common local scams and distraction techniques.
- If you are confronted, give up your valuables. Money and passports can be replaced; you cannot.
- U.S. citizens can register foreign trip and residence information with the Department of State at travelregistration.state.gov, which facilitates communication and assistance in case of an emergency.

Safety in the Hotel

- Keep your hotel door locked at all times.
- Look for fire safety instructions in your hotel room. Familiarize yourself with escape routes upon arrival.
- Keep valuables in the room safe or the hotel safe.

Safety When You Drive

- Try to drive with windows closed.
- Keep car doors locked at all times.
- Wear seat belts at all times.
- Avoid driving at night or alone, and never drive outside urban areas after dark.
- Don't drink and drive.
- Never drive a motorcycle or scooter abroad.
- If available, long-stay and business travelers should arrange a locally purchased mobile phone to be in the vehicle whenever traveling.

SWIMMING and WATER EXPOSURE

- Currents, tides, and underwater hazards put swimmers at risk of injury or drowning. Heed posted warnings and avoid beaches that are not patrolled. Do not swim alone or after dark and do not walk on any beach after dark.
- Wear appropriate footwear when walking, wading, or swimming to avoid injury, parasites, and poisonous plants or animals.
- In tropical waters, watch for jellyfish, sea anemones, and corals.
- Avoid any exposure (even wading) in water known to be infected with schistosomiasis (bilharzia).
- Avoid water where there is sewage contamination or algae present.
- Sand may be contaminated in areas frequented by animals. Sit on a towel, blanket, or piece of clothing if chairs or hammocks are not available. Shake out all fabrics thoroughly after use.

RABIES

- Never presume an animal is free of rabies.
- Don't stroke or handle pets or unknown animals. Children need to be closely supervised.
- If bitten, scratched, or licked on broken skin, cleanse the wound immediately with soapy water and seek postexposure treatment for rabies.

SKIN/WOUND CARE

- Broken skin may become infected and lead to serious problems. Any bite, cut, or broken skin should be cleaned with safe water. Apply an antiseptic as a solution or spray. Avoid creams since they can trap dirt.
- Increasing pain, redness, or discharge from a cut suggests a spreading infection and may require antibiotic treatment. Seek medical help.

TUBERCULOSIS

- Tuberculosis is prevalent in most developing countries and also presents risk in certain developed countries. Avoid crowded public transportation or crowded public places which are poorly ventilated.
- Distance yourself immediately from anyone with a chronic or heavy cough.
- Screen domestic help for tuberculosis.
- Long-stay residents should have a TB skin test pre-departure and once per year thereafter.

PRE-TRAVEL CHECKLIST

- Before departure, if you are using medication or have a medical condition, ensure adequate supplies of medication for the full journey and that they are securely packaged in their original containers and carried in more than one place. You should have a letter from your physician, stating your condition and the medications and/or medical supplies you are carrying.
- Always arrange adequate medical and evacuation insurance when traveling. Ensure all pre-existing medical issues are declared to the insurer so that non-covered conditions are ascertained in advance. Have the contact details recorded and accessible at all times during travel.
- Pre-departure medical and dental exams are advised.
- Pack a spare pair of eyeglasses or contact lenses, and adequate cleansing solution if applicable.
- If you have concerns about jet lag, altitude illness, or motion sickness ask your travel health provider about medications that may be suitable for you.
- Pack sunglasses, wide-brimmed hats, sunscreen lotions, and lip protection to avoid sun exposure problems during travel.

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