



eco₂

HEALTH FACTSHEET

Travel in tropical countries is not without risk but with proper preparation, health risks can be kept to a minimum.

The information in this factsheet is based on guidelines from the National Health Travel Network and Centre in the UK for travel to Tanzania. Further information can be found online at www.nathnac.org.

Recommended vaccinations:

It is advisable to visit your doctor or a travel clinic as early as possible before you travel. You may not need all the vaccinations from the recommendations below, but your doctor can discuss the level of risk and advise you which should consider.

Remember, some vaccinations must be given up to twelve weeks or more before travel, so visit your doctor as soon as you start making plans.

Depending on your risk level, the recommendations for Tanzania are to have vaccinations or boosters for:

- Cholera (2 weeks before departure)
- Hepatitis A (2 weeks before departure)
- Hepatitis B (8 weeks before departure)
- Meningococcal meningitis
- Rabies (4 weeks before departure)
- Tetanus (a booster if you have been immunised)
- Tuberculosis (if you have not had a BCG, this can take up to 12 weeks)
- Typhoid (10 days before departure)
- Yellow Fever (10 days before departure)*

* There is a risk of Yellow Fever transmission in Tanzania and you may need to have a Yellow Fever vaccination certificate to enter other countries from Tanzania. Check with your doctor before travelling.

Malaria:

Malaria precautions are advised in Tanzania all year round and medication should begin before you travel. No anti-malaria prophylaxis is entirely effective or without side effects, so you should discuss the level of risk with your doctor or travel clinic.

The most commonly used prophylaxis are:

- Doxycycline (start one week before departure)
- Atovaquone / proguanil – brand name Malarone (start two days before departure)

Bite prevention

Even if you are taking malaria prophylaxis you should still make the effort to avoid being bitten – there are other diseases associated with mosquito bites.

Malaria is transmitted to humans via the bite of an infected female Anopheles mosquito. Anopheles mosquitoes generally bite between sunset and sunrise and are attracted to humans by several factors including heat, odour and carbon dioxide.

Avoid mosquito bites by wearing long sleeves and trousers; use insect repellent on exposed skin; and sleep under a mosquito net (most hotels in Mikindani and Mtwara have mosquito nets but ask if you're not sure).

Other health considerations:

Food and water hygiene

The hotels recommended by eco2 serve safe food and drinks and use mineral water for ice - we have never had any problems. There are also many other good restaurants in Mikindani and Mtwara.

However, many holiday illnesses are passed on through contaminated food and water. So if you're unsure you should follow standard travel advice for tropical countries:

- drink, and clean your teeth with, mineral water and check that bottle seals are unbroken;
- do not have ice in your drinks;
- avoid salads and uncooked foods;
- avoid pre-cooked food kept at room temperature, or food left exposed to flies;
- do not drink unpasteurised milk and check all dairy products to ensure they don't use unpasteurised milk;
- wash your hands after visiting the toilet and before preparing or eating food.

Sun protection

We advise that you use high factor sunscreens all year round in Tanzania – on the boat at the end of a dive you may not feel the sun but it is still strong. You may also want to bring a hat.

The sun is strongest here in the Mtwara region between November and March.

Note that Doxycycline anti-malaria prophylaxis can make your skin more sensitive to sunlight, so be conservative.