

Travax[®] Traveler Health Report

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](#), [meningococcal meningitis](#), [rabies](#), [typhoid](#), [yellow fever](#)
- [Malaria](#)
- Other Diseases: altitude sickness, American trypanosomiasis, bartonellosis, brucellosis, dengue fever, hantavirus, leishmaniasis, Lyme disease, schistosomiasis, traveler's diarrhea, tuberculosis

Yellow Fever

Requirement Information (for entry)

Is yellow fever vaccine an official requirement for this itinerary?

YES. An official vaccination certificate is required for entry by a country on this itinerary sequence. See "YF Requirement Table" below for details.

- 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 "YES" requirement result shown above (based on a round trip with Canada as the home country):

Yellow Fever Requirement Table				
Country	Transm. Risk	Required if Coming From	Applies to Ages	See Note
CANADA	No	None	None	
BRAZIL	Yes	None	None	
COLOMBIA	Yes	None	None	
ECUADOR	Yes	Country with Transm. Risk	1 yr. and older	1
GUATEMALA	No	Country with Transm. Risk	1 yr. and older	
NICARAGUA	No	Country with Transm. Risk	1 yr. and older	
PANAMA	Yes	Country with Transm. Risk	All	
PARAGUAY	Yes	Country with Transm. Risk	1 yr. and older	
URUGUAY	No	Country with Transm. Risk	All	
PERU	Yes	None	None	

Note 1: Additional conditions pertain for this country's requirement. Please refer to the Individual Country Requirements information presented below.

Individual Country Requirements

- Ecuador
 - A vaccination certificate is required for travelers over 1 year of age coming from countries with risk of YF transmission. Also required for nationals and residents of Ecuador on their departure to an area with risk of YF transmission. *Note:* Ecuadorian authorities may require a vaccination certificate for travel to the Amazon region (areas east of the Andean highlands); travelers should carry their certificate with them.

- Guatemala, Nicaragua, Paraguay
 - A vaccination certificate is required for travelers over 1 year of age coming from countries with risk of YF transmission.
- Panama, Uruguay
 - A vaccination certificate is required for travelers coming from countries with risk of YF transmission.

Recommendation Information (for health protection)

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

YES. Vaccination is recommended for travel to areas of one or more countries on this itinerary.

Individual Country Recommendations

- Brazil
 - *Recommended for travelers over 9 months of age:* the states of Acre, Amapá, Amazonas, Distrito Federal (including the capital city of Brasília), Goiás, Maranhão, Mato Grosso, Mato Grosso do Sul, Minas Gerais, Pará, Rondônia, Roraima, Tocantins, and designated areas (see map) of the following states: Piauí, Bahia, São Paulo, Paraná, Santa Catarina [8], and Rio Grande do Sul [9]. Vaccination is also recommended for travelers visiting Iguazu Falls. Daytime insect precautions are essential for unvaccinated travelers.
 - *Not recommended:* itineraries limited to the cities of Rio de Janeiro, São Paulo, Salvador, Recife, or Fortaleza, or any other areas not listed above.
- Colombia
 - *Recommended for travelers over 9 months of age:* areas below 2,300 m (7,500 ft) (see map) in the departments of Amazonas, Antioquia [9], Arauca [11], Atlántico [2], Bolívar [6], Boyacá [13], Caldas [15], Caquetá, Casanare [12], Cauca [22], Cesar [4], Córdoba [8], Cundinamarca [14], Guainía, Guaviare [26], Huila [24], Magdalena [3], Meta, Norte de Santander [5], Putumayo [25], Quindío [18], Risaralda [16], San Andrés y Providencia, Santander [10], Sucre [7], Tolima [20], Vaupés, and portions of Chocó [17] and La Guajira [1]. Daytime insect precautions are essential for unvaccinated travelers.
 - *Not recommended except for highly risk-averse travelers and long-stay travelers:* itineraries limited to the cities of Barranquilla, Cartagena, Cali, or Medellín; areas west of the Andes below 2,300 m (see map) in the departments of Nariño [23], Cauca [22], or Valle de Cauca [21]; or portions of Chocó [17]. No human cases of YF have ever been reported from these areas, and data analysis by WHO indicates extremely low potential for YF virus exposure.
 - *Not recommended:* itineraries limited to areas above 2,300 m, the city of Bogotá, or northeastern La Guajira [1] (see map).
- Ecuador
 - *Recommended for travelers over 9 months of age:* areas east of the Andes Mountains below 2,300 m (7,500 ft) (see map). Daytime insect precautions are essential for unvaccinated travelers.
 - *Not recommended except for highly risk-averse travelers and long-stay travelers:* itineraries limited to areas west of the Andes Mountains below 2,300 m except Guayaquil (see map). No human cases of YF have ever been reported from these areas, and data analysis by WHO indicates extremely low potential for YF virus exposure.
 - *Not recommended:* itineraries limited to the cities Guayaquil, Quito, Cuenca, or Otavalo, the Cotopaxi Volcano, areas above 2,300 m, or the Galápagos Islands.
- Panama
 - *Recommended for travelers over 9 months of age:* all mainland areas east of the Canal Zone (see map). Daytime insect precautions are essential for unvaccinated travelers. Transmission does not occur on the San Blas Islands, but it is necessary to transit areas with known transmission risk en route to the islands.
 - *Not recommended:* itineraries limited to Panama City, the Canal Zone, areas west of the Canal Zone (see map), or the Balboa Islands.
- Paraguay
 - *Recommended for travelers over 9 months of age:* all areas except Asunción. Daytime insect precautions are essential for unvaccinated travelers.
 - *Not recommended except for highly risk-averse travelers and long-stay travelers:* itineraries limited to Asunción. Data analysis by WHO indicates extremely low potential for YF virus exposure.
- Peru
 - *Recommended for travelers over 9 months of age:* areas below 2,300 m (7,500 ft) east of the Andes Mountains (see map),

and eastern Piura [2]. Daytime insect precautions are essential for unvaccinated travelers.

- *Not recommended except for highly risk-averse travelers and long-stay travelers:* itineraries limited to areas below 2,300 m west of the Andes (see map) in the regions of Tumbes [1], Lambayeque [3], western Piura [2], or west-central Cajamarca [4]. Data analysis by WHO indicates extremely low potential for YF virus exposure.
- *Not recommended:* itineraries limited to the cities of Lima, Cusco, Puno, or Arequipa, areas above 2,300 m (see map), areas west of the Andes not mentioned above, Lake Titicaca, Colca Canyon, Machu Picchu, or any intermediate tourist points in the Urubamba Valley (the only route between Cusco and Machu Picchu).

Other Immunization Recommendations

- Hepatitis A

- Brazil, Colombia, Ecuador, Guatemala, Nicaragua, Panama, Paraguay, Peru, Uruguay
 - *Recommended for:* all travelers.

- Typhoid

- Ecuador, Guatemala, Nicaragua, Panama, Peru
 - *Recommended for:* all travelers.
- Brazil, Colombia, Paraguay, Uruguay
 - *Recommended for:* adventurous dietary habits; prolonged stays; travel (especially in rural areas) outside of common tourist packages and other pre-arranged fixed itineraries. Consider for all risk-averse travelers desiring maximum pre-travel preparation.

- Hepatitis B

- Brazil, Colombia, Ecuador, Peru
 - Risk is especially high in the Amazon region. *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 stay; 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.
- Guatemala
 - *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 stay; 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.
- Nicaragua, Panama, Paraguay, Uruguay
 - *Recommended for:* prolonged stays; all health care workers; the possibility of a new sexual partner during stay. Increased awareness is recommended regarding safe sex and body fluid/blood precautions.

- Rabies

- Brazil
 - Risk exists in much of the country and is highest in Bahia, Ceara, Maranhao, Pará, and Pernambuco states; risk from bat exposure is highest in Parana, Sao Paulo, Rio Grande do Norte, and Minas Gerais states. Very high risk exists in and around Fortaleza in Ceara State. *Recommended for:* Prolonged stays: all travelers with a priority for young children and rural travel. Shorter stays: occupational exposure; locations more than 24 hours' travel from a reliable source of human rabies immune globulin and rabies vaccine for postexposure treatment; adventure travelers, hikers, cave explorers, and backpackers; and all travelers involved in any activity that might bring them into direct contact with bats. Consider for risk-averse travelers desiring maximum pre-travel preparation. Dog and bat bites or scratches should be taken seriously and postexposure prophylaxis sought even in those already immunized.
- Ecuador
 - Significant risk from bat exposure exists in most jungle areas. Domestic animals are at high risk. *Recommended for:* Prolonged stays: all travelers with a priority for young children and rural travel. Shorter stays: occupational exposure; locations more than 24 hours' travel from a reliable source of human rabies immune globulin and rabies vaccine for postexposure treatment; adventure travelers, hikers, cave explorers, and backpackers; and all travelers involved in any activity that might bring them into direct contact with bats. Consider for risk-averse travelers desiring maximum pre-travel preparation. Dog and bat bites or scratches should be taken seriously and postexposure prophylaxis sought even in those already immunized. The Galapagos Islands only: Risk from bat exposure is presumed to exist throughout the islands. Considered to be rabies-free in terrestrial animals. *Recommended for:* travelers likely to have contact with bats. Bat bites and scratches should be taken seriously and postexposure prophylaxis sought even in

those already immunized.

○ Paraguay

- Risk exists in most of the country and is highest in Central Department. *Recommended for:* Prolonged stays: all travelers with a priority for young children and rural travel. Shorter stays: occupational exposure; locations more than 24 hours' travel from a reliable source of human rabies immune globulin and rabies vaccine for postexposure treatment; adventure travelers, hikers, cave explorers, and backpackers; and all travelers involved in any activity that might bring them into direct contact with bats. Consider for risk-averse travelers desiring maximum pre-travel preparation. Dog and bat bites or scratches should be taken seriously and postexposure prophylaxis sought even in those already immunized.

○ Peru

- Risk exists in many parts of the country, primarily from bat exposure; risk is highest in jungle areas and in Amazonas, Cusco, Puno, Piura, and San Martin regions. *Recommended for:* Prolonged stays: all travelers with a priority for young children and rural travel. Shorter stays: occupational exposure; locations more than 24 hours' travel from a reliable source of human rabies immune globulin and rabies vaccine for postexposure treatment; adventure travelers, hikers, cave explorers, and backpackers; and all travelers involved in any activity that might bring them into direct contact with bats. Consider for risk-averse travelers desiring maximum pre-travel preparation. Dog and bat bites or scratches should be taken seriously and postexposure prophylaxis sought even in those already immunized.

○ Colombia

- Risk exists in most of the country, primarily from bat exposure, and is highest in coastal areas. *Recommended for:* Prolonged stays: all young children and all travelers to rural areas where risk exists. Shorter stays: occupational exposure; adventure travelers, hikers, cave explorers, and backpackers, especially at locations more than 24 hours' travel from a reliable source of human rabies immune globulin and rabies vaccine for postexposure treatment; and all travelers involved in any activity that might bring them into direct contact with bats. Dog and bat bites or scratches should be taken seriously and postexposure prophylaxis sought even in those already immunized.

○ Nicaragua

- Risk exists in most of the country. Risk from bat exposure exists throughout the country. *Recommended for:* Prolonged stays: all young children and all travelers to rural areas where risk exists. Shorter stays: occupational exposure; adventure travelers, hikers, cave explorers, and backpackers, especially at locations more than 24 hours' travel from a reliable source of human rabies immune globulin and rabies vaccine for postexposure treatment; and all travelers involved in any activity that might bring them into direct contact with bats. Dog and bat bites or scratches should be taken seriously and postexposure prophylaxis sought even in those already immunized.

○ Panama

- Risk is presumed to exist in most of the country. No canine cases have been reported since 1972. *Recommended for:* occupational exposure and all travelers involved in any activity that might bring them into direct contact with bats. Bat and other mammal bites or scratches should be taken seriously and postexposure prophylaxis sought even in those already immunized.

○ Guatemala

- Risk exists in much of the country but is highest in Baja Verapaz, Huehuetenango, Izabal, Quetzaltenango, Sacatepéquez, San Marcos, and Totonicapán provinces. *Recommended for:* Prolonged stays: all travelers with a priority for young children and rural travel. Shorter stays: occupational exposure; locations more than 24 hours' travel from a reliable source of human rabies immune globulin and rabies vaccine for postexposure treatment; adventure travelers, hikers, cave explorers, and backpackers; and all travelers involved in any activity that might bring them into direct contact with bats. Consider for risk-averse travelers desiring maximum pre-travel preparation. Dog and bat bites or scratches should be taken seriously and postexposure prophylaxis sought even in those already immunized.

○ Uruguay

- Risk is limited to Rivera and Tacuarembó departments. *Recommended for:* occupational exposure and all travelers involved in any activity that might bring them into direct contact with bats. Dog and bat bites or scratches should be taken seriously and postexposure prophylaxis sought even in those already immunized.

● Meningococcal meningitis

○ Brazil

- Conjugated C vaccine (not available in the U.S.) is a routine childhood vaccine in this country. *Recommended on arrival if not previously given for:* Long-stay children 2 months to 10 years of age usually according to local dosing regimens, even if they have received MCV4 previously. Children aged 11-18 years and university students who will be living in dormitories or residence halls should receive MCV4 if not given previously. Conjugated C vaccine does not replace the need for quadrivalent (A-C-Y-W135) vaccine in the event of subsequent travel to Africa or to the Hajj in Saudi Arabia.

● Influenza

- Brazil, Colombia, Ecuador, Guatemala, Nicaragua, Panama, Peru
 - Flu is transmitted throughout the year in the tropics, and all travelers are at increased risk. *Recommended for:* all travelers. Not all isolates are matched to the current vaccine strains. Consider oseltamivir as standby therapy, especially for those who are at high risk for complications from influenza.
- Paraguay, Uruguay
 - Flu is transmitted from April to September (although off-season transmission can occur), and all travelers are at increased risk. *Recommended for:* all travelers during flu season. Not all isolates are matched to the current vaccine strains. Consider oseltamivir as standby therapy, especially for those who are at high risk for complications from influenza.
- Routine vaccinations (adults only)
 - Tetanus/diphtheria/pertussis (all countries)—Adequate primary series plus booster within the last 10 years (Tdap or Td). Those who have not received a previous dose of an acellular pertussis-containing vaccine in adulthood should receive a one-time dose of Tdap vaccine, regardless of interval since last tetanus/diphtheria-containing vaccine.
 - Measles/mumps/rubella
 - Brazil, Colombia, Ecuador, Guatemala, Nicaragua, Panama, Paraguay, Peru, Uruguay
 - Indicated for those born in 1957 or later (1970 or later in Canada) without a history of disease, laboratory evidence of disease, or of 2 adequate doses of live vaccine at any time during their life. Many countries (including the U.K.) recommend that adults need to have had only 1 countable dose at any time during their life.
 - Pneumococcal (all countries)—All adults over 65 and those with chronic disease or compromising conditions.
 - Polio
 - Brazil, Colombia, Ecuador, Guatemala, Nicaragua, Panama, Paraguay, Peru, Uruguay
 - Adult polio boosters are unnecessary for travel to this country.
 - Varicella (all countries)—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

- Brazil
 - General information: predominantly *P. vivax*. Transmission occurs throughout the year.
 - Protective recommendations:
 - *Chemoprophylaxis is recommended for all travelers:* throughout the states of Roraima, Amapá, Pará, Amazonas, Acre, and Rondônia; portions (see map) of the states of Maranhão, Tocantins, and Mato Grosso; all Amazon cruises; all cities and towns within these areas except the central urban area of Belém.
 - *Insect precautions only are recommended (negligible transmission is reported):* portions of the states of Maranhão, Tocantins, Mato Grosso, and Mato Grosso do Sul; the central urban area of Belém; typical tourist itineraries and accommodations in the Pantanal; all cities and towns within these areas.
 - *No protective measures are necessary (no evidence of transmission exists):* the cities of São Paulo, Rio de Janeiro, Salvador, Recife, Fortaleza, and Porto Alegre; the island of Fernando de Noronha; typical tourist itineraries and accommodations around Iguazu Falls that are limited to Brazil; all other areas not mentioned above.
- Colombia
 - General information: predominantly *P. vivax*. Transmission occurs throughout the year.
 - Protective recommendations:
 - *Chemoprophylaxis is recommended for all travelers:* throughout the departments of Amazonas, Vaupés, Guainía, - Vichada, Sucre [7], and Guaviare [26]; altitudes below 1,700 m (5,600 ft) in La Guajira [1], Norte de Santander [5], Bolívar [6], Córdoba [8], Antioquia [9], Caldas [15], Risaralda [16], Chocó [17], Quindío [18], Valle del Cauca [21], Cauca [22], Nariño [23], and Putumayo [25], Caqueta, and Meta departments (see map); all cities and towns within these areas except Cartegena, Sincelejo, Cúcuta, Montería, Medellín, Manizales, Pereira, Armenia, Cali, and the central urban areas of Ríohacha, Popayán and Florencia.
 - *Chemoprophylaxis is recommended for certain travelers (see Issues to Consider inset):* altitudes below 1,700 m in Cesar [4], Casanare [12], Boyacá [13], and Huila [24] departments; all cities and towns within these areas except the central urban areas of Valledupar, Yopal, and Neiva.

- *Insect precautions only are recommended (negligible transmission is reported)*: the department of Atlántico [2]; altitudes below 1,700 m in Magdalena [3], Santander [10], Arauca [11], Cundinamarca [14], and Tolima [20] departments; all cities and towns within these areas except Santa Marta, Barranquilla, Bucaramanga, and Ibagué; the central urban areas of Ríohacha, Valledupar, Yopal, Villavicencio, Neiva, and Florencia.
 - *No protective measures are necessary (no evidence of transmission exists)*: the cities of Bogota, Medellín, Cali, - Barranquilla, Cartagena, Sincelejo, Manizales, Pereira, Armenia, Santa Marta, Ibagué, Cúcuta, and Bucaramanga; the island department of San Andrés y Providencia; altitudes above 1,700 m; all other areas not mentioned above.
- Ecuador
 - General information: predominantly *P. vivax*. Transmission occurs throughout the year.
 - Protective recommendations:
 - *Chemoprophylaxis is recommended for all travelers*: altitudes below 1,500 m (4,900 ft) in the provinces of - Esmeraldas, Sucumbios, Orellana, and Cañar [13] (see map); portions of Pastaza, Guayas [11], El Oro [15], and Morona-Santiago; all cities and towns within these areas except the central urban area of Esmeraldas.
 - *Chemoprophylaxis is recommended for certain travelers (see Issues to Consider inset)*: portions of Manabí, Guayas [11], Pastaza, Morona-Santiago, and El Oro [15] provinces; altitudes below 1,500 m in Santo Domingo de las - Tsáchilas [3], Bolívar [9], and Los Ríos [10] provinces; all cities and towns within these areas except Santo Domingo de los Colorados, Manta, and Guayaquil, and the central urban areas of Portoviejo, Babahoyo, and Machala.
 - *Insect precautions only are recommended (negligible transmission is reported)*: throughout the province of Santa Elena [12]; altitudes below 1,500 m in the province of Pichincha [4]; portions of Manabi, Guayas [11], and Loja [16] provinces; all cities and towns within these areas; the central urban areas of Esmeraldas, Portoviejo, Babhoyo, and Machala.
 - *No protective measures are necessary (no evidence of transmission exists)*: the cities of Quito, Santo Domingo de los Colorados, Manta, and Guayaquil; the Galapagos Islands; altitudes above 1,500 m; all other areas not mentioned above.
- Guatemala
 - General information: predominantly *P. vivax*. Transmission occurs throughout the year.
 - Protective recommendations:
 - *Chemoprophylaxis is recommended for all travelers*: southern areas in the province of Petén (see map); throughout the province of Retalhuleu [18]; altitudes below 1,500 m (4,900 ft) in the provinces of Alta Verapaz, Baja Verapaz [7], Izabal, Zacapa [9], Escuintla [16], and Suchitepéquez [17]; all cities and towns in these areas except the central urban areas of Escuintla, Cobán, and Puerto Barrios.
 - *Chemoprophylaxis is recommended for certain travelers (see Issues to Consider inset)*: northern areas in the - province of Petén (including Tikal National Park); portions of the following provinces: Quiché, San Marcos [2], Quetzaltenango [3], and Chiquimula [10]; all cities and towns within these areas.
 - *Insect precautions only are recommended (negligible transmission is reported)*: altitudes below 1,500 m in the - provinces of Huehuetenango [1], Quetzaltenango [3], Sololá [5], Chimaltenango [6], El Progreso [8], Jalapa [11], Jutiapa [12], Santa Rosa [13], Guatemala [14], and Sacatepéquez [15]; portions of Quiché and Chiquimula [10] provinces; all cities and towns within these areas except Jalapa; the central urban areas of Escuintla, Cobán, and Puerto Barrios.
 - *No protective measures are necessary (no evidence of transmission exists)*: the cities of Guatemala City and Jalapa; tourist areas of the central highlands (e.g., Lake Atitlan, Panajachel, Antigua Guatemala, and Chichicastenango); altitudes above 1,500 m; all other areas not mentioned above.
- Nicaragua
 - General information: almost exclusively *P. vivax* (*P. falciparum* transmission is minimal and limited to northern and western Atlántico Norte). Transmission occurs throughout the year.
 - Protective recommendations:
 - *Chemoprophylaxis is recommended for all travelers*: throughout the departments of Atlántico Norte and Atlántico Sur (including offshore islands); most of Matagalpa Department (see map); southeastern Río San Juan; coastal portions of Chinandega, León, and Managua departments; all cities and towns within these areas except León and the central urban areas of Puerto Cabezas, Rama, Bluefields, El Bluff, Matagalpa, Corinto, and Puerto Sandino.
 - *Insect precautions only are recommended (negligible transmission is reported)*: portions of the following departments: Jintogega, Nueva Segovia [1], León, Chinandega, Managua [4], Masaya [5], Granada [7], Rivas [8], Río San Juan, Chontales, and Boaco; all cities and towns within these areas except Chinandega; the central urban areas of Puerto Cabezas, Rama, Bluefields, El Bluff, Matagalpa, Corinto, and Puerto Sandino.
 - *No protective measures are necessary (no evidence of transmission exists)*: the city of Managua; all other areas not mentioned above.
- Panama

- General information: almost exclusively *P. vivax* (*P. falciparum* transmission is minimal and limited to areas east of the Canal Zone). Transmission occurs throughout the year.
- Protective recommendations:
 - *Chemoprophylaxis is recommended for all travelers*: throughout the provinces and comarcas of Darién, San Blas and San Blas Islands (Kuna Yala), Kuna de Madugandi, Kuna de Wargandi, Embará, and eastern Panamá (see map); all cities and towns in these areas except the central urban area of Coco Solo.
 - *Insect precautions only are recommended (negligible transmission is reported)*: rural areas within certain municipalities in the provinces and comarcas of Bocas del Toro, Chiriquí, Ngöbe Buglé, Veraguas, Colón, Coclé, and western Panamá (see map); the city of Coco Solo (see map inset).
 - *No protective measures are necessary (no evidence of transmission exists)*: the former Canal Zone (see map inset), including Panama City; all other areas not mentioned above.
- Paraguay
 - General information: almost exclusively *P. vivax*. Transmission occurs throughout the year and is highest from January through June.
 - Protective recommendations:
 - *Chemoprophylaxis is recommended for certain travelers (see Issues to Consider inset)*: certain municipalities (see map) in the departments of Caaguazú and Alto Paraná; all cities and towns within these areas except the central urban area of Ciudad del Este.
 - *Insect precautions only are recommended (negligible transmission is reported)*: all other municipalities in the departments of Caaguazú and Alto Paraná not mentioned above; all cities and towns within these areas; the central urban area of Ciudad del Este.
 - *No protective measures are necessary (no evidence of transmission exists)*: visits to Iguazu Falls (in Brazil); all other areas not mentioned above.
- Peru
 - General information: predominantly *P. vivax* (*P. falciparum* is limited to the northern half of Peru, however isolated cases of *P. falciparum* have been reported from the department of Madre de Dios). Transmission occurs throughout the year.
 - Protective recommendations:
 - *Chemoprophylaxis is recommended for all travelers*: altitudes below 2,000 m (6,600 ft) in portions of the following departments (see map): Tumbes [1], Piura [2], Lambayeque [3], Cajamarca [4], San Martín [6], La Libertad [7], Loreto, Ucayali, Pasco [10], Junin, and Madre de Dios; all cities and towns within these areas except Tumbes, Piura, and the central urban areas of Iquitos, Tarapoto, and Pucallpa.
 - *Chemoprophylaxis is recommended for certain travelers (see Issues to Consider inset)*: altitudes below 2,000 m in portions of the following departments: Piura [2], San Martín [6], Loreto, Ucayali, Ayacucho [14], Cusco [16], and Madre de Dios; all cities and towns within these areas.
 - *Insect precautions only are recommended (negligible transmission is reported)*: altitudes below 2,000 m in portions of the following departments: Piura [2], Lambayeque [3], Cajamarca [4], Amazonas [5], San Martín [6], La Libertad [7], Huánuco [9], and Lima [11] (near the ruins at Caral).
 - *No protective measures are necessary (no evidence of transmission exists)*: the city of Lima and vicinity; Lake Titicaca; the city of Cusco; Machu Picchu; intermediate points in the Urubamba Valley (the only route between Cusco and Machu Picchu); altitudes above 2,000 m; all other areas not mentioned above.

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 flu-like illness within 3 months after travel in a malaria risk area. Include mention of travel history.

- Panama
 - Protective measures: Evening and nighttime insect precautions are essential in areas with any level of transmission. Atovaquone/proguanil, doxycycline, and mefloquine are protective east of the Canal Zone. For the exceptional case of a vulnerable traveler with underlying medical conditions and/or the potential for an especially adverse outcome from malaria, chloroquine and other antimalarials (atovaquone/proguanil, doxycycline, and mefloquine) are protective west of the Canal Zone.
- Brazil, Colombia, Ecuador, Peru
 - Protective 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.

- Guatemala, Nicaragua, Paraguay
 - Protective measures: Evening and nighttime insect precautions are essential in areas with any level of transmission. Chloroquine and other antimalarials (atovaquone/proguanil, doxycycline, and mefloquine) are protective in this country.

Issues for Medical Providers to Consider

Factors favoring chemoprophylaxis

- ◆ Adventure travel
- ◆ Risk-averse and vulnerable travelers
- ◆ Areas subject to infrequent epidemics
- ◆ Immigrants visiting friends and relatives
- ◆ Flexible itineraries
- ◆ Travel longer than 1 month
- ◆ Unreliable medical expertise and/or treatment drugs at destination

Factors against chemoprophylaxis

- ◆ Air-conditioned hotels only
- ◆ Urban areas only
- ◆ Non-transmission season
- ◆ Minimal nighttime exposure
- ◆ Travel shorter than 3 days

See the *Technical Explanation of Malaria Mapping* document for more information.

Country Profile(s)

BRAZIL

General Information

Brazil is a developing nation but is in the upper half of the world's economies. Located in eastern South America, its climate is mostly tropical, but temperate in the south.

Traveler's Diarrhea

- High risk throughout the country including deluxe accommodations. Food and beverage precautions are essential in order to reduce chance of illness.
- Travelers should carry loperamide and/or a quinolone antibiotic for presumptive self-treatment of diarrhea if it occurs.

Other Concerns

- Tuberculosis is common in all developing countries and also presents risk in certain developed countries. This country, while not in the highest risk category, has an incidence of over 25 cases per 100,000 population. Travelers planning to stay more than 3 months should have pre-departure PPD skin test status documented. Those who expect to have close contact with the local populace should be tested if staying more than 1 month. Travelers should avoid persons who are coughing in crowded public places whenever possible. Domestic help should be screened for TB.
- Dengue fever presents significant risk in urban and rural areas. Almost all cases are reported from January to June; risk is greatest in northeastern and southeastern states and risk is significant in Rio de Janeiro and Sao Paulo. Minimal risk in Santa Catarina and Rio Grande do Sul. Daytime insect precautions are recommended.
- Leishmaniasis (cutaneous, mucocutaneous, and visceral), transmitted by sandflies, is common. Cutaneous and mucocutaneous disease occurs primarily in the Amazon basin (Amazonas, Minas Gerais, Mato Grosso, and Para states) and the north and northeast regions. Visceral disease occurs primarily in the semi-arid rural northeast and southeast regions, where both rural and urban transmission occurs. Insect precautions (primarily evening and nighttime) are recommended.
- Chagas': Brazil was declared free of natural Chagas' disease (American trypanosomiasis) domiciliary transmission (thatch, mud, and adobe huts) by WHO in 2006. Oral transmission can occur; travelers should avoid freshly prepared fresh fruit and cane juices from unsanitary sources.
- Lyme disease reports in São Paulo, Rio de Janeiro, and Mato Grosso del Sul states have yet to be confirmed by the detection of the bacteria from ticks in this country. Risk to travelers is presumed to be absent.
- Schistosomiasis, transmitted by waterborne larvae that penetrate intact skin, presents significant risk in the states of Bahia and Minas Gerais, and in coastal regions of Sergipe, Alagoas, Pernambuco, Paraíba, and Rio Grande do Norte states. Additional localized foci occur in other eastern states and the Federal District. Travelers should avoid freshwater exposure in these areas.
- Hantavirus causing hantavirus pulmonary syndrome, transmitted by rodents, occurs throughout the country but especially in the southern and southeastern regions, and throughout the Central Plateau in the midwestern region. Risk to most travelers is minimal. Avoid contact with mice and rats in rural areas.
- Marine hazards may include jellyfish, coral, and sea urchins. Dangerous (potentially deadly) jellyfish are present year-round, but particularly during the rainy season. Children are especially at risk, and adults wading, launching boats, or fishing.

Medical Care

- A high level of medical care comparable to that in industrialized countries is available in São Paulo, Rio de Janeiro, and Salvador, although sophisticated cases are best referred to São Paulo. Adequate private medical care is available in other major cities but is not up to the standards of industrialized countries. Medical care is substandard outside major cities.
- For emergency services in Brasilia and São Paulo, dial 190 for police, 192 for ambulance, and 193 for fire. The São Paulo Tourist Police (Delegacia de Protecao ao Turista) numbers are 11-3120-4447 and 3151-4167. The Rio de Janeiro tourist police numbers are 21-2332-2924, 21-2332-2511, and 21-2332-5112.
- Recompression chambers are located in or near major cities and resort towns where scuba diving is popular. Before diving, check that facilities are operational.
- Cash payment may be required prior to treatment, including emergency care. There is no clear information as to whether credit cards are accepted for medical care.

Travel Advisory

The material below has been compiled or quoted verbatim from the consular Web sites of the United States (travel.state.gov), United Kingdom (www.fco.gov.uk/travel), Canada (voyage.dfait-maeci.gc.ca), and Australia (www.smartraveller.gov.au). 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.

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 Brazil.

Consider Avoiding

- Border areas, including the states of Amazonas, Acre, Rondonia, and Mato Grosso, are dangerous due to drug trafficking. Other risk areas include the tri-border area of Argentina, Brazil, and Paraguay, where criminal activities (such as trafficking of illicit goods) occur.
- Incidents of gang-related violence pose a threat to the safety of travelers in large urban centers.

Crime

- Serious crime is high in most urban centers. The use of firearms is common.
- Express kidnappings and carjackings occur throughout the country.
- Street crime, including pickpocketing, mugging, and purse snatching, is common, especially during public festivities such as the annual Carnival.
- Credit card fraud is common.

Civil Unrest

- Travelers should avoid political and labor strikes, protests and demonstrations.

Piracy

- Piracy occurs in Brazilian coastal waters.

Miscellaneous Safety

- Travel in the Amazon border regions and the Pantanal wetlands should be undertaken with trained guides. These areas are largely uninhabited and dangerous.

Road Conditions and Hazards

- Road conditions in Brazil vary widely throughout the country. State roads are often excellent, while federal, interstate roads are

often very poor due to lack of maintenance.

- Highway travel should be avoided after dark due to aggressive driving habits, a significant number of trucks, excessive speeds, poorly marked lanes, construction, and poorly maintained roads.
- Brazil has one of the highest road accident rates in the world.

Driving Laws

- Brazil requires the use of seatbelts.
- Consumption of any alcoholic beverages prior to driving is illegal in Brazil.

Public Transportation

- There are few railroads and passenger train travel is almost nonexistent. Bus travel between and in major cities is relatively safe.

Natural Disasters and Climate

- The rainy seasons extend from January to July in the north, January to May in the northeast, September to January in the southeast (Rio de Janeiro and Sao Paulo), and September to January in the south.
- Hot, dry weather conditions during the dry season, which lasts from May to September, may lead to wildfires in the central areas of Brazil, including the capital of Brasilia.

FAA Advisory

- The U.S. Federal Aviation Administration has determined that the civil aviation authority of this country oversees its air carriers in accordance with minimum international safety standards.

Other Laws

- It is a legal requirement in Brazil to carry proof of identity at all times.

Availability of Basic Infrastructure and Tourist Facilities

- Tourist facilities are excellent in major cities, but vary in quality in remote areas.

Currency

- The currency is the real (BRL). Credit cards are widely accepted.

Import and Export Information

- Brazilian customs authorities may enforce strict regulations concerning temporary importation into or export from Brazil of items such as firearms, antiquities, mineral samples, tropical plants, medications, and business equipment.

Consular Information

Selected Embassies or Consulates in Brazil

- U.S. Embassy: Tel: [+55] 61-3312-7000, brazil.usembassy.gov. Consulates: (Boa Vista) Tel: [+55] 81-3416-3050, brazil.usembassy.gov; (Rio de Janeiro) Tel: [+55] 21-3823-2000, portuguese.riodejaneiro.usconsulate.gov; (Sao Paulo), Tel: [+55] 11-5186-7000, saopaulo.usconsulate.gov
- Canadian Embassy: Tel: [+55] 61-3424-5400, www.brazil.gc.ca
- U.K. Embassy: Tel: [+55] 61-3329-2300, www.ukinbrazil.fco.gov.uk
- Australian Embassy: Tel: [+55] 61-3226-3111, www.brazil.embassy.gov.au/bras/home.html

Brazil's Embassies or Consulates in Selected Countries

- In the U.S.: www.consbrasdc.org/english/index.asp
- In Canada: www.brasembottawa.org
- In the U.K.: www.brazil.org.uk
- In Australia: www.brazil.org.au

COLOMBIA

General Information

Colombia is a developing nation but is in the upper half of the world's economies. Located in northwestern South America along the Pacific Ocean and Caribbean Sea, its climate is tropical on the coasts and eastern plains and cooler in the highlands.

Traveler's Diarrhea

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

Other Concerns

- Tuberculosis is common in all developing countries and also presents risk in certain developed countries. This country, while not in the highest risk category, has an incidence of over 25 cases per 100,000 population. Travelers planning to stay more than 3 months should have pre-departure PPD skin test status documented. Those who expect to have close contact with the local populace should be tested if staying more than 1 month. Travelers should avoid persons who are coughing in crowded public places whenever possible. Domestic help should be screened for TB.
- Dengue fever presents significant risk in urban and rural areas except no risk in Amazonas and Vaupes. Minimal risk in Bogota. Daytime insect precautions are recommended.
- Leishmaniasis (cutaneous, mucocutaneous, and visceral), transmitted by sandflies, is common. Cutaneous and mucocutaneous disease occur in all rural areas below approximately 2,500 m (8,200 ft). Visceral disease occurs in the Magdalena Valley. Insect precautions (primarily evening and nighttime) are recommended.
- Lyme disease reports have yet to be confirmed by the detection of the bacteria from ticks in this country. Risk to travelers is presumed to be absent.
- Chagas' disease (American trypanosomiasis) occurs in rural areas; risk to travelers is unknown but is thought to be negligible. Avoid overnight stays in houses constructed of mud, adobe brick, or palm thatch.
- Altitude sickness: Chemoprophylaxis with acetazolamide should be considered for travelers anticipating rapid ascent to sleeping altitudes above 2,800 meters (9,200 feet). The elevation of Bogota is 2,600 meters.
- Marine hazards may include jellyfish (often causing sea bather's eruption), coral, and sea urchins. Dangerous (potentially deadly) jellyfish are present year-round, but particularly during the rainy season. Children are especially at risk, and adults wading, launching boats, or fishing.

Medical Care

- A high level of medical care comparable to that in industrialized countries is available in Bogota. Medical care is substandard outside major cities. Emergency rooms, even at top-quality facilities, are frequently overcrowded.
- For emergency services, dial 123. Operators usually speak only Spanish.
- Injured or seriously ill travelers may prefer to take a taxi or private vehicle to the nearest major hospital rather than wait for an ambulance.
- A recompression chamber is located in Cartagena. Before diving, check that facilities are operational.
- Cash payment may be required by private health care providers prior to treatment, including emergency care; in major cities, some providers may accept credit cards, but those that do not may request advance payment in cash. Uninsured travelers without financial resources may be unable to obtain care, or must seek treatment in public hospitals.

Travel Advisory

The material below has been compiled or quoted verbatim from the consular Web sites of the United States (travel.state.gov), United

Kingdom (www.fco.gov.uk/travel), Canada (voyage.dfait-maeci.gc.ca), and Australia (www.smartraveller.gov.au). 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 travel to the departments of Antioquia (excluding Medellin), Arauca, Cauca, Caqueta, Choco, Cordoba (excluding Monteria), Guaviare, Huila, Meta, Narino (excluding Pasto), Norte de Santander (excluding Cucuta), Putumayo, Santander (excluding Bucaramanga), Tolima, Valle del Cauca, Vichada, and southern parts of La Guajira; all travel to the city of Buenaventura; all travel to most rural areas of Colombia; and all non-essential travel to Cali. Other governments limit their travel warning to Santander, Putumayo, Arauca, Cauca, Caqueta, Guaviare, Valle de Cauca, Narino, Norte de Santander, and Meta; and all non-essential travel to the provinces of Cesar, La Guajira, Antioquia (excluding Medellin), the cities of Cali and Popayan, and most rural areas.

Visa/HIV Testing

- Visa applicants may need to meet specific requirements. Review the application and contact the appropriate embassy or consulate with questions. According to the U.S. Department of State, Colombia has imposed HIV/AIDS travel restrictions on all travelers with HIV/AIDS except those with PLHIV. A waiver may be requested from the Colombian embassy.

Terrorism Risk

- Drugs, organized crime, and terrorism are inextricably linked in Colombia. Control of the drugs trade is a major driver of much of the armed conflict. Both Colombia's illegal armed groups and other criminal groups are heavily involved in the drugs trade and in other serious crime.

Consider Avoiding

- There is a high risk from land mines and unexploded ordnance in rural areas of Colombia. Not all mined areas are marked.
- National parks, wildlife refuges, and city outskirts are often convenient hideouts for illegal groups and should be avoided, as armed clashes are frequent in such areas. In some rural areas, illegal armed groups may set up roadblocks for robbery or kidnapping for ransom.

Crime

- Petty and violent crime (including pickpocketing, assault, robbery, car bombing, hijacking, and murder) is prevalent in both urban and rural regions of Colombia. Visitors should exercise extreme caution. In tourist resort areas of San Andres Island, Providencia Island, and Cartagena, criminal activity and violence directed at tourists is low.
- Colombia's kidnapping rate is among the highest in the world. While kidnapping is primarily aimed at Colombians, travelers can be targeted by guerrilla groups in all parts of the country. Express kidnappings are frequent.

Civil Unrest

- Demonstrations, major strikes, and acts of violence by terrorist groups may occur. Roadblocks may disrupt local transportation and affect travel to and from airports. For security reasons, it is preferable to arrive at Medellin's Jose Maria Cordova International Airport during the day to avoid the road from the airport to the city after dark.
- Border closures could occur at short notice.

Road Conditions and Hazards

- Road travel in Colombia, including Bogota, is extremely dangerous, and roads are usually congested. Most roadways are in poor condition. Traffic laws are not enforced by police, traffic signs and controls are ignored, and traffic is aggressive and dangerous. It is recommended to carry a cellular telephone and park vehicles in a guarded parking lot. Visitors are advised to travel by air when covering long distances and not to enter or leave Colombia over land borders. Any road travel should be done using main roads only, and always during daylight hours.

Driving Laws

- An International Driving Permit (IDP) is required.

- Pedestrians do not have right of way.
- Seat belts are mandatory for front-seat passengers in a private vehicle. Car seats are mandatory for children, and a child under age 10 is not permitted to ride in a front seat.
- It is against the law to talk on a cellular phone while driving in Colombia, and violators may be fined.
- While driving outside major cities, it is mandatory to drive with headlights on.
- In the event of an accident, the drivers involved must remain at the scene and not move their vehicles until the authorities arrive.

Public Transportation

- Public transportation is not safe. Buses and, to a lesser extent, taxis are frequent targets for criminals. Rural buses are often stopped by guerrillas. Taxis should be booked through hotels or through authorized and controlled taxi centers. Many taxi drivers are armed.

Natural Disasters and Climate

- Colombia is subject to various Natural Disasters and Climate such as earthquakes, volcanic eruptions, torrential rains, floods, and mudslides. Rainy seasons normally last from March to June and from September to November. The hurricane season extends from June to the end of November.

FAA Advisory

- The U.S. Federal Aviation Administration has assessed this country's civil aviation authority and determined that it licenses and oversees air carriers in accordance with aviation safety standards established by the International Civil Aviation Organization.

Exit Fees

- An airport tax is charged for international departures.

Other Laws

- Sentences for drug-related offenses are severe. Travelers should monitor luggage closely at all times. Never transport other people's packages or change money for strangers.
- Homosexuality is legal but not widely socially accepted, especially in rural areas.
- Photography of military or strategic sites is not permitted.

Availability of Basic Infrastructure and Tourist Facilities

- Tourist facilities in Colombia vary in quality and safety, according to price and location.

Currency

- The currency is the Colombian peso (COP). U.S. currency and traveler's checks are widely accepted.

Import and Export Information

- Colombian law prohibits travelers from bringing firearms into Colombia. Penalties for illegal importation or possession include heavy jail sentences.
- It is prohibited to export certain cultural patrimony artifacts.
- Individuals leaving Colombia are only entitled to carry up to U.S.\$10,000 in cash. Anything in excess of this may be confiscated.

Consular Information

Selected Embassies or Consulates in Colombia

- U.S. Embassy: Tel.: [+57] 1-275-2000, bogota.usembassy.gov. Consulate: (Atlantico) Tel.: [+57] 5-353-2001
- Canadian Embassy: Tel.: [+57] 1-657-9800, www.canadainternational.gc.ca/colombia-colombie

- U.K. Embassy: Tel.: [+57] 1-326-8300, ukincolombia.fco.gov.uk/en
- Australian Embassy: Travelers can obtain limited consular services from the Canadian Embassy in Bogota (see above).

Colombia's Embassies or Consulates in Selected Countries

- In the U.S.: www.colombiaemb.org
- In Canada: www.embajadacolombia.ca
- In the U.K.: www.colombianembassy.co.uk
- In Australia: Tel.: [+61] 02-6230-4203

ECUADOR

General Information

Ecuador is a developing nation but is in the upper half of the world's economies. Located along the equator on the west coast of South America, its climate is tropical along the coast and in jungle lowlands, and cooler inland at higher elevations.

Traveler's Diarrhea

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

Other Concerns

- Tuberculosis is common in all developing countries and also presents risk in certain developed countries. This country, while not in the highest risk category, has an incidence of over 25 cases per 100,000 population. Travelers planning to stay more than 3 months should have pre-departure PPD skin test status documented. Those who expect to have close contact with the local populace should be tested if staying more than 1 month. Travelers should avoid persons who are coughing in crowded public places whenever possible. Domestic help should be screened for TB.
- Dengue fever occurs in urban and rural areas, including on the Galapagos Islands. Highest risk exists in the western coastal region and the low highland areas of the Sierra (central region). No risk in Quito. Daytime insect precautions are recommended.
- Leishmaniasis (cutaneous and mucocutaneous), transmitted by sandflies, is common on both sides of the Andes below approximately 2,000 m (6,600 ft), especially in Amazonian regions and additional patchy foci in the Andes between approximately 2,300 and 2,500 m. Insect precautions (primarily evening and nighttime) are recommended.
- Chagas' disease (American trypanosomiasis) occurs in rural areas; risk to travelers is unknown but is thought to be negligible. Avoid overnight stays in houses constructed of mud, adobe brick, or palm thatch.
- Altitude sickness: Chemoprophylaxis with acetazolamide should be considered for travelers anticipating rapid ascent to sleeping altitudes above 2,800 meters (9,200 feet). The elevation of Quito is 2,900 meters.
- Sun: Elevated UV levels are frequently reported in higher altitude areas, including in Quito. Travelers should take sun precautions, especially from 10 a.m to 3 p.m.
- Marine hazards may include jellyfish, coral, and sea urchins.

Medical Care

- Adequate medical care is available in Quito and Guayaquil but is not up to the standards of industrialized countries. Medical care is substandard outside major cities.
- For emergency services, dial 911. Operators typically speak Spanish only.
- Ambulances, with or without trained emergency staff, are in critically short supply.
- Recompression chambers are located in Puerto Ayora, Santa Cruz Island (Galapagos Islands), and the Ecuadorian Navy base (San Eduardo Naval Base) in Guayaquil. Before diving, check that facilities are operational. Travelers to the Galapagos Islands should be aware of limited facilities for decompression sickness. Acute surgical and cardiac services are not available; serious cases must be evacuated to the mainland for treatment.
- Cash payment is expected prior to treatment, including emergency care. There is no clear information as to whether credit cards are accepted for medical care.

Travel Advisory

The material below has been compiled or quoted verbatim from the consular Web sites of the United States (travel.state.gov), United Kingdom (www.fco.gov.uk/travel), Canada (voyage.dfait-maeci.gc.ca), and Australia (www.smartraveller.gov.au). 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 and civil unrest, a Canadian consular warning currently advises against all travel to the areas immediately bordering Colombia (namely both provinces of Carchi and Sucumbíos, with the exception of the city of Tulcan), the town of San Lorenzo, located in the north of Esmeraldas province, and all travel south of Cuenca, including the provinces of Zamora-Chinchiipe, Morona-Santiago, and El Oro near the Peruvian border. Other governments advise against all travel to Carchi, Orellana, Sucumbios and Napo provinces in northeastern Ecuador bordering Colombia and Peru and to the antennas of Pichincha volcano.

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 Ecuador.

Consider Avoiding

- Travel to some areas bordering Colombia is dangerous due to the presence of drug traffickers and criminal organizations and the risk of violence (including during demonstrations), kidnappings, armed assaults, and extortion. There have been reports of tourists and foreign oil workers being held against their will in these areas. Armed robberies have also been reported at jungle lodges in the areas of Lower Rio Napo and Cuyabeno National Reserve.
- There are land mines and unmarked minefields in the Cordillera del Condor, near the Peruvian border.

Crime

- Crime is a severe problem in Ecuador. Street crimes, including purse snatching, car break-ins, thefts, pickpocketing, and violent carjackings, are daily occurrences in major cities. Thieves, including children, often work in teams.
- Sexual assaults and armed robberies have been reported near the Pichincha volcano. Travelers should not walk outside the limits of the Teleferico or its pathways, and avoid hiking to the antennas of the volcano via Cruz Loma, west of Quito. Robberies at gunpoint have also been reported along the hiking trail up Cerro Mandango near Vilcabamba Loja. Those robbed, often foreigners, report being accosted by a group of masked, armed men while hiking along the trail.
- Armed assaults can occur in public parks in and around transportation terminals, especially in Guayaquil, Quito, Manta, and Cuenca. In Quito, exercise caution in the areas of El Panecillo, Carolina Park, Guapulo, Old Quito, South Quito, and particularly the popular tourist sector of Mariscal Sucre. Sexual assaults can also occur in the Mariscal Sucre district. There have been reports of criminals using incapacitating drugs such as scopolamine on unsuspecting tourists in order to rob and/or assault them.
- In Guayaquil, tourists should be vigilant when visiting the downtown area, the waterfront (El Malecón), the market area, and the Christ Statue (Sagrado Corazón de Jesús) on Cerro del Carmen. Avoid wandering on deserted beaches, especially at night. Random attacks at gunpoint, robberies, and sexual assaults involving foreigners have occurred in the Riobamba area.
- Luggage theft is common at airports, bus terminals, buses (city and regional), and other transit points.
- A common scam involves squirting liquids (ketchup, mustard, water, etc.) onto the victim and then stealing their bag while 'helping' to clean up. This technique is used across Ecuador.
- Robberies and assaults against taxi passengers, known locally as "secuestro express" continue to present a significant safety concern, especially in Guayaquil and Manta, but also with increasing regularity in Quito. Shortly after the passenger enters a taxi, the vehicle is typically intercepted by armed accomplices of the driver, who threaten passengers with weapons, rob passengers of their personal belongings, and force victims to withdraw money from ATMs. Increasingly, victims have been beaten or raped during these incidents.
- In urban centers, thieves target cars stopped in traffic for break-ins. The hotel zones in Quito, which are frequented by a high number of foreign tourists who are believed to carry valuables, are often targeted by thieves and muggers. Both Ecuadorians and foreigners are regularly robbed when leaving banks in Quito and other major cities. Backpackers are also targeted. Most of the criminals in and around Quito use weapons.

Civil Unrest

- Public transportation is often disrupted during demonstrations. Protesters may burn tires, throw rocks and Molotov cocktails, engage in destruction of private and public property, and detonate small improvised explosive devices during demonstrations. Police response may include water cannons and tear gas.
- Strikes and disturbances by local fishermen in the Galapagos Islands sometimes impact the movement of tourists and access to some sites.
- Curfews and states of emergency may be declared in regions affected by civil unrest, natural disasters, or other disruptions. During states of emergency, authorities have expanded powers to restore order, including suspension of some constitutional rights and expanded detention powers.
- Foreigners are prohibited from protesting in Ecuador and may be subject to arrest for participating in any demonstrations.

Miscellaneous Safety

- Treks and hiking excursions into Ecuador's mountains should be undertaken in groups, with experienced, certified tour guides only.

Road Conditions and Hazards

- The Puente Internacional de Rumichaca border crossing, located between Ipiales, Colombia, and Tulcan, Ecuador, is closed from 10 p.m. to 6 a.m. Travelers should allow enough time for border-crossing formalities.
- Road travel is slow due to poor conditions, unmarked speed bumps, and frequent military or police roadblocks. Heavy rain and mudslides often close or wash out roads. Heavy fog occasionally poses hazards in mountainous areas.
- Driving in Ecuador is hazardous and unpredictable. There are all types of vehicles on the road that do not meet the acceptable safety standards.

Driving Laws

- An International Driving Permit (IDP) is required.
- Drivers involved in accidents causing physical injury are immediately detained. In many cases, detention lasts until responsibility has been assigned and all parties are satisfied.

Public Transportation

- Robberies and assaults are reported regularly on intercity and urban Guayaquil buses, especially after dark. Bus drivers often make illegal stops to pick up new passengers on express routes, especially on the routes between Guayaquil and Cuenca and between Guayaquil and Riobamba. Travel after dark, either by long-distance or international coaches, must be avoided.

Natural Disasters and Climate

- Ecuador has many active and potentially active volcanoes, including around the capital of Quito and other popular tourist destinations. Other potential environmental threats include flooding, forest fires, earthquakes, and tsunamis. Severe flooding occurs in many areas of the western provinces of Manabí, Los Rios and Guayas, particularly in Chone, Portoviejo, and parts of Guayaquil.
- The hurricane season extends from early June to the end of November.

Other Laws

- Pedestrians should cross streets only at designated crosswalks. By law, jaywalking and walking off the sidewalk are punishable by a fine.
- Travelers in Ecuador are required to carry identification, including proof of citizenship, at all times. A photocopy of one's passport and photograph page and Ecuadorean immigration entry stamp will suffice.

Availability of Basic Infrastructure and Tourist Facilities

- In general, tourist facilities are adequate but vary in quality.

Dual Citizenship

- Dual citizens may enter Ecuador on an Ecuadorian passport and stay indefinitely.

Currency

- The currency is the U.S. dollar (US\$). Credit cards are accepted by many businesses, and U.S. traveler's checks are easily changed in tourist areas and in major hotels. It is useful to have smaller denominations, especially \$1 notes, as many smaller shops and taxi drivers do not change large notes. Credit card fraud is increasing in Ecuador. Credit card magnetic strips have been duplicated, particularly at restaurants and bars where swiping one's own card may not always be possible.

Consular Information

Selected Embassies or Consulates in Ecuador

- U.S. Embassy: Tel.: [+593] 2-398-5000, ecuador.usembassy.gov. Consulate: (Guayaquil) Tel.: [+593] 4-232-3570, guayaquil.usconsulate.gov
- Canadian Embassy: Tel.: [+593] 2-245-5499, www.canadainternational.gc.ca/ecuador-equateur
- U.K. Embassy: Tel.: [+593] 2-2970-800, 2970-801, ukinecuador.fco.gov.uk/en
- Australian Consulate: Tel.: [+593] 4-601-7529

Ecuador's Embassies or Consulates in Selected Countries

- In the U.S.: www.ecuador.org
- In Canada: Tel.: [+1] 613-563-8206, 563-4286
- In the U.K.: www.consuladoecuador.org.uk
- In Australia: Tel.: [+61] 02-6286-4021

GUATEMALA

General Information

Guatemala is a developing nation in the lower half of the world's economies. Located south of Mexico in Central America, its climate is tropical but varies by location.

Traveler's Diarrhea

- Minimal risk exists in deluxe accommodations in Guatemala City but high risk elsewhere. Food and beverage precautions are essential in order to reduce chance of illness.
- Travelers should carry loperamide and/or a quinolone antibiotic for presumptive self-treatment of diarrhea if it occurs.
- Enteric diseases, including amebic and bacillary dysenteries, are extremely common.
- *Cyclospora cayentanensis*-contaminated raspberries from Guatemala have been widely exported. Prevalence of this pathogen within Guatemala is not known.

Other Concerns

- HIV: 9% of sex workers in the capital city are estimated to be HIV positive. Travelers should clearly understand STD concepts and risks for HIV transmission.
- Tuberculosis is common in all developing countries and also presents risk in certain developed countries. This country, while not in the highest risk category, has an incidence of over 25 cases per 100,000 population. Travelers planning to stay more than 3 months should have pre-departure PPD skin test status documented. Those who expect to have close contact with the local populace should be tested if staying more than 1 month. Travelers should avoid persons who are coughing in crowded public places whenever possible. Domestic help should be screened for TB.
- Dengue fever occurs in urban and rural areas including Guatemala City. Risk is highest in lowland coastal areas. Daytime insect precautions are recommended.
- Leishmaniasis (cutaneous and rarely mucocutaneous), transmitted by sandflies, occurs in jungle areas, notably Peten, and at all the Mayan ruin sites. Insect precautions (primarily evening and nighttime) are recommended.
- Chagas' disease (American trypanosomiasis) occurs in rural areas; risk to travelers is unknown but is thought to be negligible. Avoid overnight stays in houses constructed of mud, adobe brick, or palm thatch.

- Marine hazards may include jellyfish (often causing sea bather's eruption). Dangerous (potentially deadly) jellyfish are present year-round, but particularly during the rainy season. Children are especially at risk, and adults wading, launching boats, or fishing.

Medical Care

- Adequate private medical care is available in Guatemala City but is not up to the standards of industrialized countries. Medical care is substandard in the rest of the country. Adequate evacuation coverage for all travelers is a high priority. In the event of a serious medical condition, medical evacuation to Los Angeles or Miami is likely to be necessary. Hospital accommodations are inadequate throughout the country and advanced technology is lacking. Shortages of routine medications and supplies may be encountered.
- In the event of a vehicle accident, contact police by dialing 110 or 120; for fire department or paramedics, dial 122 or 123.
- Cash payment may be required prior to treatment, including emergency care. Although credit cards are widely accepted in the general economy, there is no clear information as to whether credit cards are accepted for medical care.

Travel Advisory

The material below has been compiled or quoted verbatim from the consular Web sites of the United States (travel.state.gov), United Kingdom (www.fco.gov.uk/travel), Canada (voyage.dfait-maeci.gc.ca), and Australia (www.smartraveller.gov.au). 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.

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 Guatemala.

Consider Avoiding

- In southeastern districts close to the borders with El Salvador and Honduras, and in northern districts along the border with Mexico, drug-related violence has led to a number of armed attacks.
- Travelers should exercise caution in the Guatemala/Belize border area because of the ongoing border dispute between the two countries.

Crime

- Violence related to drug trafficking has also been reported in Guatemala City as well as other major cities in the country.
- Military and police forces are deployed along the border with Mexico to combat organized crime and improve security conditions.
- Guatemala has one of the highest rates of violent crime in Latin America.
- Travelers are often targets of robbery, carjacking, sexual assault and rape, and armed assaults. Pickpockets and purse-snatchers are active in all major cities and tourist sites.

Civil Unrest

- Incidents of violence, roadblocks, strikes, and demonstrations occur periodically throughout the country.

Miscellaneous Safety

- When visiting volcanoes and other tourist sites, travel in groups and with a reputable tour company.

Road Conditions and Hazards

- Roads between the main tourist locations are of acceptable quality.
- Secondary streets and rural roads are poorly lit. Winding and steep mountain roads and the lack of road signs present additional dangers.
- Local drivers rarely obey traffic laws

Driving Laws

- All drivers involved in accidents resulting in injury may be detained and held in protective custody pending investigation.

Public Transportation

- Only use official taxis.
- Local and intercity public buses are mechanically unreliable, use unlicensed drivers, and are often involved in major road accidents.

Natural Disasters and Climate

- The hurricane season extends from June 1 to November 30. The rainy season extends from May to October, and may continue into November.
- Flash floods and mudslides are common.
- Guatemala is located in an active seismic zone. There are several active volcanoes.

Roadblocks

- Roadblocks erected by armed gangs are common, particularly in the northern and western departments of San Marcos, Huehuetenango, El Quiché, Alta Verapaz, El Petén, and Escuintla.

FAA Advisory

- The U.S. Federal Aviation Administration has assessed this country's civil aviation authority and determined that it licenses and oversees air carriers in accordance with aviation safety standards established by the International Civil Aviation Organization.

Exit Fees

- An exit tax must be paid when departing Guatemala by air.
- There is an additional airport security fee that all travelers must pay at the airport.

Currency

- The currency is the Guatemalan quetzal (GTQ).
- U.S. currency and traveler's checks are readily convertible to local funds at most major banks.
- Do not accept torn notes as they can be difficult to exchange.
- Credit cards are widely accepted.

Import and Export Information

- Importation into or export from Guatemala of items such as antiquities and artifacts may be subject to strict regulations.

Consular Information

Selected Embassies or Consulates in Guatemala

- U.S. Embassy: Avenida La Reforma 7-01, Zone 10, Guatemala City, Tel.: 502-2-326-4000, After Hours Tel.: 502-2331-2354, Web: guatemala.usembassy.gov
- Canadian Embassy: Edyma Plaza Building, 8th Floor, 13 Calle 8-44, Zona 10, PO Box 400, Guatemala City, Tel.: 502-2363-4348, E-Mail: gtmla@international.gc.ca, Web: www.canadainternational.gc.ca/guatemala
- U.K. Embassy: Edificio Torre Internacional, Nivel 11, 16 Calle 0-55, Zona 10, Guatemala City, Tel.: 502-2380-7300, E-mail: embassy@intelnett.com, Web: ukinguatemala.fco.gov.uk
- Australian Embassy: Australia does not have an Embassy or Consulate in Guatemala. By agreement between the Canadian and Australian governments, the local Canadian Embassy provides consular assistance to Australians in Guatemala. Edyma Plaza 8 Nivel, 13 calle 8-44 zona 10, Guatemala City, Guatemala, Tel.: 502-2363-4348

- In the U.S.: 2220 R Street, NW, Washington, DC 20008, Tel.: 202-745-4952, ext. 102, E-mail: info@guatemala-embassy.org
- In Canada: 130 Albert Street, Suite 1010, Ottawa, ON, K1P 5G4, Tel.: 613-233-7237, Web: www.embaguante-canada.com
- In the U.K.: 13A Fawcett Street, London SW10 9HN, Tel.: 020-7351-3042

NICARAGUA

General Information

Nicaragua is a developing nation in the lower half of the world's economies. Located north of Costa Rica and bordering both the Caribbean Sea and Pacific Ocean in Central America, its climate is tropical in the lowlands and cooler in the highlands.

Traveler's Diarrhea

- High risk throughout the country including deluxe accommodations in major cities. Food and beverage precautions are essential in order to reduce chance of illness.
- Travelers should carry loperamide and/or a quinolone antibiotic for presumptive self-treatment of diarrhea if it occurs.

Other Concerns

- Tuberculosis is common in all developing countries and also presents risk in certain developed countries. This country, while not in the highest risk category, has an incidence of over 25 cases per 100,000 population. Travelers planning to stay more than 3 months should have pre-departure PPD skin test status documented. Those who expect to have close contact with the local populace should be tested if staying more than 1 month. Travelers should avoid persons who are coughing in crowded public places whenever possible. Domestic help should be screened for TB.
- Dengue fever occurs in urban and rural areas. Daytime insect precautions are recommended.
- Leishmaniasis (cutaneous and mucocutaneous), transmitted by sandflies, occurs in forested areas in Atlántico Norte, Atlántico Sur, Boaco, Chontales, Esteli, Jinotega, Madriz, Matalgapa, Nueva Segovia, and Rio San Juan departments. Insect precautions (primarily evening and nighttime) are recommended.
- Chagas' disease (American trypanosomiasis) occurs in rural areas; risk to travelers is unknown but is thought to be negligible. Avoid overnight stays in houses constructed of mud, adobe brick, or palm thatch.
- Marine hazards may include jellyfish (often causing sea bather's eruption), coral, and sea urchins. Dangerous (potentially deadly) jellyfish are present year-round, but particularly during the rainy season. Children are especially at risk, and adults wading, launching boats, or fishing.

Medical Care

- Medical care is substandard throughout the country, even in the best private medical facilities. Adequate evacuation coverage for all travelers is a high priority. In the event of a serious medical condition, medical evacuation to the United States is likely to be necessary. Hospital accommodations are inadequate throughout the country and advanced technology is lacking. Shortages of some routine medications and supplies may be encountered.
- For emergency services, dial 118.
- Emergency ambulance services are not available. In an emergency, individuals are taken to the nearest available hospital. This is usually a public hospital unless the individual or someone acting on their behalf indicates that he or she can pay for a private hospital.
- Physicians and hospital personnel often do not speak English, and medical reports are written in Spanish.
- Cash payment may be required prior to treatment; some private hospitals accept major credit cards.

Travel Advisory

The material below has been compiled or quoted verbatim from the consular Web sites of the United States (travel.state.gov), United Kingdom (www.fco.gov.uk/travel), Canada (voyage.dfait-maeci.gc.ca), and Australia (www.smartraveller.gov.au). 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 military conflict and ongoing security concerns, an Australian consular warning currently advises against all travel to the North Atlantic Autonomous Region, northeastern Nicaragua, and remote areas of the Nicaraguan Caribbean coast.

Visa/HIV Testing

- The U.S. Department of State is unaware of any HIV/AIDS-related entry restrictions for visitors to or foreign residents of Nicaragua.

Consider Avoiding

- There may be active land mines in isolated areas of the country.
- There are boundary disputes in the Caribbean coastal waters between Nicaragua and neighboring Honduras. Boats and fishing vessels have been detained and impounded. The Atlantic coastal area of Nicaragua is a known transit zone for illegal drugs.

Crime

- Armed banditry occurs in areas near Bonanza, La Rosita, and Siuna in northeastern Nicaragua. Incidents of carjacking have also been reported between Managua and Puerto Cabezas.
- Violent crime, including armed robbery and sexual assault, can occur in Managua, Granada, and San Juan del Sur, and also occurs in Bonanza, La Rosita, Siuna, and on Little Corn Island. Remain alert when walking in markets, in the vicinity of the old cathedral in Managua, near Tica bus (the terminal for lines coming from Honduras and Costa Rica), at public transportation terminals and in poorer areas. Avoid the Mercado Oriental in Managua.
- Travelers may be targeted by criminals posing as Nicaraguan police officers who pull over their vehicles—including those operated by reputable hotels—for inspection and then rob them.
- Street crime such as pickpocketing and purse snatching is common. Express kidnappings occur. Police presence is extremely sparse outside of major urban areas. Travel should be restricted to tourist areas and to daylight hours only.

Civil Unrest

- Demonstrations occur occasionally and may cause traffic disruptions. Periodic violence may occur on the streets, particularly in Managua, as a result of protests. Access to the Managua International Airport and to the area of Carretera a Masaya (where universities, shopping malls and restaurants are located) may be affected.

Miscellaneous Safety

- Travelers to the Island of Ometepe have been victims of fraudulent tour guides. Hotels and local authorities can provide information on reputable tour guides.
- Strong currents off sections of Nicaragua's Pacific coast have resulted in a number of drownings.

Road Conditions and Hazards

- Driving standards are fair. Except for the Pan-American Highway, most roads lack shoulders, are narrow, potholed and poorly lit. Road signs are usually non-existent, and most streets are unnamed. Detours are common but are often not marked. Traffic accidents are a common cause of death and injury.

Driving Laws

- Drivers involved in road accidents resulting in death or injury are subject to arrest and/or detention until responsibility has been established by the courts.
- Drivers suspected of driving while intoxicated will be taken into custody. Police spot checks are frequent.

Public Transportation

- Vehicles, especially taxis and buses, are poorly maintained. Public transportation buses are overcrowded, unreliable, and often targeted by pickpockets, and should be avoided as much as possible.
- There have been incidents of passengers being robbed, sometimes with violence, by taxi drivers or by people posing as taxi drivers using unauthorized taxi signs on their cars. Travelers should only take taxis from hotels and main entrances of shopping malls and

make detailed arrangements for the return trip.

Natural Disasters and Climate

- The hurricane season extends from June to the end of November. Flooding is common during this period. Landslides also occur throughout the year.
- Nicaragua is located in an active seismic zone. Volcanic activity also occurs. San Cristobal and Cerro Negro volcanoes are particularly active.

FAA Advisory

- The U.S. Federal Aviation Administration has assessed this country's civil aviation authority and determined that it does not provide safety oversight of its air carrier operators in accordance with the minimum safety oversight standards established by the International Civil Aviation Organization.

Exit Fees

- An airport tax is charged upon departure.

Other Laws

- Penalties for possession, use, or trafficking of illegal drugs are strict. Convicted offenders can expect jail sentences and heavy fines.
- It is illegal to photograph official buildings in Nicaragua.

Availability of Basic Infrastructure and Tourist Facilities

- Nicaragua lacks an extensive tourism infrastructure. Cell phone coverage outside urban areas is fair in the central and Pacific areas, but can be lacking, especially in mountainous terrain and in the Caribbean.
- Power blackouts in all parts of the country are frequent, especially during the dry season from July to August.

Currency

- The currency is the cordoba (NIO). Most restaurants and hotels in Managua accept credit cards. U.S. dollars are widely used. There have been reports of credit card fraud. Foreign currency should only be changed at banks or official exchange houses.

Consular Information

Selected Embassies or Consulates in Nicaragua

- U.S. Embassy: Kilometer 5 1/2, 5.5 Carretera Sur, Managua, Tel.: 505-2252-7100, After Hours Tel.: 505-8886-1495, E-mail: consularmanagu@state.gov, Web: nicaragua.usembassy.gov
- Canadian Embassy: De Los Pipitos, 2 Blocks West, El Nogal Street No.25, Bolonia, PO Box 25, Managua, Nicaragua, Tel.: 505-2268-0433, 3323, E-Mail: mngua@international.gc.ca
- U.K. Consulate: (There is no British Embassy in Nicaragua), Apartado Postal (P O Box) 2382 Managua, Nicaragua, Tel.: 505-2254-5454, E-mail: jose.taboada-honcon@fconet.fco.gov.uk
- Australian Embassy: Australia does not have an Embassy or Consulate in Nicaragua. Travelers can obtain consular assistance from the nearest Australian Embassy which is in Mexico: Ruben Dario 55, Col. Polanco, Mexico City 11580, Mexico, Tel.: 52-55-11012200, Email: consularpassports.mexico@dfat.gov.au

Nicaragua's Embassies or Consulates in Selected Countries

- In the U.S.: 1627 New Hampshire Avenue, NW, Washington DC 20009, Tel.: 202-939-6531
- In the U.K.: 2nd, Floor 36 Upper Brook Street, London, WIY 1PE, Tel.: 44-1-409-2536, E-mail: emb.ofnicaragua@virgin.net

PANAMA

General Information

Panama is a developing nation but is in the upper half of the world's economies. Located on the isthmus connecting Central and South America, its climate is tropical marine.

Traveler's Diarrhea

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

Other Concerns

- Tuberculosis is common in all developing countries and also presents risk in certain developed countries. This country, while not in the highest risk category, has an incidence of over 25 cases per 100,000 population. Travelers planning to stay more than 3 months should have pre-departure PPD skin test status documented. Those who expect to have close contact with the local populace should be tested if staying more than 1 month. Travelers should avoid persons who are coughing in crowded public places whenever possible. Domestic help should be screened for TB.
- Dengue fever occurs in urban and rural areas. Daytime insect precautions are recommended.
- Leishmaniasis (cutaneous), transmitted by sandflies, occurs throughout the country, especially along the Atlantic coast. Mucocutaneous disease is uncommon. Insect precautions (primarily evening and nighttime) are recommended.
- Chagas' disease (American trypanosomiasis) occurs in rural areas; risk to travelers is unknown but is thought to be negligible. Avoid overnight stays in houses constructed of mud, adobe brick, or palm thatch.
- Hantavirus causing hantavirus pulmonary syndrome is transmitted by rodents and occurs in Los Santos and Herrera provinces. Risk is minimal for most travelers. Avoid contact with mice and rats (including their excreta) in rural areas.
- Marine hazards may include jellyfish (often causing sea bather's eruption), coral, and sea urchins. Dangerous (potentially deadly) jellyfish are present year-round, but particularly during the rainy season. Children are especially at risk, and adults wading, launching boats, or fishing.

Medical Care

- Adequate medical care is available in private medical facilities in Panama City but is not up to standards of industrialized countries. Medical care is substandard in the rest of the country.
- For emergency services, dial 911.
- A recompression chamber is located in Panama City. Before diving, check that facilities are operational.
- Cash payment may be required prior to treatment, including emergency care. Most hospitals accept credit cards for hospital charges, but not for doctors' fees.

Travel Advisory

The material below has been compiled or quoted verbatim from the consular Web sites of the United States (travel.state.gov), United Kingdom (www.fco.gov.uk/travel), Canada (voyage.dfait-maeci.gc.ca), and Australia (www.smartraveller.gov.au). 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 travel beyond Yaviza located in Darien Province (the danger zone begins at the end of the Pan American Highway at Yaviza, about 230 km southeast of Panama City, and ends at the Colombian border). Other governments concur.

Visa/HIV Testing

- Visa applicants may need to meet specific requirements. Review the application and contact the appropriate embassy or consulate with questions. According to the U.S. Department of State, some HIV/AIDS entry restrictions exist for visitors to and foreign residents of Panama. Panamanian immigration does not require an HIV/AIDS test, but Panamanian law does allow for deportation upon discovery by immigration. The U.S. Department of State is not aware of any U.S. citizens who have been deported due to HIV/AIDS. Verify with Panama's embassy before travel.

Consider Avoiding

- All along the Panama-Colombia border area the presence of Colombian terrorist groups, drug traffickers and other criminals is common, increasing the danger to travelers. Sections of the Panamanian north coast are frequently used for narcotrafficking and other illegal activities.
- On the Pacific and Atlantic coasts, boaters should be wary of vessels that may be transporting narcotics, illicit materials, and illegal immigrants to and from Colombia.
- The Revolutionary Armed Forces of Colombia (FARC) operates in Panama's Darien Province, including in areas far removed from the immediate vicinity of the Panamanian-Colombian border.

Crime

- Crime is common in rural and urban areas of Panama, especially in Panama City and Colón.
- Crimes are typical of those that plague metropolitan areas and include shootings, rapes, armed robberies, muggings, purse-snatchings, thefts from autos, thefts of unsecured items, petty theft, and "express kidnappings" from ATM banking facilities.

Civil Unrest

- Demonstrations and protest marches over various social and political issues occasionally occur in Panama City near the university, and on main streets and highways.

Road Conditions and Hazards

- Poor road conditions, dangerous driving habits, and poorly lit streets and vehicles are hazards.
- Night construction on the Pan-American Highway is frequent.

Driving Laws

- By law, seat belts must be worn by drivers and front seat passengers, and children younger than 5 must travel in the back in fitted child seats.
- Talking on a cell phone or drinking an alcoholic beverage while driving is illegal.
- Third party liability auto insurance is mandatory, but many drivers are uninsured.

Public Transportation

- Registered taxis are a safe way to travel in urban centers.
- Local buses do not follow a permanent route, and are relatively unsafe.

Natural Disasters and Climate

- The hurricane season extends from June to the end of November.
- The rainy season extends from April to December.
- Western Panama is located in an active seismic zone.

FAA Advisory

- The U.S. Federal Aviation Administration has assessed this country's civil aviation authority and determined that it licenses and oversees air carriers in accordance with aviation safety standards established by the International Civil Aviation Organization.

Exit Fees

- An airport tax is charged upon departure, although it is often included in the price of the airline ticket.

Other Laws

- Panamanian law requires all individuals to carry official identification documents at all times. Failure to produce identification upon request may result in travelers being taken to jail and charged a fine.
- Under the Panamanian penal code, knowingly infecting others with a sexually transmitted disease is a crime.
- There may be curfews for minors under 18 years of age in Panama City.

Availability of Basic Infrastructure and Tourist Facilities

- Outside the Panama City area, which has many first-class hotels and restaurants, tourist facilities vary in quality.

Currency

- The official currency in Panama is the Balboa (PAB), which is used interchangeably with the U.S. dollar (USD).
- ATMs are widely available and accept most major credit and debit cards.
- Because of problems with counterfeit U.S.\$50 and U.S.\$100 bills, travelers are encouraged to carry small denominations of U.S. dollars.

Import and Export Information

- Panamanian customs authorities may enforce strict regulations concerning temporary importation into or export from Panama of items such as firearms and ammunition, cultural property, endangered wildlife species, narcotics, biological material, and food products.

Consular Information

Selected Embassies or Consulates in Panama

- U.S. Embassy: Avenida Demetrio Basilio Lakas, Building No.783, in the Clayton section, Tel.: 507-207-7000, E-mail: Panama-ACS@state.gov, Web: panama.usembassy.gov
- Canadian Embassy: Torres de Las Americas, Tower A, 11th Floor, Punta Pacifica, Apartado 0832-2446, Panama City, Tel.: 507-294-2500, E-mail: panam@international.gc.ca, Web: www.panama.gc.ca
- U.K. Embassy: MMG Tower, Calle 53, Apartado 0816-07946, Panama City, Tel.: 507-269-0866, E-mail: britemb@cwpanama.net, Web: ukinpanama.fco.gov.uk/en
- Australian Embassy: Australia does not have an Embassy or Consulate in Panama. By agreement between the Canadian and Australian governments, the local Canadian Embassy (see above) provides consular assistance to Australians in Panama; the nearest Australian Embassy is in Mexico. Ruben Dario 55, Col. Bosques de Chapultepec, C.P. 11580, Mexico D.F., Tel.: 52-55-1101-2200, E-mail: consularpassports.mexico@dfat.gov.au

Panama's Embassies or Consulates in Selected Countries

- In the U.S.: 2862 McGill Terrace, NW, Washington, DC 20009, Tel.: 202-483-1407, Web: www.embassyofpanama.org
- In Canada: 130 Albert Street, Suite 300, Ottawa, ON, K1P 5G4, Tel.: 613-236-7177, E-mail: info@embassyofpanama.ca, Web: www.embassyofpanama.ca
- In the U.K.: 40 Hertford Street, London W1J 7SH, Tel.: 020-7493-4646, E-mail: panama1@btconnect.com, Web: www.panamaconsul.co.uk

PARAGUAY

General Information

Paraguay is a developing nation in the lower half of the world's economies. Located northeast of Argentina in South America, its climate varies by region, ranging from subtropical to temperate to semiarid.

Traveler's Diarrhea

- High risk throughout the country including deluxe accommodations. Food and beverage precautions are essential in order to reduce chance of illness.

- Travelers should carry loperamide and/or a quinolone antibiotic for presumptive self-treatment of diarrhea if it occurs.

Other Concerns

- Current Health Bulletin - posted January 17, 2013
Dengue Fever: According to Paraguay's Ministry of Health, more than 1,600 cases of dengue fever, a significant increase over the average incidence, have been reported primarily from Central and Asunción departments so far this year. Travelers are advised to practice daytime insect precautions.
- Tuberculosis is common in all developing countries and also presents risk in certain developed countries. This country, while not in the highest risk category, has an incidence of over 25 cases per 100,000 population. Travelers planning to stay more than 3 months should have pre-departure PPD skin test status documented. Those who expect to have close contact with the local populace should be tested if staying more than 1 month. Travelers should avoid persons who are coughing in crowded public places whenever possible. Domestic help should be screened for TB.
- Dengue fever occurs in urban and rural areas, most notably in the departments of Central, Concepcion, Amambay, and the cities of Asuncion and Ciudad del Este. Minimal risk in Alto Paraguay. Daytime insect precautions are recommended.
- Leishmaniasis (cutaneous and mucocutaneous), transmitted by sandflies, occurs throughout the country. Insect precautions (primarily evening and nighttime) are recommended.
- Chagas' disease (American trypanosomiasis) occurs in rural areas; risk to travelers is unknown but is thought to be negligible. Avoid overnight stays in houses constructed of mud, adobe brick, or palm thatch.
- Hantavirus causing hantavirus pulmonary syndrome is transmitted by rodents and occurs mostly in western departments. Risk is minimal for most travelers. Avoid contact with mice and rats (including their excreta) in rural areas.

Medical Care

- Adequate medical care is available in Asuncion. Highly specialized cases or complex emergencies may require evacuation to Sao Paulo.
- For emergency services in Asuncion, dial 911; dial 131 or 132 for the fire department or rescue of accident victims.
- Immediate cash payment may be expected for medical services. There is no clear information as to whether credit cards are accepted for medical care.

Travel Advisory

The material below has been compiled or quoted verbatim from the consular Web sites of the United States (travel.state.gov), United Kingdom (www.fco.gov.uk/travel), Canada (voyage.dfait-maeci.gc.ca), and Australia (www.smartraveller.gov.au). 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.

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 Paraguay.

Consider Avoiding

- Individuals and organizations providing financial support to extremist groups operate in Ciudad del Este and along the tri-border area between Paraguay, Brazil, and Argentina. A small, armed anti-government militant group known as the Ejercito del Pueblo Paraguayo (EPP) operates in the northern San Pedro and southern Concepcion Departments. Drug trafficking and associated violence remains a serious concern in Amambay Department.

Crime

- Incidents of kidnapping for ransom have been reported, especially in the department of Alto Parana, but foreigners have not specifically been targeted.
- Armed robbery, car theft, and burglary occur. Street and other petty crimes such as pickpocketing are prevalent in cities and on public buses. A common tactic is the use of motorcycles by robbers to quickly approach their victims and then brandish a weapon

and demand a wallet or purse. Checked luggage has been pilfered at airports.

- Police are frequently involved in various criminal activities and actively solicit bribes.
- There have been incidents of drugs being used (including scopolamine) to incapacitate travelers in order to rob or attack them.

Miscellaneous Safety

- Visits to the Chaco wilderness area should be undertaken with an experienced guide because of the harsh environment and risk of encountering dangerous animals. Staying at an estancia (ranch property) is recommended. Because of heavy rainfall and limited infrastructure, hiking trips to remote areas should be carefully planned.
- Visiting most areas populated by indigenous peoples should present no danger for travelers, with the exception of the northern area of the Paraguayan Chaco, close to the Mennonite colonies, where the Ayoreo woodland group lives. Some Ayoreos may perceive outsiders as a threat.

Road Conditions and Hazards

- Traffic laws are frequently ignored. Tourists traveling outside Asuncion should avoid night travel, because stray animals and poorly lit vehicles often pose threats. Road signs indicating hazards are often lacking. Roads in rural areas are generally unpaved. During rainy periods, they may become impassable. The number of traffic accidents tends to increase during the holiday season.
- It may be difficult to obtain service in English or French from the local police.
- Bicycle travel may not be safe because of traffic and other road hazards.

Driving Laws

- Police checkpoints are common, especially at night. Carry identification and vehicle registration at all times.
- Road accidents are frequent. Roadside assistance is non-existent on most highways. In the event of an accident, the municipal police should be contacted to obtain a police report for insurance purposes. If there are injuries, the police report must be obtained from the national police. Local police will often detain 1 or both parties to an accident.
- An International Driving Permit (IDP) is required.

Public Transportation

- Rental vehicles are available.
- Public transportation is readily available for urban and intercity travel. Buses vary in maintenance condition. Unauthorized ticket vendors also reportedly operate at the Asuncion bus terminal, badgering travelers into buying tickets for substandard or non-existent services.
- There are no rail services.
- Taxis can be hailed on the street or found at ranks. After dark, they should be ordered by phone. Very few taxi drivers speak English or French.

Natural Disasters and Climate

- The rainy season extends from December to March, and can affect the accessibility or reliability of intercity transit. During the rainy season, the roads in the northern part of the Chaco region are impassable, except for the Mennonite Colonies.

FAA Advisory

- The U.S. Federal Aviation Administration has assessed this country's civil aviation authority and determined that it does not provide safety oversight of its air carrier operators in accordance with the minimum safety oversight standards established by the International Civil Aviation Organization.

Exit Fees

- An airport tax must be paid upon departure from the Asuncion airport.

Other Laws

- It is against the law to hunt animals in or remove certain plant species from nature reserves.

Availability of Basic Infrastructure and Tourist Facilities

- Tourist facilities are good in the capital but may be limited or unavailable in other areas.
- Mobile telephone services outside urban areas are sparse and poor. In rural areas of Chaco Paraguayo, there is no cellular phone coverage outside of most Mennonite towns.

Dual Citizenship

- Paraguay does not recognize dual nationality for its citizens.

Currency

- The currency is the guarani (PYG). U.S. dollars can be exchanged in every casa de cambio (exchange agency) and at most banks. Credit cards are accepted in most hotels, restaurants, and shops.

Import and Export Information

- There are strict regulations against the temporary import or export of items such as firearms, medications, toys resembling weapons, or protected species.

Consular Information

Selected Embassies or Consulates in Paraguay

- U.S. Embassy: 1776 Mariscal Lopez Avenue, Asuncion, Tel.: 11-595-21-213-715, E-mail: paraguayconsular@state.gov, Web: paraguay.usembassy.gov
- Canadian Embassy: 3 Profesor Ramirez at Juan de Salazar, between Peru and Padre Pucheu, Asuncion, Tel.: 595-21-227-207, E-mail: honconpy@tigo.com.py
- U.K. Consulate: Eulogio Estigarribia, 4846 C/Monsenor Bogarin, Asuncion, Tel.: 595-21-210-405, E-mail: guillermo.peroni@pstbn.com.py
- Australian Embassy: Australia does not have an Embassy in Paraguay. Australians may obtain consular assistance from the nearest Australian Embassy. This is in Argentina at: Villanueva 1400, Buenos Aires C1426BMJ, Argentina, Tel.: 54-11-4779-3500, Web: www.argentina.embassy.gov.au

Paraguay's Embassies or Consulates in Selected Countries

- In the U.S.: 2400 Massachusetts Avenue, NW, Washington, DC 20008, Tel.: 202-483-6960, E-mail: secretaria@embaparusa.gov.py, Web: www.embaparusa.gov.py
- In Canada: 151 Slater Street, Suite 501, Ottawa, ON, K1P 5H3, Tel.: 613-567-1283, Web: www.embassyofparaguay.ca
- In the U.K.: 344 High Street Kensington, 3rd Floor, London, W14 8NS, Tel.: 020-7610-4180, E-mail: embapar@btconnect.com, Web: www.paraguayembassy.co.uk

PERU

General Information

Peru is a developing nation but is in the upper half of the world's economies. Located between Ecuador and Bolivia on the Pacific Ocean, its climate varies from tropical in the east to dry desert in the west, and temperate to frigid in the Andes. The dusty, dry climate in non-jungle areas may affect persons with allergies, bronchitis, or sinusitis.

Traveler's Diarrhea

- High risk throughout the country including deluxe accommodations in major cities. Food and beverage precautions are essential in order to reduce chance of illness.
- Travelers should carry loperamide and/or a quinolone antibiotic for presumptive self-treatment of diarrhea if it occurs.

Other Concerns

- Current Health Bulletin - updated January 16, 2013 (posted December 10, 2012)
Dengue Fever: According to the Peruvian Ministry of Health, more than 7,500 cases of dengue fever, a significant increase over the average incidence, have been reported from Ucayali Region since October 2012. Travelers are advised to practice daytime insect precautions.
- Tuberculosis 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.
- Dengue fever occurs in urban and rural areas. Risk is mostly restricted to northern and northeastern regions. No risk in Lima, coastal desert regions or highland tourist areas. Daytime insect precautions are recommended.
- Leishmaniasis (cutaneous and mucocutaneous), transmitted by sandflies, is widespread in jungle regions; cases in visitors to Manu National Park are frequent. Cutaneous disease also occurs on the western slopes of the Andes between 800 and 3,000 m (2,600 and 9,800 ft). Insect precautions are recommended.
- Hantavirus causing hantavirus pulmonary syndrome is transmitted by rodents and occurs in and near Iquitos (Loreto Region). Risk is minimal for most travelers. Avoid contact with mice and rats (including their excreta) in rural areas.
- Bartonellosis (Oroya fever) is present especially in inter-Andean valleys, including near Macchu Picchu, but risk to tourists is low. Insect precautions are recommended.
- Chagas' disease (American trypanosomiasis) occurs in rural areas; risk to travelers is unknown but is thought to be negligible. Avoid overnight stays in houses constructed of mud, adobe brick, or palm thatch.
- Brucellosis is common. Travelers should avoid unpasteurized goat cheese (always white in color) and other unpasteurized dairy products.
- Altitude sickness: Chemoprophylaxis with acetazolamide should be considered for travelers anticipating rapid ascent to sleeping altitudes above 2,800 meters (9,200 feet). The elevations of Cuzco, Puno, and Machu Picchu are 3,400 meters, 3,800 meters, and 2,400 meters, respectively.

Medical Care

- Adequate medical care is available in Lima and Arequipa but is not up to the standards of industrialized countries. Medical care is substandard outside Lima and Arequipa.
- For general emergencies, dial 116; for police emergencies, dial 105. Travelers in difficulty can also call the local Tourist Protection Service (operators speaking English are available 24/7, at 51-1-424-2053).
- Cash payment may be required prior to treatment, including emergency care. There is no clear information as to whether credit cards are accepted for medical care.

Travel Advisory

The material below has been compiled or quoted verbatim from the consular Web sites of the United States (travel.state.gov), United Kingdom (www.fco.gov.uk/travel), Canada (voyage.dfait-maeci.gc.ca), and Australia (www.smartraveller.gov.au). 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 travel to the provinces of La Mar and Huanta in Ayacucho Department; Maranon, Huacaybamba, Leoncio Prado, and Huamalies in Huanuco Department; Tocache and Huallaga in San Martin Department; Padre Abad in Ucayali Department; Tayacaja in Huancavelica Department; La Convencion in Cuzco Department; and Satipo and Concepcion in Junin Department; all travel to the Upper Huallaga and Ene river valleys; all travel to the border areas with Colombia and Ecuador, especially the Cordillera del Condor region; and all non-essential travel to the provinces of Celendin, Hualgayoc, and Cajamarca. Other governments advise against all travel to the areas bordering Colombia and Ecuador in the regions of Loreto, Amazonas, and Cajamarca.

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

Consider Avoiding

- Remnants of the Shining Path rebel group continue to conduct occasional ambushes and attacks in some regions of the country, including the border area with Colombia. Isolated incidents have occurred in remote areas and cities within the departments of Puno, Piura, Lambayeque, La Libertad, Junin, Ayacucho, Cuzco, Ucayali, San Martin, Huanuco, Huancavelica, and Apurimac. Incidents include robberies, temporary takeovers of small villages and, although rare, violence or threats of violence against local security forces or community figures. Overland travel in these regions can be dangerous.
- The Peruvian government is working to remove mines and unexploded ordnance left over from the Peru/ Ecuador border conflict, but crossing or approaching the Peru-Ecuador border anywhere except at official checkpoints can still be hazardous.

Crime

- Drugs, organized crime, and terrorism are inextricably linked. Visitors should be aware of the heightened risk to their safety in regions where there is intensive coca cultivation.
- Violent crimes such as carjacking, assault, and armed robbery are frequent. Travelers arriving at Lima's Jorge Chavez International Airport should use a secure taxi service to go into the city, and should exercise particular caution en route to their hotel.
- Petty crime is prevalent in Lima and other cities. Purse snatching, pickpocketing, theft, and break-ins occur, even during daylight hours, in crowded public areas, on micro-buses, and while hailing taxis. Thefts also occur frequently in hotels and restaurants. Resisting a robbery can lead to further violence.
- Incidents of rape have been reported in the cities of Lima, Cuzco, Puno, Pucallpa, and Arequipa, and in many isolated areas elsewhere in the country. Some of these incidents have occurred within the victim's place of lodging.
- There have been incidents of drugs being used to incapacitate travelers in order to rob or attack them. Scopolamine can be administered through aerosols, cigarettes, gum, or in powder form.
- Remain vigilant about the threat of express kidnappings, in which victims are usually abducted for a few hours and forced to withdraw money from ATMs. Most express kidnappings take place at night, but cases also occur during daylight hours. Kidnappings sometimes involve taxi drivers.
- Thieves have been known to pose as police officers in order to gain the confidence and cooperation of their potential victims. If stopped by police or security forces, ask to see official identification. Record the officer's name, badge number, and district.

Civil Unrest

- Demonstrations and protests, often in response to local labor or social issues, occur regularly throughout the country. National strikes can be called in Peru at short notice and can cause disruption to domestic air travel, public transport, and road networks.

Miscellaneous Safety

- Treks and hiking excursions should be undertaken in groups, with experienced tour guides only. Each year, several hikers and climbers are victims of serious accidents in the mountains, some of which are fatal.
- To protect natural resources along the Inca Trail, the Peruvian government charges fees for hiking the trail and instituted limits on the numbers of hikers permitted on the trail. Hikers in peak season (June–August) are advised to make reservations for the Inca Trail well in advance via a travel agency.
- River pirates operate on tributaries of the Amazon River.

Road Conditions and Hazards

- Poor road conditions and inadequate signage is common. Mountainous roads can be particularly dangerous. When renting a vehicle, always purchase insurance. When traveling by car, keep doors locked and windows shut at all times. Traveling in groups is recommended.
- Criminals have been known to throw objects in front of oncoming traffic in the hopes that cars will stop. If this occurs, stop only in a safe location, such as a gas station.
- Police spot checks are common and can cause delays. Carry identification and vehicle registration.

Driving Laws

- An International Driving Permit (IDP) is recommended.

Public Transportation

- Intercity bus travel can be dangerous. Bus accidents are frequently caused by excessive speed and poor vehicle maintenance.

Natural Disasters and Climate

- Peru is located in an active seismic zone and is prone to earthquakes.
- Fog is common on coastal and mountain highways, and the resulting poor visibility frequently causes accidents. The rainy season extends from November to May in the Peruvian Andes. Heavy rains, flooding, landslides, and corresponding transportation delays are likely to occur. During flooding, transportation, utilities, emergency and medical care, as well as food, fuel, and water supplies, may be disrupted.

FAA Advisory

- The U.S. Federal Aviation Administration has assessed this country's civil aviation authority and determined that it licenses and oversees air carriers in accordance with aviation safety standards established by the International Civil Aviation Organization.

Exit Fees

- A departure tax is charged.

Other Laws

- Homosexuality is legal in Peru but social attitudes are generally conservative. Any outward display of homosexual behavior is likely to be frowned upon. Same-sex partnerships are not formally recognized.
- Avoid taking photographs of anything of a military nature anywhere in Peru.
- Carry photo ID at all times. A notarized copy of a passport's visa and photo page is acceptable.
- Penalties for possession of illegal drugs are severe and include lengthy imprisonment in local jails.
- The historic site of Machu Picchu has a strictly enforced daily visitor limit. The government of Peru recommends purchasing tickets in advance to avoid possible disappointment if the maximum has been reached for the day of an intended visit.

Availability of Basic Infrastructure and Tourist Facilities

- A variety of tourist facilities and services is available, with quality varying according to price and location.

Dual Citizenship

- Minors under the age of 18 years who have dual nationality must travel with both passports.

Currency

- The currency is the Peruvian nuevo sol (SOL). The U.S. dollar is widely accepted. Credit cards are widely accepted in Lima, but less so outside major cities. In small towns, ATMs may not be available. ATMs accept international credit cards only. Tourists have had money taken from their accounts after using ATMs.

Import and Export Information

- The government of Peru prohibits the exportation of archaeological artifacts, coca tea bags, colonial art, and some natural artifacts such as fossils.

Consular Information

Selected Embassies or Consulates in Peru

- U.S. Embassy: Avenida La Encalada cdra. 17 s/n, Surco, Lima 33, Peru, Tel.: 51-1-618-2000, Web: lima.usembassy.gov. Consulate: Avenida Pardo 845, Cusco, Tel.: 51-84-231-474, E-mail: CoresES@state.gov

- Canadian Embassy: Bolognesi 228, Miraflores, Lima 18, Tel.: 51-1-319-3200, E-mail: lima@international.gc.ca, Web: www.peru.gc.ca
- U.K. Embassy: Torre Parque Mar, Piso 22, Avenida Jose Larco, 1301, Miraflores, Lima, Tel.: 51-1-617-3000, E-mail: consular.lima@fco.gov.uk, Web: www.ukinperu.fco.gov.uk
- Australian Embassy: Avenida La Paz 1049, 10th Floor, Miraflores, Lima, 18, Peru, Tel.: 51-1-630-0500, E-mail: consular.lima@dfat.gov.au, Web: www.embassy.gov.au/peru

Peru's Embassies or Consulates in Selected Countries

- In the U.S.: 1700 Massachusetts Avenue, NW, Washington, DC 20036, Tel.: 202-833-9860, E-mail: webadmin@embassyofperu.us, Web: www.peruvianembassy.us
- In Canada: 130 Albert Street, Suite 1901, Ottawa, ON, K1P 5G4, Tel.: 613-238-1777, E-mail: emperuca@bellnet.ca, Web: www.embassyofperu.ca
- In the U.K.: 52 Sloane Street, London SW1X 9SP, Tel.: 020-7838-9223, E-mail: peruconsulate-uk@btconnect.com, Web: www.conperlondres.com
- In Australia: 40 Brisbane Avenue, Barton ACT 2600, Tel.: 02-6273-7351, E-mail: embassy@embaperu.org.au, Web: www.embaperu.org.au

URUGUAY

General Information

Uruguay is a developing nation but is in the upper half of the world's economies. Located in southern South America along the Atlantic Ocean, its climate is generally mild throughout the country.

Traveler's Diarrhea

- High risk throughout the country including deluxe accommodations. Food and beverage precautions are essential in order to reduce chance of illness.
- Travelers should carry loperamide and/or a quinolone antibiotic for presumptive self-treatment of diarrhea if it occurs.

Other Concerns

- Chagas': Uruguay was declared free of natural Chagas' disease (American trypanosomiasis) transmission by WHO in 1997.
- Hantavirus causing hantavirus pulmonary syndrome is transmitted by rodents and occurs in southern departments. Risk is minimal for most travelers. Avoid contact with mice and rats (including their excreta) in rural areas.

Medical Care

- Adequate private medical care is available in Montevideo. Medical care is substandard in the rest of the country. Highly specialized cases or complex emergencies may require evacuation to São Paulo (Brazil).
- For emergency services in Montevideo, dial 911; dial 02-911 elsewhere in Uruguay. Montevideo central emergency authority will then contact the local emergency service. Tourist police officers may speak limited English, while others only speak Spanish. For ambulance, dial Servicio de Emergencia Medico Movil (SEMM) at 159 or 598-2-711-1111.
- Although credit cards are widely accepted in the main towns, there is no clear information about medical payment practices, or whether credit cards are accepted for medical care.

Travel Advisory

The material below has been compiled or quoted verbatim from the consular Web sites of the United States (travel.state.gov), United Kingdom (www.fco.gov.uk/travel), Canada (voyage.dfait-maeci.gc.ca), and Australia (www.smartraveller.gov.au). 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.

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 Uruguay.

Crime

- Petty street crime, such as pickpocketing, armed robbery, and muggings, is prevalent in Montevideo. Petty crime also occurs in towns bordering Brazil.

Civil Unrest

- Regular protests take place outside Congress, City Hall, and the Universidad de la Republica. Travelers should refrain from approaching any demonstrations with cameras and communications devices.

Road Conditions and Hazards

- Driving is on the right-hand side of the road. Driving standards in Uruguay are not high and traffic is disorganized. Drivers often change lanes and make unexpected turns without indicating. Stop signs, traffic lights, and speed limits are frequently ignored.
- Illumination, pavement markings, and road surfaces are sometimes poor. The main toll roads to Punta del Este and Colonia are good and well marked. Elsewhere, many roads are in reasonable condition while some are in poor condition and require drivers to take extra care. Roads are often winding, the terrain is hilly, and most intersections do not have stop signs or traffic lights.

Driving Laws

- The use of cellular phones while driving is prohibited. Wearing seat belts and using headlights on highways and other inter-city roads 24 hours a day are mandatory. Drivers approaching an intersection from the right or already in traffic circles have the right of way.
- An International Driving Permit (IDP) is recommended.

Public Transportation

- Travelers should exercise caution when choosing taxis in Montevideo, selecting those with three-point seat belts in the back seats or instead sitting in front with the driver.

Natural Disasters and Climate

- Droughts and floods occur. Forest fires can break out during the summer.

FAA Advisory

- The U.S. Federal Aviation Administration has assessed this country's civil aviation authority and determined that it does not provide safety oversight of its air carrier operators in accordance with the minimum safety oversight standards established by the International Civil Aviation Organization.

Exit Fees

- Air travelers are required to pay an airport tax upon departure. This fee may be paid in U.S. dollars or in Uruguayan pesos.

Availability of Basic Infrastructure and Tourist Facilities

- Tourist facilities are generally good with many 5-star accommodations at resort destinations such as Punta del Este and Colonia de Sacramento. The quality of tourist facilities varies according to price and location.

Currency

- The currency is the Uruguayan peso (U\$). U.S. dollars can be converted. Credit cards are widely accepted in most major towns and hotels. ATMs are available.

Import and Export Information

- Customs authorities may strictly enforce regulations concerning the import or export of items such as precious jewels, gold, firearms, antiquities, medications, and business equipment.

Consular Information

Selected Embassies or Consulates in Uruguay

- U.S. Embassy: Lauro Muller 1776, Montevideo 11200, Uruguay, Tel.: 598-2-1770-2000, E-mail: MontevideoACS@state.gov, Web: montevideo.usembassy.gov
- Canadian Embassy: 749 Plaza Independencia app.102, 11100, Montevideo, Tel.: 598-2-902-2030, E-mail: mvdeo@international.gc.ca, Web: www.uruguay.gc.ca
- U.K. Embassy: Calle Marco Bruto 1073, 11300 Montevideo, PO Box 16024, Tel.: 598-2-622-3630, 598-2-622-3650, E-mail: ukinuruguay@gmail.com, Web: www.ukinuruguay.fco.gov.uk
- Australian Consulate: Cerro Largo 1000, 11100, Montevideo, Tel.: 598-2-901-0743

Uruguay's Embassies or Consulates in Selected Countries

- In the U.S.: 1913 I (Eye) Street, NW, Washington, DC 20006, Tel.: 202-331-1313, E-mail: uruwashi@uruwashi.org, Web: www.mrree.gub.uy/frontend/page?1,embajada-eeuu,pagina-principal-embajada-eeuu,O,E,O,,
- In Canada: 130 Albert Street, Suite 1905, Ottawa, ON, K1P 5G4, Tel.: 613-234-2727, E-mail: embassy@embassyofuruguay.ca, Web: embassyofuruguay.ca
- In the U.K.: 1st Floor, 125 Kensington High Street, London W8 5SF, Tel.: 020-7937-4170, E-mail: emburuguay@emburuguay.org.uy

Basic Preventive Measures

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

INSECT PRECAUTIONS

- Significant or potentially life-threatening illnesses transmitted by insects are a threat in the tropics and are best prevented by personal protective measures.
- Clothe yourself to reduce as much exposed skin as practicable.
- Apply a repellent containing DEET (concentration 30 to 35%) or picaridin (concentration 20% or greater). The repellent should be applied to all exposed non-sensitive 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.
- Treat outer clothing with permethrin (or other pyrethroid) when at risk of malaria or other mosquito-borne or tick-borne diseases.
- Sleep under a permethrin impregnated bed net when at risk of malaria.
- If not in a sealed air-conditioned room, ensure 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.

SAFE FOOD and WATER

- Traveler's diarrhea is always caused by something you ate or drank.
- Always wash hands with soap before eating and after using the toilet.
- Avoid purchasing food from dubious eating places, markets, and roadside vendors.
- Flies feed on both feces and food. Avoid buffets where there are no food covers or fly controls.
- Avoid high risk food such as shellfish, undercooked meats and poultry, dairy products, mayonnaise, unpeeled fruits, and salads.
- Avoid both tap water and drinks or ice made from tap water, unless you are advised by a reliable fellow foreigner that they are safe.
- Use sealed bottled water or chemically treated, filtered, or boiled water for drinking and brushing teeth.

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/ibrs, 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 drowning. Heed posted warnings at organized beaches, and do not bathe at unmarked, unpatrolled beaches.
- Avoid any exposure, even wading, in any part of any body of water known to be infected with schistosomiasis (bilharzia).
- Do not swim in water where there is sewage contamination or algae present.
- Do not walk on any beach after dark no matter how apparently busy, well-lit, or patrolled.

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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