Tanzania

Security Advice

BASIC TRAVEL TIPS – what you should do every time you travel

• Don’t stand out; dress inconspicuously and avoid displaying jewelry or valuables such as laptop computers or cameras.
• Do not carry large sums of cash.
• Protect yourself if you're traveling alone. As a precaution, avoid the night on your travels, especially on or at parties or events that overwhelmingly in a night environment.
• Avoid driving, especially in urban areas. In urban areas, always lock your doors and windows while in motion. If you do lock your doors and windows while in motion, lock them securely.
• Avoid carrying large amounts of cash or valuable items with you. Try to keep your money and valuables in a safe place where they are less visible.

Additional Tips

• Check your company policy and allow the use of sharing transportation apps and accommodation services.
• Confirm the services are legal in your destination.
• Use ‘safe’ or ‘female’ only areas in the city.
• Self-suitability can be a significant factor in your travel experience. Take extra precautions when using public transportation or taxis. Avoid using taxis without having seen the driver beforehand.

Domestic travel

• Check for any updates on government advisories and restrictions before traveling.
• Be aware of local laws and regulations in effect when traveling.
• Be cautious of any potential risks, such as theft or fir.

International travel

• Check the latest travel advisories and restrictions from your government before traveling.
• Be aware of any potential risks, such as theft or fir.

Additional Tips – Female travelers

• Be aware that female travelers may be more vulnerable to theft or fir.
• Be cautious of any potential risks, such as theft or fir.

Honeymoon

• Be aware of the potential risks associated with honeymooning.
• Be cautious of any potential risks, such as theft or fir.

Additional Tips – LGBT travelers

• Be aware that LGBT travelers may be more vulnerable to theft or fir.
• Be cautious of any potential risks, such as theft or fir.

Additional Tips – Business travelers

• Be aware that business travelers may be more vulnerable to theft or fir.
• Be cautious of any potential risks, such as theft or fir.

Additional Tips – Seniors

• Be aware that seniors may be more vulnerable to theft or fir.
• Be cautious of any potential risks, such as theft or fir.

Additional Tips – Solo travelers

• Be aware that solo travelers may be more vulnerable to theft or fir.
• Be cautious of any potential risks, such as theft or fir.

Additional Tips – Families

• Be aware that families may be more vulnerable to theft or fir.
• Be cautious of any potential risks, such as theft or fir.
International SOS Member Site - - Country Report

Insecurity is seen in many countries. Homosexuality is punishable by death in Iran and Saudi Arabia, and can be punished by fines and harassment or other significant punitive measures in many other countries. Gay rights activism is legal in Israel and Jordan, though harassment can occur in both countries.

Risk Ratings

* High Political Risk (4) in Tanzania
* Medium Travel Risk (Chinese Labour Rights)

Risk Summary

China, which has seen recent political unrest and violence in its cities of Dar es Salaam and Zanzibar, has led to the current situation. While there has been some increase in social media reports of violence and unrest, China has been relatively quiet in the northern city of Arusha, which is a major tourist destination. In Arusha, there have been reports of curfews and increased police presence, but these have not been severe. However, the situation in Dar es Salaam and Zanzibar has been more volatile, with reports of protests and violence.

In Zanzibar, the government has imposed a state of emergency, which has led to the suspension of all public gatherings and the closure of schools and businesses. The government has also banned social media and imposed strict curfews. In Dar es Salaam, the government has imposed a state of emergency, which has led to the suspension of all public gatherings and the closure of schools and businesses. The government has also banned social media and imposed strict curfews.

These measures have been taken in response to a recent surge in coronavirus cases in the region. The government has also imposed a state of emergency, which has led to the suspension of all public gatherings and the closure of schools and businesses. The government has also banned social media and imposed strict curfews.

This information is intended as a summary of the travel security environment; however, the situation can change at any time during a crisis or evolving situation. Always check travel advisories to ensure you are informed of the most recent developments.

STAYING SAFE IN AFRICA

AfrAsia

East Africa: Mosquito developments around airports; anticipate increased community unrest

Created and Modified: Tuesday, February 16, 2021 14:00:00 GMT

Level: Notice
Location: Burundi; Ethiopia; Kenya; Sudan; South Sudan; Tanzania; Uganda
Category: Travel Advisory; Community unrest

Event Date: 18 Feb 2021

Tanzania and Uganda. This increase in mosquito activity is likely to disrupt thousands of people and groups operating essential community health services, resulting in a potential increase in community unrest.

Advice

- Mosquito netting and protective clothing should be worn at all times.
- Avoid mosquito bites by using insect repellent and wearing long-sleeved clothing.
- Ensure water supplies and food are protected.
- Consult your nearest health centre for advice on malaria prevention and treatment.

More detail

According to the WHO, cases of dengue fever are on the rise in the region. The current situation in Tanzania is being monitored closely by the government, which has imposed strict measures to contain the spread of the disease. In Uganda, the government has also imposed strict measures to contain the spread of the disease.

In Tanzania, the situation is being closely monitored by the government, which has imposed strict measures to contain the spread of the disease. In Uganda, the government has also imposed strict measures to contain the spread of the disease.

In Uganda, the government has also imposed strict measures to contain the spread of the disease. In Tanzania, the situation is being closely monitored by the government, which has imposed strict measures to contain the spread of the disease.
Vaccinations For Tanzania

**Cholera**

*Oral vaccination is recommended for travelers*.

**Hepatitis A**

*Recommends for all travelers and expatriates.*

**Hepatitis B**

*Recommended for all travelers and expatriates.*

**Rabies**

*Considered for certain travelers, especially those who are at risk.*

**Typhoid Fever**

*Recommended for all travelers and expatriates.*

**Yellow Fever**

*Tanzania has a low risk of yellow fever.*

**Measles**

*All routine vaccinations should be up to date.*

**Yellow Fever**

*Consult with your doctor and ensure you are up to date.*

**Malaria**

*Consult with your doctor.*

**Zika Virus**

*Consult with your doctor.*

**Health**

*Consult with your doctor.*

**Summary**

**Travel Risk Summary**

**Crime**

Tanzania is relatively safe, with stealing and petty crime being relatively rare. However, travelers should be aware of pickpocketing and petty theft, especially in busy areas such as markets and nightclubs. Travellers should be vigilant when using public transportation and be aware of their surroundings. It is recommended to avoid walking alone at night in isolated areas. In the event of a robbery, travelers should remain calm and not resist.

**Traffic**

Tanzania has a well-developed road network, with paved roads connecting most major cities. However, in rural areas, roads are often unpaved or in poor condition. Drivers should be aware of the traffic rules and be cautious when driving.

**Health**

Tanzania has a low risk of yellow fever, and travelers are advised to consult with their doctor before departure. Hepatitis A and Typhoid Fever vaccinations are recommended for all travelers.

**Personal Risk**

**Crime**

Tanzania, like many other countries in Africa, is relatively safe for tourists. However, travelers should be aware of the following:

- Pickpocketing: Be aware of your belongings in crowded areas.
- Petty theft: Keep your belongings secure, especially in hotels and public places.
- Robbery: Stay alert and avoid walking alone in isolated areas at night.

**Health**

- Hepatitis A: Vaccination is recommended for all travelers.
- Typhoid Fever: Vaccination is recommended for all travelers.
- Yellow Fever: Vaccination is recommended for travelers entering the country.
- Malaria: Consult with your doctor before departure as prophylaxis may be required.

**Transportation**

- Public transportation: Use taxis and public buses, but be aware of potential segurança.
- Road conditions: Be aware of the road conditions, especially in rural areas.
- Traffic rules: Obey traffic rules and be cautious when driving.

**Laundry and Clothing**

- Local clothing: Purchase local clothing to experience the culture.
- Laundry services: Available in major cities, but may be expensive.

**Personal Safety**

- Personal safety: Be aware of your surroundings, especially in crowded areas.
- Lost documents: Keep your passport and other documents in a secure place.
- Medical care: Public health facilities can be limited, so it's advisable to carry a first aid kit.

**Animals**

- Wildlife: Be aware of the wildlife and avoid feeding or interacting with them.
- Venomous snakes: Be aware of the presence of venomous snakes in certain areas.

**General Advice**

- Local laws: Respect local laws and customs.
- Environmental conservation: Be aware of the importance of environmental conservation.
- Conservation areas: Be aware of conservation areas and follow guidelines.

**Financial Considerations**

- Currency: The local currency is the Tanzanian shilling.
- Cost of living: The cost of living is relatively low compared to other African countries.

**Emergency Contacts**

- Local authorities: Know the contact details of local authorities in case of emergencies.
- Consular services: Contact your embassy or consulate in case of emergencies.

**Useful Links**

- Tanzanian government website: www.tanzania.go.tz
- Tanzania Tourism Board: www.tourism.go.tz
- Tanzania Ministry of Health: www.moh.go.tz

**Further Information**

- For more information, please visit the Tanzania Tourism Board website.

---

https://www.internationalsos.com/MasterPortal/PrintDisplay.aspx
There have been repeated shootings targeting civilians in Zanzibar. In many instances, the passenger is often a civilian fishing boat, and the attack is often targeted at fishing boats. The primary targets are civil society organizations and local officials. The suspected group is the Civilian Defense Force (CDF) and the Tanzania National Resistance Movement (TNRM).

Freshwater lakes and wetlands are being targeted in some areas, particularly in the Lake Victoria region. This has led to increased tensions between local communities and environmental groups. The suspected group is the Tanzania National Resistance Movement (TNRM). The attacks are often targeted at fishing boats and local officials.

Ships and boats are being targeted in some areas, particularly in the Lake Victoria region. The primary targets are local fishing boats and local officials. The suspected group is the Tanzania National Resistance Movement (TNRM). The attacks are often targeted at fishing boats and local officials.

International SOS Member Site - Country Report

11/20/2020

Emergency Numbers

Ambulance services are not recommended. Contact International SOS for help with your medical situation.

Country Stability

Political Situation

The Chama Cha Mapinduzi (Revolutionary State Party, CCM) has dominated the political scene since independence. The principal opposition party Chama Cha Mapinduzi na Mwambuto (Party for Democracy and Development, CCM) and the Tanzania Labour Party (TLP) have made steady progress in recent years. However, a CCM government is unlikely to be defeated.
**International SOS Member Site -- Country Report**

2/19/2020

any opposition group in the foreseeable future.

President John Magufuli came to power in 2015, promising a crackdown on corruption and reduced government spending. Under "the Bulldozer," he has stepped up government's efforts to combat corruption, diverting public funds from state coffers into his personal bank accounts. The corruption has been so severe that, according to Transparency International, Tanzania is ranked among the world's most corrupt countries. Corruption is widespread and deeply ingrained in the country's political and economic system. The government has not taken any significant steps to address the problem.

**Voltage and Electric Shock Risk**

Electricity is available in most urban areas, but power outages are common, especially during the rainy season. Power in rural areas is often unreliable. Travelers should be prepared for power outages and should be aware of the potential for electrocution from faulty electrical equipment.

**Healthcare**

The healthcare system in Tanzania is generally well-equipped, with well-trained doctors and nurses. However, there are significant differences between urban and rural areas. In rural areas, healthcare facilities are limited, and access to medical care can be difficult. Travelers should be prepared for potential delays in medical care.

**Personal Security**

Tanzania is generally safe for travelers, but it is important to be aware of the potential for crime. Petty theft and pickpocketing can be common, especially in busy areas such as markets and train stations. Travelers should be vigilant and take necessary precautions to protect their belongings.

**Environmental Hazards**

Tanzania is known for its natural beauty and wildlife, with many national parks and conservation areas. However, it is important to be aware of the potential for environmental hazards such as malaria, yellow fever, and rabies.

** travelers should be familiar with the potential health risks and take appropriate precautions to protect themselves while traveling in Tanzania.**
Recommended for all travelers and expatriates.

Considers for certain travelers, especially:
- For expatriates and long-term visitors.
- For children who tend to play with animals and may not avoid being bitten or scratched.
- For travelers to a location where quality medical care may not be available immediately after being bitten by a dog or cat.

Vaccination:
- Rabies vaccination is recommended for travelers going to Tanzania.
- Whenever International SOS has no licensed animal vaccine, the World Health Organization recommends a yellow fever vaccine for travelers arriving in Tanzania, regardless of their point of origin.
- See the map of vaccination recommendations.

Malaria
- There is a risk of malaria in all areas below 1500 meters (5000 feet). There is no risk of malaria above 1500m. There is no risk of malaria in Zanzibar.
- Prevention:
  - Malaria risk assessment
  - Malaria: consult your travel health doctor for an individual risk assessment.

Malaria Risk
- No risk
- Low risk
- High risk

Malaria is transmitted by mosquitoes that usually bite from dusk to dawn. Symptoms can develop as early as six hours to 12 days after exposure. Early malaria symptoms are flu-like and can include fever, chills, muscle aches, and generally feeling sick and weak. People also sometimes feel restless and have other flulike symptoms. Unrecognized, malaria can cause severe complications like anemia, seizures, mental confusion, kidney failure, and coma. It can be fatal.

Follow the ARF-OS's malaria risk assessment guidelines:
A. Antimalarial - Take weekly malaria prevention.
B. Chloroquine - Avoid being bitten by mosquitoes, especially by dusk or dawn.
C. Chloroquine-resistant - If peroxidized for use, use Chloroquine (hydroxychloroquine) in addition to antimalarial treatment.
D. Chloroquine-resistant - If antimalarial prophylaxis used.
E. Chloroquine-resistant - If antimalarial prophylaxis used.
F. Chloroquine-resistant - If antimalarial prophylaxis used.

Zika Virus
- There is no Zika Virus in Tanzania.

Standard of Care

Emergency Response
- Always try to call International SOS whenever medical care or advice is required, especially in emergencies.

One-ounce ambulance service has the smallest equipment and is relatively simple to use. It is capable of providing care up to Intermediate Life Support levels. Most other medical services are run by reputable transport vehicles.

Emergency Numbers
- Fire: 114
- Police: 112

Standard of Health Care
The healthcare system in Tanzania, in terms of facilities, equipment and staffing, is acceptable and to be preferred. There is no growing private sector in Dar Es Salaam and in some of the large cities which should be preferred to the public sector facilities. In these areas, public sector facilities are superior and offer very basic services.

In other areas, there are government facilities or privately owned hospitals. These are overcrowded and shortage of equipment, staff and medical and staff are common. English is the official language and is generally fluently spoken by the doctors, although some of the auxiliary and support staff may be fluent. Within both the public and private sector, individual doctors may have different standards and expertise (although generally most doctors trained in Tanzania). However, aesthetic support structures may not be in place. There is also a significant variation in the medical care which may be provided.

For these reasons, all complications to be referred to the nearest center of medical excellence either Nairobi or Johannesburg the destination would depend on the nature of the illness/surgery.

OutPatient Care
Several private medical facilities offer a range of care 24/7. Specialist availability varies. Government/public facilities offer basic services. Contact your medical assistance company for referrals.

Paying for Health Care
Some medical facilities in Tanzania will allow corporations to establish a formal credit agreement. Without this agreement, however, many medical facilities will require a cash deposit or full cash payment prior to treatment. Credit cards are usually not accepted. It is also very difficult to obtain cash by using a credit card, and where this is possible, the exchange rates are typically unfavorable. Carry traveler's cheques or cash.

Do not delay medical treatment because of financial concerns. Contact International SOS, and if our terms allow, we will make financial arrangements on your behalf.

Dental Care
There are several private dental clinics managed by expatriate dentists that provide basic dental care. These clinics are equipped to provide basic routine and emergency dental procedures.

Blood Supplies
Blood supplies in Tanzania are usually adequate. Blood transfusion services are available at large government and private hospitals and in most regional facilities. However, the quality of screening cannot be guaranteed, and therefore, donations should be donated.

Even in areas where the blood supply is considered safe, it is best to avoid blood transfusions if possible. Screening cannot detect every blood-borne disease, and in some reactions can vary from person to person (transfusion). If a blood transfusion is absolutely essential to save a life, seek a second opinion from International SOS or your health advisor.

Medication Availability
Most names medications are available in Tanzania, but quality and availability vary. Many medications that require a prescription elsewhere can be prescribed over the counter in Tanzania. Brand medicines often offer a good range of generic, lower-priced alternatives.

Since brand names vary, it is wise to check the generic (chemical) names of your medications. It is always advisable to bring an advance supply of prescription and other medications from your home country. However, remember that the regulations of your destination regarding medication, as well as the availability of some drugs may be strictly prohibited (especially narcotics and psychotropics) and may result in severe penalties. Some restrictions are published on the International Narcotics Control Board.

Clinics & Hospitals

Medical Providers
No matter where you are, contact International SOS if you are sick, injured or need medical advice.

Our medical staff will advise you, help you select the correct doctor, hospital or clinic, and make any necessary appointments on your behalf. If our terms allow, we will also make financial arrangements for you.

It is recommended that you contact International SOS before seeking medical care in Tanzania.

Hospitals / Clinics
If you are unable to contact International SOS, the following list of hospitals and clinics is provided in case of medical emergencies.

Dar Es Salaam
Aga Khan Hospital
Address: Ocean Road
Dar Es Salaam, Tanzania
255 222 115 131

Food & Water

Food and Water Precautions
Theravium has a small risk of developing diarrhoea in any country. It is advisable to drink bottled water only, especially at hot times. Always wash your hands with soap before eating, or use an alcohol-based hand sanitizer. See the following country-specific recommendations:

Water and Beverages
Top water is safe to drink. Drink bottled or filtered water, or carbonated beverages, provided that the seal is intact. Look for bubbles when you open a carbonated beverage - bubbles are evidence that the product has been processed. Bottles are sometimes refilled with tap water and reseal, and these products are not safe to drink.

Avoid ice cubes. Ice can be made from unsafe water. Do not drink your mouth or handwash with tap water, and do not open your mouth in the shower.

Food Risk
Food quality varies in Tanzania. Always choose food that has been thoroughly cooked while still fresh and is served very hot since heat destroys contaminating bacteria. Threshed or packaged foods are usually safe.

Avoid street vendors, because the food of the local area may be low and food may not be fresh. Do not buy pre-packed food in plastic. Food that you wash and peel yourself should be safe. Avoid salads, sauces, dairy products, andMatharos, and any food prepared in your presence.

Health Threats

Health threats present include:

Anthrax: Anthrax, Rabies
Beverage: Alcohol, Tobacco
Coughing: Malaria, Typhoid Fever (TF)
Diabetes: HIV/AIDS, Tuberculosis (TB), Hepatitis A, Hepatitis B
Environment: HIV/AIDS
Food and water: Typhoid Fever, Hepatitis A, Hepatitis B, Tuberculosis, Hepatitis A
Rabies: Rabies
Swimming: Salmonella

Health Threats

- African Sleeping Sickness (Trypanosomiasis or Human African Trypanosomiasis) is a parasitic disease that can be fatal if left untreated. It is spread by the bite of the tsetse fly, which is about the size of a housefly and gray-brown in color.
Early symptoms include fever, skin lesions, and a rash. The lymph nodes in the neck often become enlarged and tender. Early diagnosis and treatment can help prevent the disease from developing into more serious symptoms. Untreated, the disease progresses to fever, headache, muscle pain, and swelling of the lymph nodes. This can cause confusion, memory loss, and death, if untreated.

No vaccine is available. Prevent infection by avoiding contact with body fluids and lesions of affected individuals. Avoid those areas. Take preventive measures to avoid mosquito bites. Use insect repellent and wear long-sleeved clothes and pants. Choose treated clothing or wear insect repellent clothing that is treated with insect repellent.

Tanzania

In 2012 and May 2017, two tourists who had visited natural parks in the north-east of the country were diagnosed with sleeping sickness. National parks in north-eastern Tanzania are known areas for tsetse fly infestations.

**Attitude**

In June 2019, the World Health Organization (WHO) raised the number of countries with sleeping sickness cases to 29, including Tanzania.

**Animals**

Sleeping sickness is a zoonotic disease caused by the trypanosomes of the genus Trypanosoma. The parasites are transmitted to humans by the bite of the tsetse fly, which takes blood meals from infected animals and humans. The trypanosomes then multiply in the lymph nodes, spleen, and liver, eventually entering the bloodstream and reaching the brain.

**Trip to Immunization**

Prevention

- Use insect repellent and wear long-sleeved clothes and pants.
- Choose treated clothing or wear insect repellent clothing that is treated with insect repellent.
- Avoid sleeping sickness by avoiding contact with body fluids and lesions of affected individuals. Avoid those areas.

**Travel to Immunization**

- Use insect repellent and wear long-sleeved clothes and pants.
- Choose treated clothing or wear insect repellent clothing that is treated with insect repellent.

**Trip to Immunization**

Prevention

- Use insect repellent and wear long-sleeved clothes and pants.
- Choose treated clothing or wear insect repellent clothing that is treated with insect repellent.
- Avoid sleeping sickness by avoiding contact with body fluids and lesions of affected individuals. Avoid those areas.

**Travel to Immunization**

- Use insect repellent and wear long-sleeved clothes and pants.
- Choose treated clothing or wear insect repellent clothing that is treated with insect repellent.
International SOS Member Site - Country Report

2/10/2020

In children, illness is a risk of perinatal death, low birth weight and failed growth. About 2 to 3 out of 1001 new men's dengue cases are likely to be fatal.

Prevention is through avoiding mosquito bites. Prevention of sexual transmission is through abstinence or using condoms when infected with dengue. A dengue virus vaccine is also available to those who have never been infected with dengue. It should only be used in people who have previously been infected with dengue. Hence, travelers who have already had the disease are not recommended and planning to visit areas with high transmission can consider consultation with a travel health specialist.

Tanzania

Spasa, dengue fever cases have been reported in Tanzania, especially during the rainy seasons from December to January and March to May. Risk to travelers is low.

- Filariasis: Treat from: Ties and Stings

Filariasis is a parasite disease, also sometimes called "elephantiasis". It is caused by the worm, treated the worms that are spread via mosquito bites. Levamisole accelerates the skin when in the path of bites, their travel to the lymph nodes and, thereby, they develop the disease. The adult worms reproductions (treatment method) then migrate further to the intestine and dissolve in the body causing a variety of symptoms.

Initial symptoms include edema, redness and edema of the trunk and legs. Headaches, nausea, muscle pain, coughing, itching and fever are also common.

People who are repeatedly bitten by mosquitoes over several months or years are at risk. Thus, short-term travelers are at very low risk. Nevertheless, all travelers should prevent insect bites.

- Hepatitis A: Treat from: Food and water

Hepatitis A is a viral disease that causes liver inflammation. The virus is passed in the feces of an infected person, it spreads through contaminated food and water, and it is common in areas with poor sanitation. Person-to-person spread also occurs when the virus is inadvertently transferred into the mouth, including during sexual activity. People at higher risk of hepatitis include men who have sex with men. Both chronic and acute hepatitis can result.

People at higher risk of hepatitis include men who have sex with men. Both chronic and acute hepatitis can result.

Symptoms begin 20 days after exposure (range 2 to 6 weeks), and include fever, chills, fatigue, anorexia, vomiting, jaundice, and sometimes even death.

Prevention is through vaccination, abstinence, and access to safe food and water.

- Lyme, Hepatitis B and C, & STH: Treat from: Gastroenteral

Lyme, Hepatitis B, and Hepatitis C are spread by carriers with bodily fluids (especially blood and semen).

- unprotected sex
- needle sharing during IV drug use, or
- unsafe blood or transfusion.

Specialized centers (e.g., enteric fever ARS, AIDS, TB, and other exotic travel-related diseases) are spread by contaminated food or water.

Prevention:

- In many countries, hepatitis B is now a routine childhood immunization and need not be repeated. Other-risk individuals should consider vaccination.
- Always use new needles (preferably brought from your home country).
- All drug users should not share needles.
- Avoid handling bats or other small animals.
- In countries where hepatitis is common, use sterile needles and syringes and avoid sharing equipment.
- Call in the local or your country's medical department if you are hospitalized.
- Be aware of your risk after having sex with a man. Practice sexual activities with bodily fluids.
- Seek medical evaluation within 24 hours if you accidentally come into contact with someone who has hepatitis.

- Leishmaniasis: Treat from: Ties and Stings

Leishmaniasis is a disease caused by a parasite that can infect humans, dogs, rodents, and other small mammals. It is transmitted by sandflies, which are mainly between dusk and dawn and can occur in both rural and urban environments. Sandflies breed in warm, humid conditions, and the spread of the disease is associated with warm weather conditions and high humidity, especially during the rainy season.

The disease can be transmitted through bites, where the sandfly bites the skin and transmits the parasite to the body. The parasite then travels to the skin or mucous membrane, where it multiplies and produces the characteristic lesions.

Prevention:

- Avoid contact with areas known to be infested by sandflies.
- Use suitable clothing and insect repellent.
- Consult your physician for medical treatment.
- Avoid contact with infected tissue that is not covered with a bandage.
- Keep your feet and hands clean.
- Use insect repellent regularly, especially during dawn and dusk.
- Wash your hands after handling infected tissue.

- Malaria: Treat from: Ties and Stings

Malaria is transmitted by mosquitoes that usually bite from dusk to dawn. Symptoms can develop as early as seven days or as late as several months after exposure. Early-stage symptoms are fever and chills. Later stages may also include headache, muscle aches, and severe vomiting. Malaria can be treated with antimalarial drugs.

Follow the WHO guidelines to eliminate malaria risk:

- At Arrisberg - Take a malaria test, and consider medication.
- In the Central Region - Avoid being bitten by mosquitoes, especially between dusk and dawn.
- In the Chagga Region - Use mosquito nets, especially during the rainy season.
- In the Kibaha Region - Use mosquito nets, especially during the rainy season.
- In the Kilimanjaro Region - Use mosquito nets, especially during the rainy season.
- In the Manyara Region - Use mosquito nets, especially during the rainy season.
- In the Mara Region - Use mosquito nets, especially during the rainy season.
- In the Mara Region - Use mosquito nets, especially during the rainy season.
- In the Mara Region - Use mosquito nets, especially during the rainy season.

Tanzania

There is a high risk of malaria in all areas below 1,000 meters (3,300 feet). There is no risk of malaria above 1,500 meters. There is a risk of malaria in Zanzibar.

Prevention:

- Use anti-malaria drugs
- Consult your local health authority for an individual recommendation. Some areas recommend preventive medication if visiting the risk areas on the index.

https://www.internationalsos.com/MasterPortal/PrintDisplay.aspx

9/18
Malaria Risk
- High risk
- Low risk
- No risk

This map is intended as a general guide and not a substitute for information about localized risk.

Notes:
- Habitat 2020
- Updated 2020
- Updated 2019

Malaria
- Malaria is a vector-borne disease transmitted to humans by infected Anopheles mosquitoes.
- In Tanzania, malaria transmission is highest in the north and west of the country.
- Prevention includes using mosquito nets, repellents, and regular insecticide spraying.

Promoting health
- Vector control measures, such as the use of insecticides and the distribution of long-lasting insecticide-treated nets (LLINs), are crucial in reducing malaria incidence.

Other health issues
- Nodding syndrome: Also known as “kata-ebibuse,” this condition affects children in the Lake Victoria region, causing stunting, malnutrition, and neurodevelopmental problems.
- Encephalitis: Typically caused by viruses, encephalitis is a disease that affects the brain and nervous system.

Plague
- Malaria is a vector-borne disease transmitted by mosquitoes.
- Nodding syndrome affects primarily children in the Lake Victoria region, causing stunting and developmental delays.
- Encephalitis is a viral infection affecting the brain and nervous system.

Plague
- Plague is a highly contagious disease caused by the bacterium Yersinia pestis.
- It is primarily transmitted to humans through contact with infected animal tissues or flea bites from infected rodents.

Prevention
- Mosquito nets and repellents are essential for malaria prevention.
- Vaccination is recommended for travel to affected areas.
- Early detection and treatment of malaria are crucial for effective management.

Plague prevention
- Avoid close contact with wild or domestic animals in affected areas.
- Use insect repellent and wear protective clothing.
- Seek medical attention immediately if symptoms of plague are suspected.

Additional resources
- International SOS
- Travel Health Clinics
- Local government health services

For more information, visit the International SOS website or consult with a healthcare professional.

https://www.internalsos.com/MasterPortal/PrintDisplay.aspx
International SOS Member Site – Country Report

- Avoid medical advice from a qualified source or your usual care provider. 
- Neatly keep the recommended immunizations, you may need pre-exposure vaccination, even if you have had pre-exposure vaccination. (This can be life-saving)

Tanzania

- Yellow Fever

**Schistosomiasis**

**Schistosomiasis** is also known as bilharziasis, is a disease caused by parasitic worms that live in freshwater lakes, rivers, and rice paddies. It can penetrate the skin of people who are wading, swimming, bathing or wading in contaminated water. There is no vaccine.

**To prevent infection:**

- Avoid walking or wading in fresh water during rains and when water levels are high. 
- Avoid swimming or bathing in contaminated water. 
- Water held in a stove for at least 48 hours should be safe.

Tanzania/Schistosomiasis is present in fresh water lakes and rivers throughout Tanzania. Bathing or swimming in contaminated water is not advisable. Inflamed water supplies should be safe if they are from the main supply or are boiled or bottled.

**Travellers’ diarrhea/ Travel fever**

Travellers’ diarrhea is the most common travel-related illness. It usually occurs within the first week after arrival. It is spread through contaminated food and water. Prevention is through avoiding raw food and water, and paying attention to hygiene. Sip foods that are thoroughly cooked while fresh and served hot. Avoid undercooked or raw meat, fish or shellfish. Avoid raw and unripe vegetables unless you can wash them with clean (treated) water and peel them yourself. Unless you are certain that the tap water is drinkable - choose boiled water and beverages, avoid ice.

Tanzania/Travellers are at increased risk for travellers’ diarrhea and other intestinal illnesses.

**Tuberculosis (TB) / Travel fever:**

**Tuberculosis (TB)** is a serious bacterial disease. The bacteria can be coughed or sneezed into the air by an infected person. Most people who contract TB have had prolonged close contact with an infected person. In some cases, they have spent days or weeks - not just a few hours - sharing the same air or space with an infected person (e.g., living in the same house). People who work or live in institutions such as nursing homes or correctional facilities are at higher risk.

Active TB causes a variable range of symptoms that are sometimes vague, but often include cough, fever, night sweats, unexplained weight loss and fatigue. Later (untreated) TB causes no symptoms. Moderate levels of TB can be treated with antimicrobial drugs. Up to four different types of medicines may be used together to treat a patient. If TB is untreated, active TB can be life-threatening.

Some forms of TB have become resistant to drugs (MDR-TB), and some forms are extensively-drug-resistant to drugs (XDR-TB). These diseases are hard to treat. People sometimes contract MDR or XDR-TB through direct contact with an infected person who is already infected. On, in other cases, people with multi-drug resistant TB infections develop a drug-resistant TB strain. This can spread if TB is transmitted in unappropriately or improperly handled food.

Many countries where TB is common will readily give the Bacillus Calmette-Guerin (BCG) vaccine against tuberculosis to babies and children. The BCG vaccine protects these children against active TB. If you live in an area with higher rates of TB infection, you may also consider vaccinating children up to 16 years old if you plan to live there for 2 months or more.

Travelers and expatriates may be able to reduce their chances of contracting TB by limiting the amount of time they spend in crowded places. Avoiding people who are coughing also minimizes risk. Consider TB screening of both staff who live with you — especially if you have young children in your household.

**Tanzania**

The World Health Organization (WHO) has designated Tanzania a "High burden country" for tuberculosis. The country stands 8 in the "High Incidence" range for tuberculosis, with higher than 300 new cases each year per 100,000 population. BCG vaccination is given at birth and is included in the country's immunization schedule.

Expectants or frequent travelers should consider consulting their doctor before TB screening may be offered.

**Typhoid fever**

Typhoid fever is a serious bacterial disease caused by Salmonella Typhi bacteria. People are infected through ingesting contaminated food or water. Avoiding raw food and water and vaccinating reduces the risk of developing the disease.

Symptoms usually begin to develop within 2 weeks after exposure. Although typhoid fever is often called a diarrheal disease, some patients do not have diarrhea. Persistent, high fever is typical. Other early symptoms are flu-like body aches and pains, weakness, loss of appetite and a headache; severe constipation. A relative peak may appear on the 10th or 11th day. Typhoid fever is treated with antibiotics. However, there is a growing problem of antibiotic resistance. "Extremely drug-resistant" (XDR) typhoid is present in some locations and does not respond to many of the antibiotics which are usually used against typhoid, making preventative measures even more important.

**Yellow fever**

Yellow fever is caused by a virus spread through mosquito bites. The symptoms range from a mild flu-like illness to a severe hemorrhagic fever with organ failure. It is prevented through vaccination and seven days (after the vaccination).

Vaccination provides lifelong protection. It is only available through designated yellow fever vaccination clinics. They will issue a signed and stamped International Certificate of Vaccination for Yellow Fever (ICV) which becomes valid 10 days after the vaccination, and is valid for the lifetime of the person vaccinated.

Many countries require proof of vaccination for entry. If proof is not available, authorities may deny entry, require an exit, or vaccinate the traveler. Some countries require proof of vaccination when departing. Always check the latest local guidelines, in this case, to ensure that you have the required number of weeks prior to your trip.

**Tanzania**

The potential for yellow fever exposure in Tanzania is low, and vaccination is generally not recommended. This country has not reported any cases since 1960.
Getting There

METHOD OF ARRIVAL

By air

Jullius Nyerere (DAR) in Dar es Salaam, Zanzibar (ZNB) and Kilimanjaro (IBC) in Arusha are the three international airports in Tanzania.

Airport security at Julius Nyerere Airport has improved with the installation of upgraded security equipment, including baggage x-ray machines, walk through metal detectors, hand wands and additional trace detection; the airport opened its central terminal for international departures in 2015. Kilimanjaro Airport in Arusha is equipped with baggage scanning facilities at arrival and departure sections and has security presence on the ground. However, security measures at other airports remain far below international standards. Malaria should be ruled out in populations against yellow fever, as it is.

Visitors have recently been targets. You may wish to consult the European Community’s website for a list of airlines banned within the EU and the US Federal Aviation Administration’s website for a database of regulations and restrictions.

By land

The only international link to the country is through bus travel in the trunk road network, which runs between Arusha and Moshi (Kenyatta). The road is in good condition and the three takes around two to five hours, including border formalities. Flights have targeted vehicles traveling between Dar es Salaam and Mwanza (Kinyere). Although infrastructure is gradually improving, business visitors are nevertheless advised to avoid the route (and in some cases, inaccessible) road and follow the rule: don’t enter Tanzania on the verge of a breakdown.

Entry & Departure Requirements

Passports and visa requirements are subject to change and may depend on the length of stay and visa type (business or tourist). Check with your travel advisor, embassy or consulate of your home country. Passports must be valid for at least six months from the date of arrival.

- Passport Required?
- Visa Required?
- Return Ticket Required?

- Yes
- No

Australia
- Yes
United Kingdom
- Yes
Canada
- Yes
France
- Yes
United States
- Yes

Visas

Some nationalities may enter the country visa free and nationals of some countries require a national visa that entitles a clearance of the application prior to the visa being issued. All visitors can check visa requirements on the website of the Immigration Department of Tanzania’s Ministry of Home Affairs.

Due to the current political situation in Tanzania, visitors should make sure that their passport is valid for at least six months after arrival and has at least one blank page. They should also possess an international travel insurance and a valid proof of sufficient funds to support their stay in the country. A visitor’s pass is issued by immigration officials at the point of entry. The import and export of local currency by nationals of Tanzania, Kenya and Uganda is limited to 1,000 Tanzanian shillings. However, resigned can neither import nor export any local currency.

Foreign currency can be imported or exported without restrictions.

Procedures

Arrival formalities can be done particularly if you have a return flight back at the same time. All flights are usually helpful. Visitors should always be polite and avoid showing impatience to immigration officials. Know exacte of this airport checks being asked for payment for supposedly mandatory vaccinations or for alleged fines. Ask to see the duty officer if you are unclear about such requests.

Departure Tax

- A tax of $15 for international flights and $5 for internal travel is payable.
- Departure tax is generally included in the price of the ticket.

Getting Around

BY AIR

Flying is by far the best means for domestic travel, Julius Nyerere (DAR), Zanzibar (ZNB), Kilimanjaro (IBC) and Mwanza (MBZ) airports are hubs for domestic flights. Arusha, Zanzibar, the Big cities, operate flights from the three. Arusha is served by Kilimanjaro (including Pemba Island), Zanzibar, Ngorongoro Crater and other destinations around the country. Though known as the ‘City of Lakes’, it is widely considered to be the most remote and variable of the domestic cities.

Most national parks have airstrips and visitors can charter small aircraft from operators in Arusha and Dar es Salaam. Routes from Dar es Salaam, particularly in the southern and northern parts, are often used to access remote airstrips. Commonly accepted payment methods include cash cards and foreign currency, while refunds for cancelled or missed flights are given in Tanzanian shillings.

BY ROAD

Traffic drives on the left. Visitors should not drive as road conditions and driving standards are poor and drivers are often aggressive. A large part of the country’s road network, especially in remote areas, remains unpaved. Car rentals are expected by drivers. Driving conditions vary greatly, depending on the season. Commonly accepted payment methods include cash cards and foreign currency, while refunds for cancelled or missed flights are given in Tanzanian shillings.

By water:

Local and domestic water transport is a major means of transportation in the country. Many tourists use this mode of travel to reach remote areas. However, it is important to note that the standards of water transport are not always high. Visitors should be aware of the risks associated with water travel. Visitors should only use reputable operators who have a good safety record.

By air:

+ A tax of $15 for international flights and $5 for internal travel is payable.
+ Departure tax is generally included in the price of the ticket.

BY ROAD:

Traffic drives on the left. Visitors should not drive as road conditions and driving standards are poor and drivers are often aggressive. A large part of the country’s road network, especially in remote areas, remains unpaved. Car rentals are expected by drivers. Driving conditions vary greatly, depending on the season. Commonly accepted payment methods include cash cards and foreign currency, while refunds for cancelled or missed flights are given in Tanzanian shillings.
driving licence can be used for up to six months after which visitors will need to obtain a Tanzanian driving license. Visitors should hire a car and a local knowledgeable driver. International car rental agencies such as Hertz and Europcar are available.

Traffic In general, traffic is poorly maintained and roads are narrow. Road users should avoid going to the east of Morogoro Road as it is not well-maintained. Unfortunately, there have been a number of road accidents involving vehicles in this area. Local roads are often winding and steep, and there is a high risk of accidents, particularly in the rural areas.

By train

Train services are available for business travelers because they are limited, uncomfortable, and slow and have a poor safety record.

By other means

Buses

Public buses are available but they are not always safe or reliable. Passengers should check the condition of the bus before boarding.

Boats

Boats are available for transportation to other parts of the country. However, they are not recommended for tourists due to the rough water and lack of safety equipment.

By plane

Flights are available to major cities in Tanzania. However, they are expensive and not recommended for tourists.

Language and money

Language

English is widely spoken. Local languages such as Swahili and Kiswahili are also spoken. Visas are required for entry into Tanzania. Visitors should check the visa requirements before traveling.

Money

The currency of Tanzania is the Tanzania shilling (TSH). Visitors should exchange their currency at a bank before leaving their country.

Cultural tips

General tips

- **Avoid public transportation**. Tanzania's public transportation system is not well-developed, and there is a high risk of accidents, particularly in urban areas.
- **Use local guides**. Local guides are knowledgeable about the area and can help visitors navigate the country.
- **Respect local customs**. Tanzania has a diverse array of cultures, and it is important to respect local customs and traditions.

Business tips

- **Dress appropriately**. Tanzania has a tropical climate, and it is important to dress appropriately for the weather.
- **Use local resources**. Local resources such as local markets and shops can provide a unique experience for tourists.

Business hours

These are fixed hours, and cafes and restaurants close at 7 PM. Tourists should be aware of these hours when planning their activities.

Tipping

Tipping is not customary. Tourists should not feel obligated to tip in Tanzania.

Working week

- **Monday to Friday**. Most businesses are open from Monday to Friday.
International SOS Member Site -- Country Report

Phone & Power

Tanzania Telecommunications

Emergency Numbers
Fire: 114
Police: 112

Calling Codes
Country Code: 255
ISO Prefix (International Direct Dialing): 006
NDR Prefix (National Direct Dialing): 0

Telecommunications services are poor, but the system is being upgraded following the partial privatization of the national telephone company. Local calls can be more difficult to make than international ones. GSM mobile network providers operating in Tanzania include Airtel Tanzania Limited, Econet International Tanzania Limited, MTC Tanzania Limited, and Vodacom Tanzania Limited. Access to cheap and easily available public telephones is limited. Attention is needed for international roaming and data roaming is fast-tracked. Internet access is available at internet cafes in major cities, though speeds vary. The postal system is unreliable for non-air travel. Mail sent out of the country and sent no faster than four days to Europe, longer to the USA. As most countries, mail should be sent through the general postal system. UPS has offices in the major cities. Passengers take two to three days to reach Europe and longer to the USA.

Information Security

Cybercrime is not a particular concern in Tanzania. Although frequent by politicians as a problem, this is typically in reference to disseminating political views critical of the government by cyberactivists.

Similarly, laws regarding cybercrime are largely targeted at torturing online criticism of government officials. Foreign nationals should be cautious when posting online.

In October 2018, the government of Tanzania announced its intention to introduce cybercrimes, and Kissama, foreign nationals, and local authorities, are warned of impending threats.

Advice
- Minimize the amount of documents you carry in-country and avoid taking any valuable items with you.
- Log out of any online media accounts or websites when you are not logged in.
- Keep devices on your person and in your possession, if separated, ensure devices are password-protected. If using hotel safes, ensure them with a secondary device only.
- Exercise strict caution in uploading data to travel websites and use email or contact the government's social media accounts.
- Use Virtual Private Network (VPN) to protect communications and secure data. Always familiarize yourself with the legal system of any state or application in your destination country prior to travel.
- Use the 'travel alert' system to see if you are required to any public or private travel alerts while travelling.
- Keep your personal avatar/tidies online contact your industry and position in the company.

Tanzania Electricity

Voltage and Frequency

Additional Information

Voltage: 230 volts
Frequency: 50 Hz

This is the standard plug type used:

Geography & Weather

Weather Data provided by weather.com

Climate

Tanzania has a tropical climate, the coastal areas and islands are hot and humid, and subject to high winds and monsoons between June and October. The average maximum temperature in Dar es Salaam is 27°C (80°F), with the maximum average temperature in the country is 35°C (95°F). Tropical rain is common throughout the year, but in the cooler season, rainfall in June and September, is usually more than in other months. Information about the weather can be obtained from the Tanzania Meteorological Department. Rainy areas are subject to a heavy rainfall season from March to May, while the driest months are from November to December.

GEOGRAPHY

Tanzania is located on the eastern coast of Africa. It is bordered on the north by Kenya and Uganda; on the east by the Indian Ocean; in the south by Mozambique, Malawi, and Zambia; and in the west by Congo (DRC), Burundi, and Rwanda. The country also encompasses Zanzibar, Pemba, and other offshore islands in the Indian Ocean.

The landscape of mainland Tanzania is flat and low lying; however, the mainland consist of a plateau covered by shrubbery, and shrub savanna at an average altitude of 549 feet (167 meters). Tropical rainfall is found in the north and south west. The highest mountain in Africa, Mount Kilimanjaro, is located near the north western border. Three of the great lakes of Africa lie on the border of the country and partially with it: Lake Tanganyika is located on the western border, Lake Victoria (the largest in Africa and the source of the Nile) on the north-west, and Lake Malawi on the south-west.

Zanzibar, the largest island of the country, is separated from the mainland by the Zanzibar Channel. The island of Zanzibar is approximately 15 miles (24 km) north-east of Zanzibar, both are mostly low lying islands. The capital is Dar es Salaam and the eastern coastal city of Dar es Salaam is the largest urban centre. The region is a major business and financial centre.

Embassies & Consulates

Embassies

Australia Consulate
Dar es Salaam
P.O. Box 419, Mwanza Post Box, Mwanza Region: Dar es Salaam
Telephone: +255 22 329 4334

Belgium Consulate
Dar es Salaam
Barclay Chambers, 33, Baraka Street, P.O. Box 90108, Dar es Salaam

Email: corona@consulate-tanzania.org
Website: http://afdtanzania.org/embassy-information/mission-profile/tanzania-consulate

Embassies

https://www.internationalsos.com/MasterPortal/PrintDisplay.aspx
Sudan Embassy
Dar es Salaam
Mimmoza Street, Garden Avenue; Dar es Salaam
Dar es Salaam
Tanzania
Telephone: +255 22 219000
Fax: +255 22 2191 555
Email: webbassadeesar-es-salam@FOREIGNMINISTRY.SV
Website: https://www.state.gov/m/af/rls/hs/214306/congressional/214306.htm
Sudanese Embassy
Dar es Salaam
Plot 79, Kilembe Road; Dar es Salaam
Dar es Salaam
Tanzania
Telephone: +255 22 2096008
Fax: +255 22 209678
Email: diplomatic@koeva.africa
Website: https://www.embassy.koeva.africa
Tunisia Embassy
Dar es Salaam
Tuana Drive; Dar es Salaam
Dar es Salaam
Tanzania
Telephone: +255 22 392 34 33
Email: embassy@tunisiasalwa.mfa.go.tz
Website: http://www.tunisianembassy.go.tz
United Kingdom Embassy
Dar es Salaam
Lusaka House, Mimmoza Street/Tarangii Avenue; Dar es Salaam
Dar es Salaam
Tanzania
Telephone: +255 22 2290100
Fax: +255 22 221 1011
Email: britishconsulate@koeva.africa
Website: https://www.gov.uk/government/world/united-kingdom-high-commission-dar-es-salaam
United States Embassy
Dar es Salaam
650 Old Bagamoyo Road, Mbagani Dar es Salaam
Dar es Salaam
Tanzania
Telephone: +255 22 2394000
Fax: +255 22 2394970
Email: dar@state.gov
Website: https://tanzania.usembassy.gov/

Calendar

2023

- 08 Apr: Shokh Al-Ahd Anwar Karnawa Day
  Also known as Hareem Day.
- 26 Apr: Easter Day
- 08 Jul: Independence Day
- 08 Apr: Anwar Karnawa Day (National Day)
- 14 Oct: Nasrul Muni Muyana Day
- 30 Dec: Independence Day

2024
- 08 Jan: New Year's Day
  In many countries, if this holiday falls on a Saturday or Sunday, a public holiday is declared for the following Monday.
- 26 Jul: Boxing Day
  In many countries, if this holiday falls on a Saturday or Sunday, a public holiday is observed on the following Monday or Tuesday respectively.

2025
- 01 Jan: New Year's Day
  In many countries, if this holiday falls on a Saturday or Sunday, a public holiday is declared for the following Monday.
- 12 Jan: Zanzibar Revolution Day

Disclaimer: 
These security advisories provided in this report represent the best judgment of AEA International Holdings Pte. Ltd., and as a result, the information contained herein is submitted "as is" and "as available", without any representation or warranty of any kind, express or implied, including but not limited to any warranties of merchantability or fitness for a particular purpose. AEA International Holdings Pte. Ltd. shall not be liable for any errors or omissions in the information, the accuracy of the information, or for the results of the use of this document or the information. In no event shall AEA International Holdings Pte. Ltd. be liable for any damages.

https://www.internationalsos.com/