

Tanzania

Short Term

<https://wwwnc.cdc.gov/travel/destinations/traveler/none/tanzania>

CHECK WITH YOUR DOCTOR LOCAL HEALTH DEPT AND THE CDC for best Immunizations

Immunizations that are NOT REQUIRED for entry by your destination country's government but are STRONGLY RECOMMENDED by the IMB and U.S. Public Health Service (CDC) to give you important protection:

Tetanus-Diphtheria or Tetanus Toxoid

If childhood series was completed, then a booster is recommended every 10 years by the CDC, However, the IMB recommends every 5 years for those who live and travel overseas. For those going to remote areas or at increased risk of injury (e.g. construction work), a booster is given if 5 years have passed since the previous booster. This would prevent the need to find a clean, safe booster dose if injured while overseas.

Polio

Adults having had the primary series of either OPV (oral polio vaccine) or IPV (inactivated polio vaccine "shot") should be given one polio (IPV) booster dose once as an adult (at 18 years or older) if traveling to countries where poliomyelitis outbreaks may occur.

Measles

This is common in many countries, so it is strongly recommended that all individuals born on or after January 1, 1957 have had two doses of measles or MMR vaccine after their first birthday. If only one dose was received as a child, a second one is needed. Once 2 shots is given, no booster is needed. Infants 6 months to just before their first birthday going to high-risk measles area should have an initial dose before departure, and later obtain the two additional doses needed after their first birthday. Persons born before 1957 are considered to be immune to measles, and thus need no measles vaccine or booster.

Typhoid

Typhoid is a treatable illness that is seldom fatal in previously healthy persons. The risk of becoming ill with typhoid on a trip of a couple of weeks is not very high if reasonable precautions can be taken about food and drink. Vaccination is more important if trip organizers feel that sanitation of food and drink may be especially risky. Typhim VI (shot) is a newer injectable vaccine with far less side effects than the older injection but with a minimum patient age of 2 years. The Typhim shot must be repeated every 2 years while living in typhoid areas. The oral vaccine (Vivotif) is an option for persons at least 6 years of age. The oral typhoid is a total of 4 pills taken one every other day, and is good for 5 years. There is currently no vaccine being produced for children under 2 years of age.

Yellow Fever

This immunization is no longer required for Tanzania, but is required for Uganda. This injection is for life now instead of every 10 years.

Hepatitis A

This very common viral liver infection, is spread by unclean food and water. Hepatitis A vaccine is given in two doses at least six months apart. This replaces the old "gamma globulin".

The first dose protects for over a year, and the second is good for 20 years or more. Minimum age to start series is 1 year. When the 2 shot series is completed, no boosters are necessary. Once you start the series, if incomplete, you never have to restart it, just finish where you left off.

Hepatitis B

Hepatitis B is another type of viral hepatitis. This very common infection can cause liver disease such as cirrhosis, failure and/or cancer. The disease is spread sexually (most commonly), by blood, and body fluids and contaminated equipment such as needles.

"MANDATORY" FOR SHORT TERM TRAVELERS WHEN THERE IS A POSSIBILITY OF "HANDS ON" INVOLVEMENT IN CHILDCARE OR MEDICAL/DENTAL WORK. Do not get close to medical/dental work or used supplies if you have not had this vaccine. For other short-term travelers, Hepatitis B vaccination is optional. The shot is given at Day 0, Day 30, and Day 60. Once the series is complete, no boosters are necessary. Once this series is started, if incomplete, you never have to restart the series.,. Just finish where you left off.

Other Health Risks

Schistosomiasis

Schistosomiasis may be found in this country. To avoid infection, do not swim, walk or wade in fresh water (lakes, ponds, and rivers).

Malaria

Chloroquine resistant falciparum malaria is present year-round in both urban and rural areas below 6000 ft. Preventive measures include mosquito repellents and oral medications.

For additional travel health information, the CDC has an excellent web page at www.cdc.gov, or phone 4040-332-4559.

References:

Health Information for International Travel, 2003-2004, U.S. Dept. of Health and Human Services, PHS, CDC, Atlanta

International Travel Health Guide, 12th Ed., Rose, S., 2001. Travel Medicine, Inc., Northampton, MA, USA