

HEALTH ON SAFARI

It is all guests' personal responsibility to consult your local GP or health advisory bureau regarding updated information on vaccination and health requirements prior to your safari.

It is recommended that you get your vaccinations 4-8 weeks prior to departure.

Please ensure you get a certificate stamped by your doctor, or a yellow international vaccination card, to confirm you have received the relevant vaccinations.

Malaria precautions are essential. Your local physician will advise the best course for you, as there are several malarial prophylactics on the market. It's also advisable to prevent malaria in the first place by using mosquito repellent and wearing long sleeved shirt, trousers and shoes and socks in the evenings. Most safari accommodations provide mosquito nets, spray and/or insect proof tents. Malaria strains change constantly so for updated information, you should consult the relevant professional bodies for advice. For a list of current travel clinic websites worldwide, consult www.istm.org

Recommended Vaccinations:	
Polio	One-time booster recommended for any adult traveller who completed the childhood series but never had polio vaccine as an adult
Yellow fever	Required for all travellers from African and Central & South American countries
Hepatitis A	Recommended for all travellers
Typhoid	Recommended for all travellers
Hepatitis B	For travellers who may have intimate contact with local residents, especially if visiting for more than 6 months
Rabies	For travellers who may have direct contact with animals and may not have access to medical care
Measles, mumps, rubella (MMR)	Two doses recommended for all travellers born after 1956, if not previously given Tetanus-diphtheria re-vaccination recommended every 10 years
<i>** While vaccinations are recommended they are not compulsory. Of course you must consult your local GP for further advice.</i>	
<i>** If you fly from a non endemic yellow fever country, you do not require a vaccination. However, if you spent more than three hours in transit, in an African airport on your way to Tanzania, you will be asked to show proof of vaccination.</i>	

Common sense: sunstroke, dehydration, sunburn and diarrhea are the most common traveller's complaints and are the most easily avoided. It is advisable to carry a small personal first aid kit with a good sun block, re-hydration salts, Imodium, Paracetamol and some sort of antihistamine cream or tablet, as well as any personal medication and prescriptions. Eat only in tourist lodges and camps, and avoid eating out in local establishments. Clean drinking water is widely available, both in your safari vehicle and in all lodges and camps throughout your safari in Tanzania.

Regardless of altitude and cloud cover, the sun in Africa can be very fierce and deceptive, and it is essential to use a good sun block or cream. It is also essential to drink plenty of water on safari, and to avoid excessive alcohol and caffeine.