Health Information for Travelers to ZimbabweTraveler View

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Vaccines and Medicines

Check the vaccines and medicines list and visit your doctor (ideally, 4-6 weeks) before your trip to get vaccines or medicines you may need.

|  | **Find Out Why** | **Protect Yourself** |
| --- | --- | --- |
| **All travelers**  You should be up to date on routine vaccinations while traveling to any destination. Some vaccines may also be required for travel. | | |
| [Routine vaccines](https://wwwnc.cdc.gov/travel/diseases/routine) | Make sure you are up-to-date on routine vaccines before every trip. These vaccines include measles-mumps-rubella (MMR) vaccine, diphtheria-tetanus-pertussis vaccine, varicella (chickenpox) vaccine, polio vaccine, and your yearly flu shot. | get_vaccinated hygiene |
| **Most travelers**  Get travel vaccines and medicines because there is a risk of these diseases in the country you are visiting. | | |
| [Hepatitis A](https://wwwnc.cdc.gov/travel/diseases/hepatitis-a) | CDC recommends this vaccine because you can get hepatitis A through contaminated food or water in Zimbabwe, regardless of where you are eating or staying. | get_vaccinated eat_drink |
| [Malaria](https://wwwnc.cdc.gov/travel/diseases/malaria) | You will need to take prescription medicine before, during, and after your trip to prevent malaria. Your doctor can help you decide which medicine is right for you, and also talk to you about other steps you can take to prevent malaria. See more detailed information about [malaria in Zimbabwe](https://wwwnc.cdc.gov/travel/yellowbook/2016/infectious-diseases-related-to-travel/yellow-fever-malaria-information-by-country/zimbabwe#seldyfm879). | antimalarial_meds avoid_insects |
| [Typhoid](https://wwwnc.cdc.gov/travel/diseases/typhoid) | You can get typhoid through contaminated food or water in Zimbabwe. CDC recommends this vaccine for most travelers, especially if you are staying with friends or relatives, visiting smaller cities or rural areas, or if you are an adventurous eater. | get_vaccinated eat_drink |
| **Some travelers**  Ask your doctor what vaccines and medicines you need based on where you are going, how long you are staying, what you will be doing, and if you are traveling from a country other than the US. | | |
| [Cholera](https://wwwnc.cdc.gov/travel/diseases/cholera) | CDC recommends this vaccine for adults who are traveling to areas of active cholera transmission. Areas of active transmission include the provinces of Harare and Mashonaland West (last case reported March 2018) in Zimbabwe. [Certain factors](https://www.cdc.gov/cholera/infection-sources.html) may increase the risk of getting cholera or having severe disease ([more information](https://wwwnc.cdc.gov/travel/diseases/cholera)). Avoiding unsafe food and water and washing your hands can also prevent cholera. | eat_drink hygiene |
| [Hepatitis B](https://wwwnc.cdc.gov/travel/diseases/hepatitis-b) | You can get hepatitis B through sexual contact, contaminated needles, and blood products, so CDC recommends this vaccine if you might have sex with a new partner, get a tattoo or piercing, or have any medical procedures. | get_vaccinated avoid_body_fluids avoid-non-sterile-equipment |
| [Rabies](https://wwwnc.cdc.gov/travel/diseases/rabies) | Rabies can be found in dogs, bats, and other mammals in Zimbabwe, so CDC recommends this vaccine for the following groups:   * Travelers involved in outdoor and other activities (such as camping, hiking, biking, adventure travel, and caving) that put them at risk for animal bites. * People who will be working with or around animals (such as veterinarians, wildlife professionals, and researchers). * People who are taking long trips or moving to Zimbabwe * Children, because they tend to play with animals, might not report bites, and are more likely to have animal bites on their head and neck. | get_vaccinated animals hygiene |
| [Yellow Fever](https://wwwnc.cdc.gov/travel/diseases/yellow-fever) | There is no risk of yellow fever in Zimbabwe. The government of Zimbabwe *requires*proof of yellow fever vaccination **only** if you are arriving from a country with risk of yellow fever. This does **not** include the US. If you are traveling from a country other than the US, check this list to see if you may be required to get the yellow fever vaccine:[Countries with risk of yellow fever virus (YFV) transmission](https://wwwnc.cdc.gov/travel/yellowbook/2018/infectious-diseases-related-to-travel/yellow-fever#5291).  For more information on recommendations and requirements, see [yellow fever recommendations and requirements for Zimbabwe](https://wwwnc.cdc.gov/travel/yellowbook/2018/infectious-diseases-related-to-travel/yellow-fever-malaria-information-by-country/zimbabwe#seldyfm879). Your doctor can help you decide if this vaccine is right for you based on your travel plans.  **Note:** Yellow fever vaccine availability in the United States is currently limited. If you need to be vaccinated before your trip, you may need to travel some distance and schedule your appointment well in advance. [Find the clinic nearest you](https://wwwnc.cdc.gov/travel/page/search-for-stamaril-clinics). |  |

Key

* Get vaccinated
* Take antimalarial meds
* Eat and drink safely
* Prevent bug bites
* Keep away from animals
* Reduce your exposure to germs
* Avoid sharing body fluids
* Avoid non-sterile medical or cosmetic equipment

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Stay Healthy and Safe

Learn actions you can take to stay healthy and safe on your trip. Vaccines cannot protect you from many diseases in Zimbabwe, so your behaviors are important.

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Eat and drink safely

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Prevent bug bites

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Stay safe outdoors

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Keep away from animals

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Reduce your exposure to germs

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Avoid sharing body fluids

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Know how to get medical care while traveling

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Select safe transportation

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Maintain personal security

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Healthy Travel Packing List

Use the [Healthy Travel Packing List for Zimbabwe](https://wwwnc.cdc.gov/travel/destinations/zimbabwe/traveler/packing-list) for a list of health-related items to consider packing for your trip. Talk to your doctor about which items are most important for you.

Why does CDC recommend packing these health-related items?

It’s best to be prepared to prevent and treat common illnesses and injuries. Some supplies and medicines may be difficult to find at your destination, may have different names, or may have different ingredients than what you normally use.

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Travel Health Notices

There are no notices currently in effect for Zimbabwe.

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After Your Trip

If you are not feeling well after your trip, you may need to see a doctor. If you need help finding a travel medicine specialist, see [Find a Clinic](https://wwwnc.cdc.gov/travel/page/find-clinic). Be sure to tell your doctor about your travel, including where you went and what you did on your trip. Also tell your doctor if you were bitten or scratched by an animal while traveling.

If your doctor prescribed antimalarial medicine for your trip, keep taking the rest of your pills after you return home. If you stop taking your medicine too soon, you could still get sick.

**Malaria is always a serious disease and may be a deadly illness.** If you become ill with a fever either while traveling in a malaria-risk area or after you return home (for up to 1 year), you should seek **immediate** medical attention and should tell the doctor about your travel history.

For more information on what to do if you are sick after your trip, see [Getting Sick after Travel](https://wwwnc.cdc.gov/travel/page/getting-sick-after-travel).