

Vaccinations for Tanzania

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.

Remember to collect a health card or some other written evidence from your physician to prove you've had the required shots. Some countries require this upon entry.

Recommended inoculations for Kilimanjaro and Tanzania include:

- **Typhoid** This disease is caught from contaminated food and water. A single injection lasts for three years.
- **Polio** The polio vaccine used to be administered by sugar-lump, making it one of the more pleasant inoculations, though these days it's more commonly injected. Lasts for ten years.
- **Hepatitis A** This debilitating disease of the liver is spread by contaminated water, or even by using cutlery that has been washed in this water. The latest inoculation involves two injections; the first will protect you for three years, the second, taken six to twelve months later, will cover you for ten years.
- **Tetanus** Tetanus vaccinations last for ten years and are absolutely vital for visitors to Tanzania. The vaccination is usually given in combination with one for diphtheria. Once you've had five injections, you're covered for life.
- **Yellow Fever:** Health recommendation: CDC does not recommend yellow fever vaccine for most travelers to Tanzania. However, you might consider this vaccine if you are staying a long time or will be heavily exposed to mosquitos.
- **Meningococcal meningitis** This disease of the brain is often fatal, though the vaccination, while not free, is safe, effective and lasts for three to five years.
- **Rabies:** If you're spending some time with animals or in the wilderness, it's also worth considering having a course of rabies injections, though it isn't pleasant, consisting of three injections spread over one month.

For all your shots, malaria advice and anything else you need to know regarding health abroad, visit your physician or one of the travel-specialist clinics. For more in depth and up to date information please check out the informative website of the US Center for Disease Control at <http://www.cdc.gov>, packed full of advice and the latest news.

