

Sharon
Renee

Question Hello Sharon! My name is Sharon and I am getting ready to leave to Mozambique, Africa and possibly to Tanzania and S. Africa also to provide humanitarian aid. I was told that immunizations were not required in Mozambique but that I should check with a travel nurse for current recommendations. I know this is a different "travel nurse" website, but if you could help me at all I would appreciate it greatly! Thank you, Sharon R.

Africa always seems like such an exciting and adventurous place to go. I picture wild animals and lots of adventure. However, I also know that most places aren't how we think they are. I do know that there many poor people there and of course you have all the HIV. Even then, if you go to certain cities, I hear it isn't really like that. It's the same way that not all people that live in Texas talk funny, ride horses, and lives on a ranch. I can say that because I am from Texas.

Anyway, we want you to have a good experience there. The last thing you want to do is go to another country and get ill there. The healthcare can be so different. I have spoke with more than one healthcare provider that have gone on these trips and come down with Malaria. It is not easily diagnosed when you get back to the United States because it isn't commonly looked for.

Most visitors to Africa face must make the decision as to what vaccinations might be needed. According to the website posted below, Yellow Fever is currently the only vaccine that is required by law upon entering many African countries. Even then, the vaccination is only required in specific areas. Cholera is occasionally required, but feel that it is a useless vaccination.

In most cases, you will be strongly recommended to get the Typhoid, Hepatitis A and Diphtheria vaccines. Your Tetanus and Polio vaccinations should also be up to date. For a list of recommended vaccinations per African country see Netdoctor.co.uk. Find out what shots you need to get at least 3 months before you travel. Rabies, for example, requires 3 separate visits.

What ever you do, take all precautions. It's better to be safe than sorry. This way, you can breathe a little easier while you are there. I would love to hear about your trip and what it is truly like. That is the wonderful thing about traveling. You get the see the real thing and judge for yourself.