



**From the Official Website for the Tanzanian High Commission in London:**

Official Website of Tanzania High Commission-London  
GOVERNMENT OF UNITED REPUBLIC OF TANZANIA

MINISTRY OF HEALTH  
Samora Avenue  
P.O. Box 9083, Dar es Salaam,  
Telephone: 120261-7/116684/112883/116683

**ADVANCE ADVICE ON MEDICAL AND HEALTH  
IMMUNISATION AND MEDICAL SERVICES**

Modern medical services are available in Dar-es-Salaam and other major towns and centres. Chemists (Drug-stores) are fairly available in most major towns, but still visitors are not barred from bringing in their own medicines for personal consumption.

**IMMUNISATION**

Visitors from countries infected with CHOLERA and YELLOW FEVER must produce international certificates of vaccination. This is particularly relevant for those travelling from or passing through other neighbouring countries, including members of the East African Co-operation (Kenya and Uganda) and vice versus. It is also important to note that travellers from the main land (Tanzania) to the island of Zanzibar would need to have a yellow fever certificate.

**ADVICE**

Travellers who proceed to Tanzania directly -non stop- from un-infected areas are still advised, but not compelled, to get immunised against Yellow fever and to take prescribed anti-malaria tablets course; a few days prior to arrival, during your stay, and for a short period after returning. Anti-mosquito cream and/or mosquito-repellent are very useful, particularly in the coastal region at night, to treat mosquito bite or to keep them away from your body.

For General Information on Visas, Health, and Tourism:

<http://www.tanzania-online.gov.uk/visa/visa.html>

And within the same website, specific info. relating to inoculation requirements:

<http://www.tanzania-online.gov.uk/visa/visainfo.htm>