



Mathews Safaris

## General Health Information for East Africa

### **Food & Water**

The food provided at most lodges and camps in East Africa is of excellent quality. We are very proud of the quality control in our own private camps and we are very careful in selecting only the best lodges and hotels for our guests. It is therefore highly unlikely that our guests would come into contact with fruit, vegetables or meats which would not be of the same or higher quality than those available in the USA.

All drinking water provided whilst on our private safaris is bottled and purified to requirements set by the Kenya Bureau of Standards. Imported water is also available upon request.

### **Personal Medication**

Guests are asked to ensure that they carry enough supplies of the medications that they take on a regular basis and that they have clear instructions for its use on hand in case of an emergency. It is also recommended that you provide us with information regarding all allergies and serious conditions so we can make your stay as safe as possible.

### **Medical Evacuation**

All guests have membership of the Flying Doctors Society for the duration of their stay in East Africa. In a medical emergency, the Flying Doctors will evacuate guests from the nearest airstrip to a Nairobi hospital where your personal insurance takes over.

### **Communications & Security**

Guests are reachable by telephone and/or satellite phone in case of emergency in all of Eastern Africa. Standard US Cell Phones are on the wrong band to be operational in Kenya and Tanzania. We strongly encourage clients to leave the communications to us and resist bringing palm pilots, GSM phones and sat phones on safari.

Throughout your stay we do our best to ensure your security by:

- Maintaining communications at all times whilst in the bush

- Setting camps in areas known by the guides and supported by the local communities

- Having all bush walks and other activities in the bush led by expert staff and accompanied by armed guides.

- Flying guests over long road segments.

- Avoiding urban centers

- Consulting with the US Embassy and the Kenya Tourism Federation

## Inoculations

**Yellow Fever**- visitors to East Africa who fly to Tanzania and *have not visited a country where Yellow Fever is present in the 6 months prior to their trip* do not need a Yellow Fever inoculation. Visitors to Kenya or visitors to Tanzania *who arrive in Kenya first*, should have a valid international yellow fever inoculation certificate. You are required to present this on arrival in Kenya or Tanzania so we advise that you keep it with your passport. If in doubt, please contact the Kenya or Tanzania embassy or your medical practitioner for more information.

**Malaria**- is prevalent in many parts of East Africa but it is easily prevented. It is important that you consult your medical practitioner about malaria prevention before travelling to East Africa. It is normally necessary to begin taking malaria prevention pills approximately two weeks before departure. The mosquitos which carry malaria only come out in the evening hours and the best prevention is insect repellent, common sense and proper clothing.

**Other inoculations** - consult your medical practitioner. Tetanus boosters and typhoid inoculations are advisable. Ask your practitioner about the need for Hepatitis vaccine.

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