



# CUBA

## ABOUT CUBA VACCINATIONS

Cuba is the largest island in the West Indies and lies on the northern boundary of the Caribbean Sea, about 60 km south of Key West, Florida. Temperatures vary moderately, averaging 22°C in winter and 28°C in summer. Heaviest rains occur in May/June and September/October. Annual rainfall averages 137cm. Situated in the Caribbean this gem offers beautiful beaches, rolling mountains and cigars and rum for those looking to explore their wild side. With Spanish colonial architecture and an enviable dance scene, Cuba will not disappoint. The information below is intended to make sure you get the correct injections, vaccinations and advice for Cuba.

### OVERALL RISK

Medium Risk - Preventable disease occur sporadically or at moderate levels. Consult a Travelvax clinic for your specific risk if travelling outside resorts, 5 star accommodation or for periods longer than a few days.

### MALARIA RISK

No risk to travellers.

## VACCINE PREVENTABLE DISEASES

### YELLOW FEVER

A yellow fever vaccination certificate is required for travellers aged 9 months or over arriving from countries with risk of yellow fever transmission and for travellers having transited for more than 12 hours through an airport of a country with risk of yellow fever transmission.

### COVID-19

For the most up to date requirements for entry into Australia, go to [Smartraveller](#).

Please click this [COVID-19 Travel Regulations Map](#) (IATA) to view the latest Cuba COVID travel requirements.

### HEPATITIS A

Moderate risk to travellers, vaccination recommended.

### HEPATITIS B

Low presence of Hepatitis B in local population, discuss whether vaccination would be recommended with a medical practitioner. Vaccination is recommended for specific high-risk travellers (sport/adventure/occupational/sexual). Consult a medical practitioner for your specific risk.

## **TYPHOID**

Moderate risk for most travellers. Vaccination recommended for travel to smaller cities, villages and rural areas outside usual tourist routes. Some medical conditions pre-dispose to infection; whether vaccinations would be recommended should be discussed with a medical practitioner. Consult a medical practitioner for your specific risk.

## **INFLUENZA**

Year round risk present. Most common vaccine preventable illness in travellers. Vaccine recommended, effective for 1 year.

## **RABIES**

Disease present. Recommendation for vaccination will depend on specific itinerary and activities planned. Generally rabies vaccination is advised for high risk individuals such as veterinarians or animal handlers, cavers. Additionally for higher risk travellers who plan: extended periods outdoors, rural travel, adventurous activities including bicycling; also expats or long-term travellers to endemic regions and children (risk of more severe or risk-prone bites and may not report contact at all).

## **JAPANESE ENCEPHALITIS**

No risk to travellers.

## **POLIO**

No risk to travellers.

## **TICKBORNE ENCEPHALITIS**

No risk to travellers.

## **MENINGOCOCCAL MENINGITIS**

Low risk to travellers.

## **CHOLERA**

No risk to travellers.

## **OTHER DISEASES**

### **TRAVELLERS DIARRHOEA**

Moderate risk. Travellers' Diarrhoea affects 20-60% of overseas travellers, food and water precautions are essential. Self-treatment medications may be recommended.

### **INSECT-BORNE DISEASES**

Low risk to travellers.

### **SCHISTOSOMIASIS**

No risk to travellers.

## **STIs**

Sexually transmitted and blood-borne diseases occur. The risk to travellers can be greatly reduced by practising safe sex with any new partner. All travellers should carry condoms. Blood borne diseases (HIV, Hepatitis B & C) can be spread by blood transfusion, tattooing, body piercing or non-sterile needles. Travellers in high risk groups should carry sterile needles (see also Medical Care).

## **ALTITUDE**

Altitude illness is a risk to travellers ascending higher than 2000 meters. Preventative medication is available. Consult a medical practitioner if ascending to 2000 metres or above.

## **ADDITIONAL INFORMATION**

### **PERSONAL SAFETY**

In order to check before and during travel for any high-risk areas visit the Smartraveller website. Avoid unnecessary displays of wealth or valuables and minimise the amounts of cash carried. Keep secure records of passport/credit card/licence numbers. For more safety tips visit: [www.smartraveller.gov.au](http://www.smartraveller.gov.au).

### **MEDICAL CARE**

Limited medical facilities available. Unless travelling with a well-equipped organisation, a high level of self-sufficiency in terms of first aid kits and sterile equipment is recommended. An evacuation contingency should be a part of your travel insurance. Check for any contacts supplied by your emergency assistance organisation (nominated by your travel insurer) or with IAMAT (International Association of Medical Assistance for Travellers).

### **FIRST AID KITS & ACCESSORIES**

Carry a basic [first aid kit](#), customised to your activities. For longer stays consider a needle and syringe pack and medication for travellers diarrhoea.

**More information on Cuba is available during your pre-travel consultation with Travelvax.  
Call 1300 360 164 for the location of the clinic nearest to you.**