



COSTA RICA

ABOUT COSTA RICA VACCINATIONS

Costa Rica is a southern Central American country bordered the Caribbean Sea, the Pacific Ocean, Nicaragua on the north and Panama on the south. The largely uninhabited eastern (Caribbean) coastal region features dense, tropical jungles and winding rivers. The western coast is less humid, and the rich central highland valley (altitude 900m-1800m) features a pleasant spring-like climate throughout the year.

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 with the addition of Tanzania and Zambia in the African region; the exception of Argentina and Panama in the Americas; and the following specifications for these countries: Colombia (the entire country except Barranquilla, Cali, Cartagena, Medellín and San Andrés Providencia y Bogotá); Ecuador (applies only to Morona-Santiago, Napo, Orellana, Pastaza, Sucumbíos y Zamora-Chinchipe, and excludes the rest of the country); Paraguay (the entire country except Asunción, the capital); Peru (the entire country except Lima, the capital, Cuzco, el Machu Picchu, la Ruta de los Incas, Lambayeque, Tumbes, Piura and Cajamarca); Trinidad and Tobago (the entire country except the urban areas of Port of Spain, and for travellers in transit or whose itineraries are limited to the island of Tobago).

No certificate required for direct travel from Australia and New Zealand.

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 Costa Rica 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

No risk to travellers.

SCHISTOSOMIASIS

No risk to travellers.

STIs

Low incidence of sexually transmitted and blood-borne diseases. Safe sex and needle precautions should be followed by all travellers.

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.

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