

## CDC information for Belize (as of 2.17.2022)

For more information go to <https://wwwnc.cdc.gov/travel/destinations/traveler/none/belize>

### Level 4: COVID-19 Very High

- [COVID-19 in Belize](#) September 13, 2021 Avoid travel to Belize. If you must travel to Belize, make sure you are vaccinated and up to date with your COVID-19 vaccines before travel.

### Watch Level 1, Practice Usual Precautions

- [Dengue in the Americas](#) December 30, 2021 Dengue is a risk in many parts of Central and South America, Mexico, and the Caribbean. Some countries are reporting increased numbers of cases of the disease. Travelers to the Americas can protect themselves by preventing mosquito bites.

## Vaccines and Medicines

Check the vaccines and medicines list and visit your doctor at least a month before your trip to get vaccines or medicines you may need.

Vaccines for disease	Recommendations	Clinical Guidance for Healthcare providers
<a href="#">Routine vaccines</a>	<p>Make sure you are up-to-date on all routine vaccines before every trip. Some of these vaccines include</p> <ul style="list-style-type: none"><li>• <a href="#">Chickenpox (Varicella)</a></li><li>• <a href="#">Diphtheria-Tetanus-Pertussis</a></li><li>• <a href="#">Flu (influenza)</a></li><li>• <a href="#">Measles-Mumps-Rubella (MMR)</a></li><li>• <a href="#">Polio</a></li><li>• <a href="#">Shingles</a></li></ul>	<a href="#">Immunization schedules</a>

Vaccines for disease	Recommendations	Clinical Guidance for Healthcare providers
<a href="#">COVID-19</a>	Everyone 5 years of age and older should get <a href="#">fully vaccinated</a> for COVID-19 before travel.	<a href="#">COVID-19</a>
<a href="#">Hepatitis A</a>	<p>Recommended for unvaccinated travelers one year old or older going to Belize.</p> <p>Infants 6 to 11 months old should also be vaccinated against Hepatitis A. The dose does not count toward the routine 2-dose series.</p> <p>Travelers allergic to a vaccine component or who are younger than 6 months should receive a single dose of immune globulin, which provides effective protection for up to 2 months depending on dosage given.</p> <p>Unvaccinated travelers who are over 40 years old, immunocompromised, or have chronic medical conditions planning to depart to a risk area in less than 2 weeks should get the initial dose of vaccine and at the same appointment receive immune globulin.</p>	<p><a href="#">Hepatitis A</a> (CDC Yellow Book)</p> <p><a href="#">Dosing info</a></p>
<a href="#">Hepatitis B</a>	Recommended for unvaccinated travelers of all ages to Belize.	<p><a href="#">Hepatitis B</a> (CDC Yellow Book)</p> <p><a href="#">Dosing info</a></p>
<a href="#">Measles</a>	Infants 6 to 11 months old traveling internationally should get 1 dose of measles-mumps-rubella (MMR) vaccine before travel. This dose does not count as part of the routine childhood vaccination series.	<a href="#">Measles (Rubeola)</a> (CDC Yellow Book)
<a href="#">Rabies</a>	Rabid dogs are commonly found in Belize. If you are bitten or scratched by a dog or other mammal while in	<a href="#">Rabies</a> (CDC Yellow Book)

Vaccines for disease	Recommendations	Clinical Guidance for Healthcare providers
	<p>Belize, there may be limited or no rabies treatment available.</p> <p>Consider rabies vaccination before your trip if your activities mean you will be around dogs or wildlife.</p> <p>Travelers more likely to encounter rabid animals include</p> <ul style="list-style-type: none"> <li>• Campers, adventure travelers, or cave explorers (spelunkers)</li> <li>• Veterinarians, animal handlers, field biologists, or laboratory workers handling animal specimens</li> <li>• Visitors to rural areas</li> </ul> <p>Since children are more likely to be bitten or scratched by a dog or other animals, consider rabies vaccination for children traveling to Belize.</p>	
<a href="#">Typhoid</a>	Recommended for most travelers, especially those staying with friends or relatives or visiting smaller cities or rural areas.	<a href="#">Typhoid</a> (CDC Yellow Book) <a href="#">Dosing info</a> (CDC Yellow Book)
<a href="#">Yellow Fever</a>	Required if traveling from a country with risk of YF virus transmission and $\geq 1$ year of age, including transit in an airport located in a country with risk of YF virus transmission. <sup>1</sup>	<a href="#">Yellow Fever</a> (CDC Yellow Book)

## Non-Vaccine-Preventable Diseases

Disease Name	Common ways the disease spreads	Advice	Clinical Guidance for Healthcare Providers
<i>Avoid contaminated water</i>			
<a href="#">Leptospirosis</a>	<ul style="list-style-type: none"> <li>• Touching urine or other body fluids from an animal infected with leptospirosis</li> <li>• Swimming or wading in urine-contaminated fresh water, or contact with urine-contaminated mud</li> <li>• Drinking water or eating food contaminated with animal urine</li> </ul>	<ul style="list-style-type: none"> <li>• Avoid contaminated water and soil</li> </ul>	<a href="#">Leptospirosis</a>
<i>Avoid bug bites</i>			
<a href="#">Chagas disease (American Trypanosomiasis)</a>	<ul style="list-style-type: none"> <li>• Accidentally rub feces (poop) of the triatomine bug into the bug bite, other breaks in the skin, your eyes, or mouth</li> <li>• From pregnant woman to her baby, contaminated blood products (transfusions), or contaminated food or drink.</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Avoid Bug Bites</a></li> </ul>	<a href="#">Chagas disease</a>
<a href="#">Dengue</a>	<ul style="list-style-type: none"> <li>• Mosquito bite</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Avoid Bug Bites</a></li> </ul>	<a href="#">Dengue</a>
<a href="#">Leishmaniasis</a>	<ul style="list-style-type: none"> <li>• Sand fly bite</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Avoid Bug Bites</a></li> </ul>	<a href="#">Leishmaniasis</a>
<a href="#">Zika</a>	<ul style="list-style-type: none"> <li>• Mosquito bite</li> <li>• An infected pregnant woman spread it to her unborn baby</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Avoid Bug Bites</a></li> </ul>	<a href="#">Zika</a>

Disease Name	Common ways the disease spreads	Advice	Clinical Guidance for Healthcare Providers
<a href="#">Hantavirus</a>	<p style="text-align: center;"><i>Airborne &amp; droplet</i></p> <ul style="list-style-type: none"> <li>• Breathing in air or accidentally eating food contaminated with the urine, droppings, or saliva of infected rodents</li> <li>• Bite from an infected rodent</li> <li>• Less commonly, being around someone sick with hantavirus (only occurs with Andes virus)</li> </ul>	<ul style="list-style-type: none"> <li>• Avoid rodents and areas where they live</li> <li>• Avoid sick people</li> </ul>	<a href="#">Hantavirus</a>
<a href="#">Tuberculosis (TB)</a>	<ul style="list-style-type: none"> <li>• Breathe in TB bacteria that is in the air from an infected and contagious person coughing, speaking, or singing.</li> </ul>	<ul style="list-style-type: none"> <li>• Avoid sick people</li> </ul>	<a href="#">Tuberculosis (TB)</a>

## Stay Healthy and Safe

Learn actions you can take to stay healthy and safe on your trip. Vaccines cannot protect you from many diseases in Belize, so your behaviors are important.

**Eat and drink safely**

**Prevent bug bites**

**Stay safe outdoors**

**Keep away from animals**

**Reduce your exposure to germs**

**Avoid sharing body fluids**

**Know how to get medical care while traveling**

**Select safe transportation**

**Maintain personal security**

## Healthy Travel Packing List

Use the [Healthy Travel Packing List for Belize](#) for a list of health-related items to consider packing for your trip. Talk to your doctor about which items are most important for you.

### *Why does CDC recommend packing these health-related items?*

It's best to be prepared to prevent and treat common illnesses and injuries. Some supplies and medicines may be difficult to find at your destination, may have different names, or may have different ingredients than what you normally use.

### **After Your Trip**

If you are not feeling well after your trip, you may need to see a doctor. Be sure to tell your doctor about your travel, including where you went and what you did on your trip. Also tell your doctor if you were bitten or scratched by an animal while traveling.

If your doctor prescribed antimalarial medicine for your trip, keep taking the rest of your pills after you return home. If you stop taking your medicine too soon, you could still get sick.

**Malaria is always a serious disease and may be a deadly illness.** If you become ill with a fever either while traveling in a malaria-risk area or after you return home (for up to 1 year), you should seek **immediate** medical attention and should tell the doctor about your travel history.