

Center for Disease Control and Prevention  
Health Information for Travelers to Ghana

## Required for All Travelers

You should be up to date on routine vaccinations while traveling to any destination. Some vaccines may also be required for travel.

<a href="#">Routine vaccines</a>	Make sure you are up-to-date on routine vaccines before every trip. These vaccines include measles-mumps-rubella (MMR), diphtheria-tetanus-pertussis, varicella (chickenpox) and polio. Over 50 shingles and pneumonia.
<a href="#">Yellow Fever</a>	<b><i>Required</i></b> for travelers from all countries if traveler is $\geq 9$ months of age. Proof of vaccination certification needed for visa.
<a href="#">Covid-19</a>	Proof of full vaccination required. OR Negative PCR test no more than 48 hours old. (Note: latest updated as of 3/28/2022. This may change.)

## Recommended for Most Travelers

Get travel vaccines and medicines because there is a risk of these diseases in the country you are visiting. We will also discuss ways to minimize and prevent the risk.

<a href="#">Hepatitis A</a>	CDC recommends this vaccine because you can get hepatitis A through contaminated food or water in Ghana, regardless of where you are eating or staying.
<a href="#">Typhoid</a>	You can get typhoid through contaminated food or water in Ghana. CDC recommends this vaccine for most travelers, especially if you are visiting smaller cities or rural areas, or if you are an adventurous eater. This comes in an <i>injection or prescription medicine of 4 tablets taken over several days</i> .
<a href="#">Malaria</a>	You will need to take this <i>prescription medicine</i> before, during, and after your trip to prevent malaria. Your primary doctor can prescribe this medicine or your local health department.
<a href="#">Travelers Diarrhea</a>	You can get bacteria causing diarrhea through contaminated food or water in Ghana. Carry with you <b>Ciprofloxacin (Cipro)</b> a <i>prescription medicine</i> or other antibiotic in case you experience travelers diarrhea. Your doctor or health department can prescribe.

You can minimize the risk of these diseases by following basic safety precautions of drinking only bottled water and eating only cooked foods or peeled fruits. More information about safe practices will be provided before the trip.