

Itinerary

Round Trip: United States → Spain → Italy → United States

Health Concerns Summary

The following may pose a risk or require preventive measures based on this itinerary. See the report sections below for details.

- Vaccine-Preventable Diseases: chikungunya, COVID-19, dengue, hepatitis A, influenza, mpox, rabies, tick-borne encephalitis
- Other Diseases: anthrax disease, avian influenza, brucellosis, hantavirus, helminths, leishmaniasis, leptospirosis, Lyme disease, rickettsial infections, sexually transmitted infections, travelers' diarrhea, viral hemorrhagic fevers, West Nile virus

Current Health Bulletins

Viral Hemorrhagic Fevers

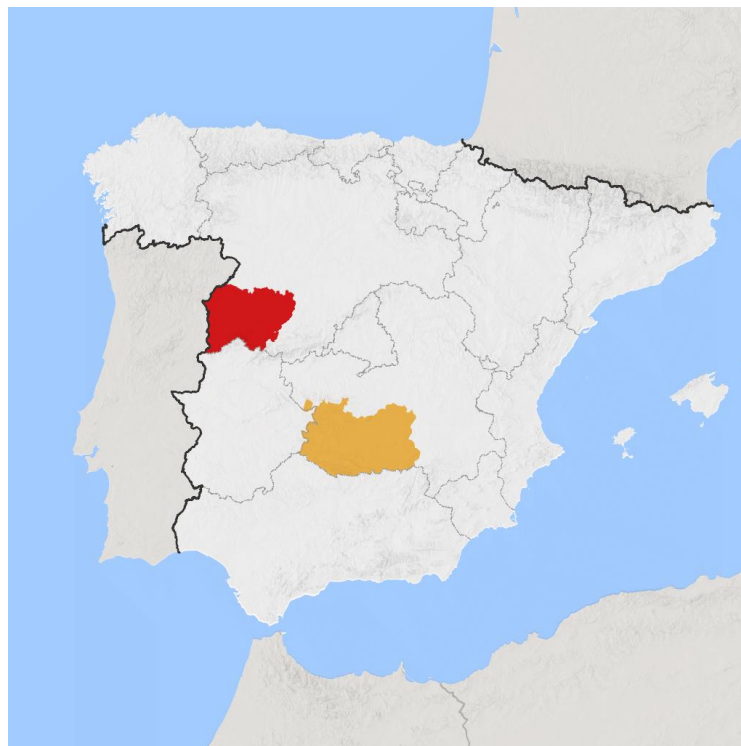
Spain

Significant Crimean-Congo Hemorrhagic Fever Increase

Updated Aug 28, 2026 (Posted Aug 18, 2026)

According to the European Centre for Disease Control and Prevention and local authorities, 4 cases of Crimean-Congo hemorrhagic fever (including 1 death), a significant increase over average incidence, have been reported since mid-June 2026 in Ciudad Real (1 case) and Salamanca (3 cases) provinces. Infection in travelers is rare. Travelers should observe tick precautions. Travelers should avoid direct contact with the blood/bodily fluids of acutely ill persons and the blood/tissues of infected livestock. Health care workers should observe universal infection prevention and control precautions.

Red shading indicates areas with highest case numbers; yellow shading indicates areas with cases.



Current Safety Bulletins

Spain

Wildfires

Updated Aug 24, 2026 (Posted Jul 27, 2026)

Since mid-July 2026, multiple wildfires have been burning across Spain. Localized evacuations have taken place in areas near fires. Disruptions to transportation (including air, road, and rail travel) are possible. Shifting winds and a heatwave across Europe could contribute to new fires or a loss of control of existing ones without warning. Travelers should maintain a high level of

security awareness, carry a fully charged communication device, follow the advice of local authorities (including on how to handle health care emergencies), and monitor the situation through local media and embassy communications.

Air quality may be unhealthy to hazardous. Travelers should avoid the affected area; reduce prolonged outdoor exposure, especially in persons with underlying respiratory disease; be up-to-date on routine respiratory vaccinations; and monitor the situation through <https://waqi.info>.

Yellow Fever

Requirement Information (for entry)

Is yellow fever vaccine an official entry requirement for this itinerary?

NO. An official certificate showing vaccination is not required for entry by any country on the entered itinerary sequence, but view full details and see "YF Requirement Table" if there are additional transited countries.

Visa application: Proof of yellow fever (YF) vaccination may be required for certain visa applicants. Travelers should contact the appropriate embassy or consulate with questions and, if it is required for their visa, carry the YF certificate with their passport on the day of travel.

Yellow Fever Requirement Table for this Itinerary

The following values result in the "NO" requirement result shown above (based on a round trip with United States as the home country):

Yellow Fever Requirement Table				
Country	Transm. Risk	Required if Coming From	Applies to Ages	See Note
UNITED STATES	No	None	None	
SPAIN	No	None	None	
ITALY	No	None	None	

Recommendation Information (for health protection)

Is yellow fever vaccine a recommended protective measure for this itinerary?

NO. Vaccination is not necessary as a protective measure for any country on this itinerary.

Vaccinations

Routine vaccinations are essential due to a persistent global rise of vaccine-preventable diseases (**especially markedly high rates of diphtheria, pertussis, and measles**). Prior to travel, travelers should be up-to-date with the age-appropriate and risk-based routine vaccinations recommended by their home country, which may include:

- COVID-19
- *H. influenzae* type B (Hib)
- Hepatitis A
- Hepatitis B: Protection is especially important for those at increased risk.
- Herpes zoster
- Human papillomavirus
- Influenza
- Measles, mumps, rubella: A single early dose is recommended for travelers aged 6-11 months.
- Meningococcal
- Pneumococcal
- Polio
- Rotavirus

- Tetanus, diphtheria, pertussis: Tdap preferred; consider an early pertussis booster for high-risk travelers.
- Varicella

Long-stay children should be vaccinated (prior to departure if possible) according to destination-country vaccination schedules as applicable (which may differ from that of the home country and require off-label administration); schedules for multiple countries globally can be found at WHO Immunization Data and for European countries only at European CDC Vaccine Scheduler.

Travel-specific vaccination recommendations are noted below as appropriate.

All Travelers

COVID-19

Recommendation (for health protection)

Italy, Spain

Risk exists throughout the year. Peaks generally occur during influenza season, although off-season peaks also occur.

Recommended for: all travelers aged ≥ 6 months.

Vaccination Considerations

Italy, Spain

Travelers are advised to stay current with local COVID-19 vaccination recommendations and to consider transmission activity at their planned destinations. Travelers at highest risk (e.g., those with chronic cardiopulmonary disease or immunocompromise) should consider early booster vaccination, carrying Paxlovid (nirmatrelvir/ritonavir) or another self-administered antiviral therapy, and rapid diagnostic tests. Prophylactic administration of monoclonal antibodies for those at highest risk of poor outcomes may also be considered, especially during periods of peak transmission at their destination or in transit hubs.

Dengue

Italy

Low risk, without sustained transmission, exists; cases are most often reported in urban and rural areas in Lazio (including the capital city of Rome), Lombardy, and Veneto regions. Transmission occurs from July through November.

Consider for: all travelers aged 4-60 years with travel to risk areas, particularly for long-stay (> 1 month) travelers. Qdenga (Takeda) is the only vaccine approved for travelers (not yet approved in the US). Countries differ in their recommendations for use in children; see Indications for Vaccination for more information.

Travelers should observe insect precautions; mosquitoes that transmit dengue can bite throughout the day but have peak activity in the early morning, late afternoon, and evening.

Influenza

Italy, Spain

Risk exists from November through April, with peak activity usually occurring from January through February, although off-season transmission can occur.

Recommended for: all travelers during transmission season; risk during transit should be considered.

Vaccination Considerations

Italy, Spain

Travelers who have not received the currently available vaccine formulation should be vaccinated against influenza. Travelers who received the current formulation more than 6 months earlier should consider revaccination because immunity may have declined. Consider baloxavir or oseltamivir as standby therapy, especially for those who are at high risk for complications from influenza or who are inadequately vaccinated.

Most Travelers

Chikungunya

Italy

Risk exists in urban and rural areas in Emilia-Romagna and Veneto regions. Transmission occurs from June through early November, with peak risk in August-September.

Consider for: travelers aged ≥ 12 years with a prolonged stay ≥ 6 months in the aforementioned areas.

Travelers should observe insect precautions; mosquitoes that transmit chikungunya can bite throughout the day but have peak activity in the early morning, late afternoon, and evening.

Some Travelers

Hepatitis A

Italy, Spain

Low risk exists and is presumed to have widespread distribution.

Recommended for: certain high-risk populations.

Mpox

Italy, Spain

Very low risk exists for persons with multiple sex partners (including commercial sex workers), men who have sex with men, and their sex partners; risk is lower for persons outside these groups. Multiple clades (Ib and IIb) have been identified. Travelers should avoid close contact with persons with symptoms consistent with mpox and should observe hand and respiratory hygiene and safer-sex practices.

Recommended for: High-risk persons and persons with known, suspected, or anticipated exposure to someone with mpox.

Generally Not Recommended

Rabies

Italy

Risk of lyssavirus from bats exists and is presumed to have widespread distribution. Rabies is not present in dogs or other mammals.

Preexposure preventive measures:

Recommended for: all travelers likely to have contact with bats.

Travelers should observe animal bite precautions.

Postexposure prophylaxis considerations:

Bat bites or scratches should be taken seriously, and postexposure prophylaxis should be sought even by those already vaccinated. Other mammal bites or scratches are less likely to involve rabies but should still be carefully assessed for risk of rabies by a qualified health care provider.

Travelers should practice proper wound care.

Spain

Risk of lyssavirus from bats exists throughout the country. Rabies is not present in dogs or other mammals.

Preexposure preventive measures:

Recommended for: all travelers likely to have contact with bats.

Travelers should observe animal bite precautions.

Postexposure prophylaxis considerations:

Bat bites or scratches should be taken seriously, and postexposure prophylaxis should be sought even by those already vaccinated. Other mammal bites or scratches are less likely to involve rabies but should still be carefully assessed for risk of rabies by a qualified health care provider.

Travelers should practice proper wound care.

For Ceuta and Melilla territories (North Africa) only:

Risk from dogs exists and is presumed to have widespread distribution.

Preexposure preventive measures:

For Ceuta and Melilla territories only:

Recommended for prolonged stays: all travelers and expatriates going to rural areas where risk exists, with a priority for young children.

Recommended for short stays: adventure travelers, hikers, cyclists, and cavers (especially if going to remote locations more than 24 hours' travel from a reliable source of human rabies immune globulin and rabies vaccine for postexposure treatment); animal workers (such as veterinarians and wildlife professionals); all travelers likely to have contact with bats.

Travelers should observe animal bite precautions.

Postexposure prophylaxis considerations:

For Ceuta and Melilla territories only:

Dog, bat, and other mammal bites or scratches should be taken seriously, and postexposure prophylaxis should be sought even by those already vaccinated.

Travelers should practice proper wound care.

Tick-borne encephalitis

Italy

Low risk exists in Lombardy Region and in northeastern areas (including Friuli-Venezia Giulia and Trentino-South Tyrol autonomous regions and Emilia-Romagna and Veneto regions). Transmission occurs from March through November.

Consider for prolonged and short stays: expatriates and travelers who anticipate extensive hiking, camping, or other outdoor activities in forested risk areas.

Travelers should observe tick precautions.

Malaria

No evidence of sustained local transmission exists.

Travelers' Diarrhea

Italy, Spain

Minimal risk (comparable to that in other industrialized countries) exists throughout the country. Community sanitation and food safety measures are generally good, and health concerns related to food and beverage consumption are minimal. Risk for viral gastroenteritis (e.g., norovirus) may be elevated based on season, traveler itinerary, and/or level of community transmission.

Other Concerns

West Nile virus

Italy

Moderate risk exists throughout the country, especially in Lazio Region (including Rome) and northern regions of Emilia-Romagna (including Bologna), Lombardy (including Milan), and Veneto (including Venice and Verona). Transmission occurs from May through November, with peak activity in August.

Travelers should observe insect precautions; mosquitoes that transmit West Nile virus bite predominantly at night, with peak activity at dusk and dawn.

Spain

Low risk exists, mainly in Andalucía, Castilla-La Mancha, Catalonia, Extremadura, and Valencian Community autonomous communities. Transmission occurs from May through November, with peak activity in August.

Travelers should observe insect precautions; mosquitoes that transmit West Nile virus bite predominantly at night, with peak activity at dusk and dawn.

Lyme disease

Italy

Very low risk exists in some or all forested areas throughout most of the country (including suburban areas), mainly in northern regions. Transmission typically occurs in spring, summer, and fall. Travelers should observe tick precautions.

Spain

Very low risk exists in some or all forested areas throughout the country, mainly in northern autonomous communities. Transmission typically occurs in spring, summer, and fall. Travelers should observe tick precautions.

Leptospirosis

Italy, Spain

Risk may exist, but either cases are not reported or those that are reported are rare. Risk-averse travelers whose itineraries include exposure to fresh water should wear appropriate footwear; avoid exposure to potentially contaminated floodwaters, fresh water, wet soil, and mud; avoid contact with rodents (including their excreta); and may consider preexposure prophylaxis with doxycycline (200 mg once per week).

Leishmaniasis

Italy

Low risk of cutaneous disease exists throughout the country, mainly in Naples and Sicily Autonomous Region. Low risk of visceral disease exists throughout the country, mainly in Sicily Autonomous Region, Emilia-Romagna and Tuscany regions, and areas along the western coast. Travelers should observe insect precautions, especially from dusk to dawn (including use of bed nets) and in shaded areas throughout the day.

Spain

Low risk of cutaneous and visceral disease exists throughout the country, mainly in Balearic Islands, Community of Madrid, and Valencian Community autonomous communities. No risk exists in Ceuta and Melilla territories. Transmission occurs throughout the year. Travelers should observe insect precautions, especially from dusk to dawn (including use of bed nets) and in shaded areas throughout the day.

Rickettsial infections

Italy

Low risk of infection caused by *Rickettsia conorii* exists in urban and rural areas throughout the country, mainly in Lazio (including Rome) and Calabria regions and in Sardinia and Sicily autonomous regions. Transmission occurs throughout the year, with highest activity from June through September. Travelers should observe tick precautions.

Low risk of murine typhus exists and is limited to the southern regions of Calabria and Sicily. Transmission occurs throughout the year, with highest activity from July through October. Travelers should avoid contact with rodents and their fleas.

Spain

Low risk of infection caused by *Rickettsia conorii* exists in rural areas throughout the country, mainly in Ceuta and La Rioja autonomous communities. Transmission occurs throughout the year, with highest activity from June through October, with peak activity in August. Travelers should observe tick precautions.

Low risk of murine typhus exists, mainly in Andalucía Autonomous Community as well as in Madrid and Cantabria, Catalonia, and Valencian Community autonomous communities. Transmission occurs throughout the year, with highest activity from July through October. Travelers should avoid contact with rodents and their fleas.

Brucellosis

Italy

Risk exists throughout the country, especially in southern regions. Travelers should avoid consumption of unpasteurized dairy products and meat that is raw, undercooked, or unlikely to have been inspected. Travelers should also avoid direct or indirect contact with livestock, animal products, and animal carcasses or hides.

Spain

Risk exists throughout the country. Travelers should avoid consumption of unpasteurized dairy products and meat that is raw, undercooked, or unlikely to have been inspected. Travelers should also avoid direct or indirect contact with livestock, animal products, and animal carcasses or hides.

Avian influenza

Spain

Minimal risk exists, but human cases have occurred sporadically. In the past 5 years, subtype A(H5N1) has occurred in humans. The last human case was reported in February 2023. Travelers should avoid places where direct contact with poultry and their secretions may occur (such as live animal markets and poultry farms) and observe food and beverage precautions.

Sexually transmitted infections

Italy

Travel may increase the risk of sexually transmitted infections (STIs). The risk of mpox is higher for persons with behavioral risk factors and their partners. HIV is estimated to be present in 22% of sex workers. Travelers should be counseled on STI risk factors, indications for mpox vaccination and short-term preexposure prophylaxis (PrEP) against HIV (with Truvada or other approved PrEP medication), and observation of safer-sex practices.

Spain

Travel may increase the risk of sexually transmitted infections (STIs). The risk of mpox is higher for persons with behavioral risk factors and their partners. HIV is estimated to be present in 2% of sex workers. Travelers should be counseled on STI risk factors, indications for mpox vaccination and short-term preexposure prophylaxis (PrEP) against HIV (with Truvada or other approved PrEP medication), and observation of safer-sex practices.

Visa/HIV Testing

Italy, Spain

HIV testing is not required to obtain a tourist, work, or residence visa.

Seafood poisoning

Spain

Current country-specific epidemiologic data are unavailable. However, this country is in an area of higher-than-average risk for ciguatera poisoning. Travelers should consider avoiding consumption of reef fish and their predators. Fish species and local names vary by region but commonly include barracuda, grouper, jacks, snappers, sharks, moray eels, and lionfish. The toxin responsible for poisoning remains even when these fish are thoroughly cooked.

Marine hazards

Italy

Risk from jellyfish exists, including highly venomous *Carybdea marsupialis*, Portuguese man-of-war, mauve stinger, and nomad jellyfish. Travelers wading, launching boats, or fishing are especially at risk.

Risk from sea urchins exists. Risk from weever fish exists. Travelers should seek out and heed posted warnings and refrain from bathing at unmarked, unpatrolled beaches.

Spain

Risk from jellyfish exists in the Mediterranean Sea, including highly venomous *Carybdea marsupialis*, Portuguese man-of-war, and mauve stinger. Travelers wading, launching boats, or fishing are especially at risk.

Risk from sea urchins exists. Risk from weever fish exists in the Mediterranean Sea. Travelers should seek out and heed posted warnings and refrain from bathing at unmarked, unpatrolled beaches.

Air pollution

Italy

Air quality may be variable throughout the year. Annual mean particulate matter concentrations are unhealthy in select cities.

Bergamo, Como, Milan, Padua, Rimini, Turin, Venice, or Verona: When air quality worsens, travelers should reduce prolonged or heavy outdoor exertion; those with lung disease or at the extremes of age should avoid prolonged or heavy outdoor exertion.

Bologna, Brindisi, Civitavecchia, Florence, Genoa, Naples, Pisa, Rome, Siena, or Trieste: When air quality worsens, travelers with lung disease or at the extremes of age should reduce prolonged or heavy outdoor exertion.

Spain

Air quality may be variable throughout the year. Annual mean particulate matter concentrations are unhealthy for sensitive groups in select cities.

Barcelona or Valencia: When air quality worsens, travelers with lung disease or at the extremes of age should reduce prolonged or heavy outdoor exertion.

Viral hemorrhagic fevers

Spain

Negligible risk of Crimean-Congo hemorrhagic fever exists and is limited to Andalucía, Castilla y León, Castilla-La Mancha, and Extremadura autonomous communities. Travelers should observe tick precautions. Travelers should avoid contact with infected livestock and animal tissue/blood.

Hantavirus

Spain

Sporadic cases of nephropathia epidemica (caused by Puumala virus) have been reported in rural areas of Catalonia Autonomous Community. Transmission occurs throughout the year, with highest activity from May through August. Travelers, especially campers, should avoid inadequately ventilated buildings and forested areas harboring rodent excreta (which may become aerosolized) and should camp only in designated areas.

Helminths

Spain

Low risk may exist for soil-transmitted helminths (including creeping eruption) in both urban and rural areas. Travelers should observe food and beverage precautions and wear appropriate footwear.

Anthrax disease

Spain

Negligible risk exists and is limited to Andalucía, Asturias, Castilla-La Mancha, and Extremadura autonomous communities. Travelers should avoid direct or indirect contact with animal carcasses or hides.

Italy

Negligible risk exists throughout the country, mainly in the southern half of the country. Travelers should avoid direct or indirect contact with animal carcasses or hides.

Italy

Medical Summary

General Information

Italy is an advanced economy classified as high income. Located in southern Europe along the Mediterranean Sea (south of Switzerland and east of France), the climate is classified as dry summer in the south and along the western coast and humid temperate (no dry season) in the northeast.

Medical Care

A high level of private medical care (comparable to that in other industrialized countries) is available in major cities. Adequate private medical care that meets most international standards is available throughout the rest of the country. One or more JCI accredited hospitals are present in Rome and in several other major cities.

For a public ambulance anywhere in the country, call 118. The national medical emergency number is 112.

Hyperbaric chambers for diving injuries are located in, but not limited to, the following major cities: Milan, Naples, Palermo, Rome, and Venice.

Upfront payment by cash or credit card, up to the total of all anticipated charges, is generally required by private hospitals catering to foreigners (and possibly by public hospitals) prior to services or treatment. Upfront payment may be waived by hospitals that have existing cashless agreements with at least some major international insurance providers. Public hospitals may provide some services free to EHIC/GHIC health card holders and citizens of Australia. All hospitals are required to provide emergency stabilization without regard to ability to pay.

Safety and Security

Key Safety Risks

- Road conditions
- Petty crime
- Food and beverage spiking
- Theft of vehicles
- Scams
- Natural disasters

Key Security Threats

- Risk of terrorist attacks by transnational groups
- Explosions in public places
- Occasional violent crime

Emergency Contacts

The national emergency number is 112.

Civil Unrest

Protests and demonstrations occur throughout the country, especially in large cities, and are generally peaceful but have the potential to turn violent without warning. Bystanders are at risk of harm from violence or from the response by authorities. Disruption to transportation, free movement, or the ability to carry out daily activities may occur.

Crime

Low risk of violent crime (armed robbery and sexual assault) exists throughout the country, mainly near train stations, in bars, and in city centers.

Moderate risk of petty crime exists throughout the country (particularly from May to September), especially in cities and areas frequented by tourists, including on or near public transportation and at airports. Theft of valuables from unattended rental vehicles is common.

Scams involving ATMs, credit cards, and the use of distraction techniques to commit robbery have been reported.

Risk exists of robberies and/or assaults occurring after consuming intentionally drugged food or drink; tourists are frequently targeted (including on trains). Highest threat areas include areas surrounding train stations (including Roma Termini) and popular attractions in Rome (including the Colosseum, Campo de' Fiori, and Piazza Navona).

Cybersecurity

Cybercrime, including a wide range of internet scams, occurs.

Natural Hazards

Severe rain storms occur in the fall and winter, especially in Veneto and Calabria regions and in Sicily Autonomous Region. Floods, mudslides, and landslides may occur.

Seasonal flooding frequently occurs in Venice.

Forest fires occur from June through September.

Seismic and volcanic activity frequently occurs, especially in Sicily Autonomous Region.

Terrorism

Risk of attack by transnational terrorist groups exists throughout Europe. Targets may include domestic and international organizations and businesses; public places and events, including those frequented by tourists; and transportation systems.

Transportation Safety

Road conditions vary; rural roads are generally narrow and often lack guardrails, and city streets can be narrow and congested. Signage, traffic lights, and road markings may not be visible, especially in southern areas of the country. During the winter, flooding sometimes disrupts travel by road. Avalanches or landslides sometimes block access routes to small, isolated towns. During the winter in northern Italy, fog can substantially reduce visibility.

Pedestrians can be fined for not using marked crosswalks where available. Vehicles are allowed to turn right during the green pedestrian crossing phase.

Many Italian islands restrict or prohibit the entry and use of vehicles by nonresidents during peak tourist season and holidays.

Public transportation (trains, subways, trams, and buses) is extensive, integrated, generally safe, and widely used.

Official, metered taxis (prebooked or at an official taxi rank) are generally safe and reliable. Official taxis are white, have a "TAXI" sign on the roof, and the company name and phone number shown on the side. Prebooked taxis start the meter at the point of departure rather than at pick-up.

Water Safety

Rent water sports equipment from reputable operators. Scuba dive only with personnel certified by PADI or NAUI, and use equipment only from PADI- or NAUI-certified dive operators.

Spain

Medical Summary

General Information

Spain is an advanced economy classified as high income. Located in southwestern Europe (south of France and east of Portugal), the climate classifications range from dry summer to dry (semi arid).

Medical Care

A high level of medical care (comparable to that in other industrialized countries) is available throughout the country. One or more JCI accredited hospitals are present in Madrid and in several other major cities.

The national medical emergency number is 112.

Hyperbaric chambers for diving injuries are located in, but not limited to, the following cities: Alicante, Barcelona, Cartagena, Málaga, and Palamos.

Upfront payment by cash or credit card, up to the total of all anticipated charges, is required by private hospitals catering to foreigners possibly (but not public hospitals) prior to services or treatment. Upfront payment may be waived by hospitals that have existing cashless agreements with at least some major international insurance providers. A modest deposit may be required by private hospitals that have existing cashless agreements with at least some major international insurance providers. Public hospitals may provide some services free to foreigners. All hospitals are required to provide emergency stabilization without regard to ability to pay.

Safety and Security

Key Safety Risks

- Petty crime
- Heightened crime risk for women
- Food and beverage spiking
- Scams
- Natural disasters

Key Security Threats

- Risk of terrorist attacks by domestic and/or transnational groups
- Risk of violent protests
- Risk of security forces responding to protests with excessive force
- Occasional violent crime

Emergency Contacts

The national emergency number is 112.

Civil Unrest

Protests and demonstrations frequently occur throughout the country, especially in Barcelona and Catalonia, and have the potential to turn violent without warning. Bystanders are at risk of harm from violence or from the response by authorities. Disruption to transportation, free movement, or the ability to carry out daily activities may occur.

Crime

Low risk of violent crime (armed robbery and sexual assault) exists throughout the country.

Moderate risk of petty crime exists throughout the country, especially in Madrid, Barcelona, and areas frequented by tourists.

Scams involving distraction techniques to commit robbery (including ploys to detain drivers, especially along the Mediterranean coast) and false identity (such as criminals posing as police officers) have been reported.

Risk exists of robberies and/or assaults occurring after consuming intentionally drugged food or drink; tourists are frequently targeted. GHB and liquid ecstasy are commonly used to incapacitate victims.

Cybersecurity

Cybercrime, including a wide range of internet scams, occurs.

Natural Hazards

Severe rain storms occur, especially in coastal areas and in Balearic Islands Autonomous Community. Floods, mudslides, and landslides may occur.

Forest fires occur from June through October.

Terrorism

Risk of attack by transnational terrorist groups exists throughout Europe. Targets may include domestic and international organizations and businesses; public places and events, including those frequented by tourists; and transportation systems.

Transportation Safety

Public transportation is widely used and generally safe in urban areas.

Official taxis with the company name and phone number clearly visible are generally safe and reliable.

Use of unlicensed taxis is illegal; passengers who use unlicensed taxi services may receive large fines. In some cities, prebooking is required. Trips to and from Madrid-Barajas Airport have a fixed rate. Travelers going to other destinations typically confirm that the meter is engaged and ask for a receipt.

Water Safety

Rent water sports equipment from reputable operators. Scuba dive only with personnel certified by PADI or NAUI, and use equipment only from PADI- or NAUI-certified dive operators.

Basic Protective Measures

Many travel-related health and safety problems can be significantly reduced through appropriate behavior by the traveler. Risk can be minimized by adherence to the following measures.

Health

Insect Precautions

- Wear clothing that covers as much skin as practicable.
- Apply a repellent to all exposed, nonsensitive areas of the body. Frequent application ensures continuous protection. When both an insect repellent and sunscreen are used, apply the sunscreen first, let it dry completely, then apply the repellent. Very limited data suggest that DEET-containing repellents reduce a sunscreen's stated SPF UVB protection by as much as one-third, requiring more frequent sunscreen application. Sunscreens do not appear to reduce the efficacy of insect repellents (DEET or picaridin) but may increase the absorption of DEET (but not picaridin) through the skin, even when the sunscreen is applied first as recommended. Never use a combination sunscreen/insect repellent product (e.g., Avon Skin Soft Bug Guard, Bull Frog Mosquito Coast Sunscreen with Insect Repellent, or Sunsect).
- Use a repellent containing DEET (N,N-diethyl-meta-toluamide; 30%–35% concentration) or, alternatively, a repellent containing picaridin (20% concentration or greater for tropical destinations; also known as icaridin). Picaridin, unlike DEET, has a pleasant smell and does not dissolve plastic materials.
- Determine the time of day and type of insects to be avoided when choosing when to apply repellent.
 - *Applicable to malaria risk countries:* Mosquitoes that transmit malaria (*Anopheles* spp.) are generally night biters with activity between dusk and dawn.
 - *Applicable to West Nile virus and Japanese encephalitis risk countries:* Mosquitoes that transmit these diseases (*Culex* spp.) are generally night biters but have peak activity at dusk and again at dawn.
 - *Applicable to chikungunya, dengue, yellow fever, or Zika risk countries:* Mosquitoes that transmit these diseases (*Aedes* spp.) can bite throughout the day but have peak activity during early morning and late afternoon and evening.
 - *Applicable to leishmaniasis risk countries:* Sandflies that transmit leishmaniasis are active from dusk to dawn, but in forests and dark rooms they may bite during the daytime if disturbed.
 - *Applicable to African trypanosomiasis risk countries:* DEET is generally ineffective. Wear light-colored (not blue), heavyweight clothing in risk areas.
- Treat outer clothing, boots, tents, and sleeping bag liners with permethrin (or other pyrethroid) when traveling in an area of very high risk for mosquito-borne or tick-borne diseases.
- Sleep under a permethrin-impregnated bed net when at high risk of malaria or Japanese encephalitis if not sleeping in a sealed, air-conditioned room. Regularly check the net for rips and tears and keep it tucked in around the bed at all times. Ensure that all open windows have insect screens.

- Use spatial repellent products in the form of an aerosol spray, vaporizer device, or smoldering coil. These products usually contain a pyrethroid (e.g., metofluthrin or allethrin).
- Perform a full body check for ticks at least once a day when staying in areas where tick-borne disease is a risk.

Blood-Borne and Sexually Transmitted Infections (STIs)

- Use condoms in all sexual encounters; unprotected casual sex, whether with local residents or with fellow travelers, always poses a high risk.
- Understand that inhibitions are diminished when traveling away from the social constraints of home; excessive use of alcohol and recreational drugs can influence behavior and encourage unintentional risk exposure.

Swimming and Water Exposure

- Heed posted warnings and avoid beaches that are not patrolled.
- Recognize rip currents as a calm area with flat sandy water in front of the beach where the waves are not breaking and a line of white foam moves steadily seaward. Stay afloat, wave and yell for help, and swim parallel to the shore. Do not swim directly against the current in an attempt to get immediately back to shore; doing so may lead to exhaustion and drowning.
- Do not swim alone or after dark and do not walk on any beach after dark.
- Avoid use of alcohol or mind-altering drugs while engaging in water sports. Avoid water where sewage contamination or algae are present. Avoid any exposure (rafting, swimming, or wading) in water known to be infected with schistosomiasis (bilharzia).
- Scuba dive only with personnel certified by the Professional Association of Diving Instructors (PADI) or the National Association of Underwater Instructors (NAUI); use equipment only from PADI- or NAUI-certified dive operators.
- Follow established timetables for air travel after diving. The time from the end of the dive until the boarding of an aircraft is generally between 12 and 24 hours, depending on the type of dive.
- Decline water transportation in vessels without personal flotation devices or life jackets.
- Wear appropriate footwear when walking, wading, or swimming to avoid injury and exposure to parasites and poisonous plants and animals.
- Consider leptospirosis prophylaxis with 200 mg of doxycycline once per week (or 100 mg per day if in use for concomitant malaria prophylaxis) in developing countries where substantial risk of leptospirosis exists due to activities with exposure to water or wet environments (e.g., hikers, bikers, or adventurer travelers).
- Sit on a towel, blanket, or piece of clothing if a chair or hammock is not available because sand may be contaminated in areas frequented by animals. Thoroughly shake out all fabrics after use.

Rabies

- Never assume that an animal or bat is free of rabies.
- Avoid entering caves due to the possibility of exposure to bats and their droppings.
- Do not handle or feed pets, unknown animals (especially dogs and monkeys), or bats. Children should be closely supervised.
- Clean any bite, scratch, or lick on broken skin immediately with soapy water; seek postexposure prophylaxis for rabies (even if rabies vaccine was completed before exposure) or herpes B virus (transmitted by monkey bites).
- Minimize running or bicycling in high-risk rabies areas to avoid provoking domestic animals.

Pretravel Checklist

- Have predeparture medical and dental exams.
- Express any concerns about jet lag, altitude illness, or motion sickness to a travel health provider, who may suggest suitable medications.
- Pack adequate supplies of necessary medications and ensure that they are securely packaged in their original, labeled prescription containers and carried in multiple places. Travelers should have a letter from a physician stating the medical condition and the medications and/or medical supplies being carried.
 - If traveling with a controlled drug for personal use, review medication regulations on the International Narcotics Control Board website (<http://www.incb.org/incb/en/travellers/index.html>) as well as official government sites. Rules on amphetamine-based medications used for attention-deficit/hyperactive disorders should always be checked before travel.
- Prepare a compact medical kit that includes the following: simple first-aid supplies (such as bandages, gauze, hemostatic gauze, antiseptic, antibiotic ointment, butterfly bandages, skin glue, and splinter forceps), a thermometer, antipyretic agents,

antifungal creams, cough and cold remedies, antacids, hydrocortisone cream, and blister pads.

- Pack a spare pair of eyeglasses or contact lenses and adequate cleansing solution, if applicable.
- Pack sunglasses, wide-brimmed hats, sunscreen (SPF 30+), and lip protection to avoid sun exposure problems during travel.
- Arrange adequate medical and evacuation insurance when traveling, even for short trips. Ensure all preexisting medical issues are declared to the insurer so that noncovered conditions are ascertained in advance. Have the insurer's contact details recorded and accessible at all times during travel.
- Carry a list of contact information for hometown medical providers, health insurance carriers, and a medical assistance company, keeping it accessible at all times.
- Carry a list of medical conditions, allergies, and medications (with dosages).
- Carry a copy of a recent electrocardiogram on a portable USB drive or ensure that it can be accessed on the internet (for those with cardiac disease).

Safety

Safety and Crime Avoidance

- Use caution in tourist sites and crowded areas, on or near public transportation, and avoid marginal areas of cities.
- Be wary of any stranger who initiates conversation or physical contact in any way, no matter how accidental it may seem.
- Avoid using ATMs at night.
- Minimize visible signs of wealth in dress or jewelry.
- Give up valuables if confronted. Money and passports can be replaced; life cannot.
- Register foreign trip and residence information with the Department of State at travelregistration.state.gov (U.S. citizens only), which facilitates communication and assistance in case of an emergency.

Safety in the Hotel

- Keep hotel doors locked at all times.
- Seek out and read fire safety instructions in the hotel room. Become familiar with escape routes upon arrival.
- Keep valuables in the room safe or the hotel safe.

Travax content represents decision-relevant, expert synthesis of real-time data reconciled with new and existing available advice from authoritative national and international bodies. Recommendations may differ from those of individual countries' public health authorities. Travax country-specific recommendations pertain to healthy adult travelers. Guidance regarding pediatric and special needs travelers can be found under the relevant topic in the Travax Library.

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