

## Health Information for Travelers to Dominica

### Zika virus is a risk in Dominica.

- Pregnant women should not travel to Dominica because Zika infection during pregnancy can cause serious birth defects.
- Partners of pregnant women and couples planning pregnancy should know [possible risks to pregnancy and take preventive steps](#). Before travel, those planning pregnancy should talk to their doctor or other healthcare provider.
- All travelers should follow steps to prevent mosquito bites during *and* after their trip. Travelers should also use condoms during *and* after their trip to prevent sexual transmission of Zika. This will protect against getting Zika while traveling and stop its spread to others back home.
- See [Zika Travel Notice for Dominica](#).



### On This Page

- [Vaccines and Medicines](#)
- [Stay Healthy and Safe](#)
- [Healthy Travel Packing List](#)
- [Travel Health Notices](#)
- [After Your Trip](#)

[Clinician View](#)

[Hide](#)


Vaccines and Medicines

Check the vaccines and medicines list and visit your doctor (ideally, 4-6 weeks) before your trip to get vaccines or medicines you may need.

Find Out Why	Protect Yourself
--------------	------------------



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) vaccine, diphtheria-tetanus-pertussis vaccine, varicella (chickenpox) vaccine, polio vaccine, and your yearly flu shot.	
----------------------------------	--	---



Most travelers

Get travel vaccines and medicines because there is a risk of these diseases in the country you are visiting.

<a href="#">Hepatitis A</a>	CDC recommends this vaccine because you can get hepatitis A through contaminated food or water in Dominica, regardless of where you are eating or staying.	
<a href="#">Typhoid</a>	You can get typhoid through contaminated food or water in Dominica. CDC recommends this vaccine for most travelers, especially if you are staying with friends or relatives, visiting smaller cities or rural areas, or if you are an adventurous eater.	

Some travelers

Ask your doctor what vaccines and medicines you need based on where you are going, how long you are staying, what you will be doing, and if you are traveling from a country other than the US.

	Find Out Why	Protect Yourself
<a href="#">Hepatitis B</a>	You can get hepatitis B through sexual contact, contaminated needles, and blood products, so CDC recommends this vaccine if you might have sex with a new partner, get a tattoo or piercing, or have any medical procedures.	
<a href="#">Rabies</a>	<p>Rabies is present in bats in Dominica. However, it is not a major risk to most travelers. CDC recommends rabies vaccine for only these groups:</p> <ul style="list-style-type: none"> <li>• Travelers involved in outdoor and other activities in remote areas that put them at risk for bat bites (such as adventure travel and caving).</li> <li>• People who will be working with or around bats (such as wildlife professionals and researchers).</li> </ul>	
<a href="#">Yellow Fever</a>	<p>There is no risk of yellow fever in Dominica. The government of Dominica <i>requires</i> proof of yellow fever vaccination <b>only</b> if you are arriving from a country with risk of yellow fever. This does <b>not</b> include the US. If you are traveling from a country other than the US, check this list to see if you may be required to get the yellow fever vaccine: <a href="#">Countries with risk of yellow fever virus (YFV) transmission</a>.</p> <p>For more information on recommendations and requirements, see <a href="#">yellow fever recommendations and requirements for Dominica</a>. Your doctor can help you decide if this vaccine is right for you based on your travel plans.</p>	

#### Key

- Get vaccinated
- Eat and drink safely
- Keep away from animals
- Reduce your exposure to germs
- Avoid sharing body fluids
- Avoid non-sterile medical or cosmetic equipment