Health Information for Travelers to KenyaTraveler View

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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. | | |
| [Routine vaccines](https://wwwnc.cdc.gov/travel/diseases/routine) | 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. | get_vaccinated hygiene |
| **Most travelers**  Get travel vaccines and medicines because there is a risk of these diseases in the country you are visiting. | | |
| [Hepatitis A](https://wwwnc.cdc.gov/travel/diseases/hepatitis-a) | CDC recommends this vaccine because you can get hepatitis A through contaminated food or water in Kenya, regardless of where you are eating or staying. | get_vaccinated eat_drink |
| [Typhoid](https://wwwnc.cdc.gov/travel/diseases/typhoid) | You can get typhoid through contaminated food or water in Kenya. 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. | get_vaccinated eat_drink |
| **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. | | |
| [Cholera](https://wwwnc.cdc.gov/travel/diseases/cholera) | CDC recommends this vaccine for adults who are traveling to areas of active cholera transmission. Areas of active cholera transmission include the counties of Busia (last case reported February 2018), Elgeyo-Marakwet (last case reported June 2018), Embu (last case reported January 2018), Garissa, Istolo, Kajiado (last case reported November 2017), Kiambu (last case reported June 2018), Kilifi, Kirinyaga (last case reported January 2018), Kwale (last case reported January 2018), Machakos (last case reported June 2018), Meru, Mombasa, Murang'a (last case reported November 2017), Nairobi (last case reported June 2018), Nakuru (last case reported April 2018), Siaya (last case reported March 2018), Tana River, Tharaka Nithi (last case reported June 2018), Turkana, Trans Nzoia (last case reported April 2018), Wajir (last case reported January 2018), and West Pokot (last case reported June 2018) of Kenya ([see map](https://wwwnc.cdc.gov/travel/images/cholera-map-kenya.jpg)). Cholera is rare in travelers but can be severe. [Certain factors](https://www.cdc.gov/cholera/infection-sources.html) may increase the risk of getting cholera or having severe disease ([more information](https://wwwnc.cdc.gov/travel/diseases/cholera)). Avoiding unsafe food and water and washing your hands can also prevent cholera. | eat_drink hygiene |
| [Hepatitis B](https://wwwnc.cdc.gov/travel/diseases/hepatitis-b) | 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. | get_vaccinated avoid_body_fluids avoid-non-sterile-equipment |
| [Malaria](https://wwwnc.cdc.gov/travel/diseases/malaria) | Talk to your doctor about how to prevent malaria while traveling. You may need to take prescription medicine before, during, and after your trip to prevent malaria, especially if you are visiting low-altitude areas. See more detailed information about [malaria in Kenya.](https://wwwnc.cdc.gov/travel/yellowbook/2018/infectious-diseases-related-to-travel/yellow-fever-malaria-information-by-country/kenya#seldyfm879) | antimalarial_meds avoid_insects |
| [Meningitis (Meningococcal disease)](https://wwwnc.cdc.gov/travel/diseases/meningococcal-disease) | CDC recommends this vaccine if you plan to visit parts of Kenya located in the meningitis belt during the dry season (December–June), when the disease is most common. | get_vaccinated hygiene |
| [Polio](https://wwwnc.cdc.gov/travel/diseases/poliomyelitis) | You may need a polio vaccine before your trip to Kenya, especially if you are working in a health care facility, refugee camp, or humanitarian aid setting. This kind of work might put you in contact with someone with polio.   * If you were vaccinated against polio as a child but have never had a polio booster dose as an adult, you should get this booster dose. Adults need only one polio booster in their lives. * If you were not completely vaccinated as a child or do not know your vaccination status, talk to your doctor about getting vaccinated. | get_vaccinated eat_drink hygiene |
| [Rabies](https://wwwnc.cdc.gov/travel/diseases/rabies) | Rabies can be found in dogs, bats, and other mammals in Kenya, so CDC recommends this vaccine for the following groups:   * Travelers involved in outdoor and other activities (such as camping, hiking, biking, adventure travel, and caving) that put them at risk for animal bites. * People who will be working with or around animals (such as veterinarians, wildlife professionals, and researchers). * People who are taking long trips or moving to Kenya * Children, because they tend to play with animals, might not report bites, and are more likely to have animal bites on their head and neck. | get_vaccinated animals hygiene |
| [Yellow Fever](https://wwwnc.cdc.gov/travel/diseases/yellow-fever) | Health recommendation: Yellow fever is a risk in certain parts of Kenya, so CDC recommends the yellow fever vaccine for travelers 9 months of age or older to these areas.  Country entry requirement: The government of Kenya requires proof of yellow fever vaccination if you are traveling from a country with risk of yellow fever (this does not include the US - for complete list, see [Countries with risk of yellow fever virus (YFV) transmission](https://wwwnc.cdc.gov/travel/yellowbook/2018/infectious-diseases-related-to-travel/yellow-fever#5291).  For more information on recommendations and requirements, see [yellow fever recommendations and requirements for Kenya](https://wwwnc.cdc.gov/travel/yellowbook/2018/infectious-diseases-related-to-travel/yellow-fever-malaria-information-by-country/kenya#seldyfm879). Your doctor can help you decide if this vaccine is right for you based on your travel plans.  **Note:** Yellow fever vaccine availability in the United States is currently limited. If you need to be vaccinated before your trip, you may need to travel some distance and schedule your appointment well in advance. [Find the clinic nearest you](https://wwwnc.cdc.gov/travel/page/search-for-stamaril-clinics). | get_vaccinated avoid_insects |

Key

* Get vaccinated
* Take antimalarial meds
* Eat and drink safely
* Prevent bug bites
* Keep away from animals
* Reduce your exposure to germs
* Avoid sharing body fluids
* Avoid non-sterile medical or cosmetic equipment

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**Note:** Zika is a risk in Kenya. Zika infection during pregnancy can cause serious birth defects. Therefore, pregnant women should not travel to Kenya. Partners of pregnant women and couples planning pregnancy should know the [possible risks to pregnancy and take preventive steps](https://www.cdc.gov/zika/pregnancy/index.html) ([more information](https://wwwnc.cdc.gov/travel/diseases/zika)).

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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 Kenya, so your behaviors are important.

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Eat and drink safely

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Prevent bug bites

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Stay safe outdoors

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Keep away from animals

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Reduce your exposure to germs

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Avoid sharing body fluids

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Know how to get medical care while traveling

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Select safe transportation

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Maintain personal security

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Healthy Travel Packing List

Use the [Healthy Travel Packing List for Kenya](https://wwwnc.cdc.gov/travel/destinations/kenya/traveler/packing-list) 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.

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Travel Health Notices

Be aware of current health issues in Kenya. Learn how to protect yourself.

**Watch Level 1, Practice Usual Precautions**

* [Rift Valley Fever in Kenya](https://wwwnc.cdc.gov/travel/notices/watch/rift-valley-fever-kenya)July 17, 2018There is an outbreak of Rift Valley fever (RVF) in Kenya. Travelers to Kenya should protect themselves from RVF by avoiding contact with infected animals and preventing mosquito bites.

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After Your Trip

If you are not feeling well after your trip, you may need to see a doctor. If you need help finding a travel medicine specialist, see [Find a Clinic](https://wwwnc.cdc.gov/travel/page/find-clinic). 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.

For more information on what to do if you are sick after your trip, see [Getting Sick after Travel](https://wwwnc.cdc.gov/travel/page/getting-sick-after-travel).