



DESTINATION REPORT

KENYA

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GENERAL OVERVIEW

Kenya gained independence from the United Kingdom in 1963 and was led for fifteen years by Jomo Kenyatta. Relatively fair and open elections were not held until the early 2000s. In the past decade, political events have caused major popular uprisings due to competing factions, claims of corruption, and major governmental reorganization. The most severe episode took place after the 2007 elections, in which two months of conflict resulted in approximately 1,500 fatalities. The Kenyan government still faces serious obstacles to peace and security, including widespread corruption, an impoverished population, and regional instability.

Kenya is located in eastern Africa, and borders Ethiopia, Somalia, South Sudan, Tanzania, Uganda, and the Indian Ocean. The climate varies greatly throughout the country, from hot, dry, and desert-like in the east to tropical by the ocean.

The Kenyan population varies greatly in ethnicity and religious preference, due to the variety of tribal groups present throughout the country. The official languages of Kenya are English and Kiswahili, though many other languages are also spoken.



SECURITY ASSESSMENT

Security Risk Rating

Moderate

Security Risk Overview

Kenya is plagued with high crime levels, terrorist activity, and internal conflict. Risk of terrorist activity is highest in the Northeastern Province, Lamu district, and in large cities-including Nairobi and Mombasa-and internal conflict is most common in the northern regions bordering Ethiopia. Kidnapping is a risk in areas near the border with Somalia. Crime levels are very high in poorer areas of large cities.

Infrastructure in some rural areas is poorly maintained. Slower and possibly inaccessible emergency and medical services, internet access, and telephone services should be expected in rural regions.

Terrorism

Terrorism is a high priority concern in Kenya due to the nation's porous border with war-torn Somalia. The Somali-based, al-Qaeda-linked terrorist organization, al-Shabaab-a group which is trying to enforce a strict version of Islamic law-is active in Kenya. The security situation has deteriorated since the Kenyan military initiated military operations alongside the Somali government against al-Shabaab in 2011 as well as in the African Union Mission in Somalia (AMISOM) in 2012. Al-Shabaab has retaliated with numerous attacks in multiple locales across the country, including Nairobi, Mombasa, as well as those near the Somali border. Both civilian and government targets have been attacked. Some recent attacks include::

- On 8 May, six people, including two police officers, were injured in a roadside blast in Garissa County;
- In April 2015, the group claimed an attack that killed at least 148 people at Garissa University in Garissa;
- In 2014, 85 people were killed after separate attacks in the coastal counties of Lamu and Tana River; and,
- In September 2013, the group carried out the deadliest attack in Kenya in recent years, affecting both foreigners and locals after killing 67 people, including 18 foreigners, and injuring over 170 others at the Westgate Shopping Mall in Nairobi.

Al-Shabaab has also warned tourists to refrain from visiting Kenya and stated it would make further assaults until all Kenyan troops had withdrawn from a recent military incursion into Somalia. Periods of religious or national significance - such as Christmas, Easter, and Ramadan - as well as other public celebrations have previously been used to stage attacks.

Shootings and bombings in Nairobi (particularly the Eastleigh neighborhood) and the popular tourist destinations of Mombasa (as well as the nearby popular resort area of Diani) and Lamu have been increasing in frequency. Other coastal areas have also been affected or at risk, such as Kilifi County. Dozens of attacks have been carried out in the country's northeast, particularly in the counties of Dadaab, Wajir, Garissa, and Mandera. Attacks are usually carried out in busy public places and those frequented by foreign nationals, including hotels, resorts, beaches, shopping areas, public transport vehicles and hubs, religious facilities or gatherings, areas holding recreational

or sports events, and nightclubs. The risk of attacks on infrastructure and transportation systems also exists. Government and law enforcement interests have also been targeted in the past. While potential attacks may target Western individuals and interests, some could be indiscriminate.

Civil Unrest

Strikes, demonstrations, and other unrest triggered by local or international political developments or social and religious conflicts are common, and can affect major cities. Elections in particular have caused widespread unrest in the past, notably in 2007 when more than 1,300 people were killed in months of violent unrest. Events can easily turn confrontational and deadly, and police routinely disperse protests with the use of excessive force, including live fire. Localized traffic disruptions are likely during these events, as protesters sometimes block traffic on major roads and highways.

Violent and disruptive election-related demonstrations have been staged by the opposition since 8 August following a presidential election that was voided by the Supreme Court due to "irregularities and illegalities." On 26 October, an election re-run was held and resulted in the reelection of President Uhuru Kenyatta that was subsequently upheld by the court. Several people were killed, injured, and arrested during the protest actions. .

Breakouts of ethnic or inter-communal violence are also not uncommon across Kenya, particularly in areas towards the north in the vicinity of Kitale, Samburu, and Garissa, including Leruko near the Buffalo Springs National Reserve, Marsabit County, the Kerio Valley, Laikipia County and Nakuru districts, and in the Turkana basin bordering Ethiopia. Inter-tribal clashes may occur with little or no warning. Kenyan troops have been deployed to the area in the past in order to restore peace. Travelers may contact local police stations before undertaking journeys in these areas in order to request armed escorts.

Towards the south, Tana River County has experienced inter-communal violence, and much of the coastal part of the county remains restricted for some foreign government employees. On the southern coast, Mombasa has previously experienced sectarian violence, including riots and retaliatory killings following the murder of local Muslim leaders, some of whom were suspected of having connections to al-Shabaab. The killing of other prominent citizens have also previously triggered violent protests. Moreover, there is a risk of armed tribal clashes near the Mount Elgon area near the western border with Uganda.

While unrest-related violence in general does not directly target foreign interests, such events are normally unpredictable in nature and could spread to other locations.

Personal Security

There is a risk of landmines and militant incursions near the border with Somalia, particularly in the vicinity of Moyale and the main A2 road heading south. The borders with Ethiopia, South Sudan, and Tanzania should also be avoided, especially around the unofficial crossing points, due to the risk of kidnapping, armed banditry, border incursions, and tribal disputes.

Kidnapping remains a significant threat in Kenya, especially in Nairobi, the Garissa District, areas within 60 kilometers (37 miles) of the border with Somalia (including Dadaab and the northern coastal areas of Lamu County), as well as north of Pate Island along the coast. Foreign nationals have been targeted in the past. Most kidnappings in the country's interior are financially motivated, and although they remain a threat, they occur less frequently than kidnappings by extremists or pirates near the border with Somalia.

There are high levels of violent and petty crime throughout Kenya, particularly in tourist locations including Nairobi, Mombasa, Kisumu, other beach resort towns, and much of northern Kenya, and

foreigners have been injured or killed. Extreme levels of violent crime occur in low-income neighborhoods of the capital, especially Buruburu, Eastleigh, Kasirani, Kibera, Mathare, Pangani, South B, and South C, but other districts have also seen an increase in crime, even during the daytime. Mombasa's Old Town area also has a high crime rate, especially at night in the Fort Jesus area. The most common crimes in major cities are carjacking and violent or fatal home invasions. Attacks have also been carried out at beachfront private properties or resorts, resulting in the kidnapping and deaths of foreigners. Some violent confrontations between criminals and police in Nairobi have injured or killed bystanders in the past. Other crimes common in Kenya's major cities include theft (including in hotel rooms or from hotel safes), snatch-and-run robberies, violent assaults, residential break-ins, and highway banditry. Petty crimes are more common in crowded areas, such as airports and other transport hubs. Passport theft and luggage theft have been reported at airports, and exchanging currency in public areas of airports is not recommended. Criminals frequently work in groups (sometimes inciting mob violence), almost always carry weapons, and will not hesitate to use force on victims who do not promptly cooperate. The risk of being targeted increases at night, especially for lone travelers, particularly in city centers, parks, poorly lit areas, and on beaches and footpaths. Crimes such as carjacking, mugging, and home invasion occur more frequently during holidays.

There have been reports of armed robberies affecting foreigners on safari in or near many national parks and game reserves, particularly the Samburi, Leshaba, and Masai Mara. In comparison, hijackings and robberies are more common on the main road between Nairobi and Amboseli National Park near the border with Tanzania. Attacks on secluded areas of golf courses have become more common in recent years. Unreliable travel companies, guides, or drivers put travelers at an increased risk of being targeted. Traveling in the Ngong Forest Reserve and Ngong Hills should be done with an armed escort. Armed robbery also occurs regularly in rural areas in the North, especially in the Keiro Valley, and the Laikipia, and Nakuru districts.

Crimes of a sexual nature-including assault and rape-are common and vastly underreported. These crimes have affected foreigners in the past. Law enforcement is generally ineffective in investigating and prosecuting these crimes, and often handles these cases poorly. There have also been reports of sexual assaults being carried out by officials. Social stigma also prevents the timely and effective provision of preventative measures and post-rape care. Victims of violent crime, especially sexual assault, are advised to immediately seek medical assistance as the prevalence of HIV/AIDS is high.

Same-sex relations are illegal in Kenya and may be punishable with a fine or a prison sentence. In practice, this law is sporadically enforced and more often affects suspected sex workers, who are usually released after a short detainment. Nevertheless, there are high levels of discrimination, harassment, and violence against lesbian, gay, bisexual, and transgender (LGBT) individuals. Law enforcement is generally ineffective at intervening against such abuses and in some cases were the perpetrators themselves. Physical displays of affection in public, regardless of gender identity, can provoke negative and even violent reactions, especially in rural or particularly conservative areas.

In some rural areas, residents may be mistrustful of strangers, especially when local children are concerned. Foreigners as well as Kenyans have been assaulted in these areas as villagers suspected them of kidnapping children. Merely taking photographs of local children or giving them treats can trigger panic among residents. If traveling with adopted children, carry complete copies of their adoption paperwork.

Many local customs, especially in coastal areas, are based on Islam and observing these conventions is particularly important during the holy month of Ramadan or when in religious places.

Conservative attire is expected outside tourist resorts and hotels, particularly in Mombasa, other coastal areas, and rural areas. It is illegal to disseminate religious material in public without an official permit.

It is illegal to destroy Kenyan currency, regardless of the kind or amount. Possession of ivory in any form, even if it was acquired outside Kenya, can result in detention and/or fines.

Photographing or filming items of government or military interest, including government officials, buildings (such as foreign diplomatic compounds), and infrastructure, may result in a fine or arrest. Ordinary locals may be uncomfortable with being photographed without permission.

Police checkpoints are common and cooperation is expected. Always travel with proof of identity and valid visas or residence permits to avoid problems. Random inspection of yellow fever vaccination certification has become more common.

Flash flooding and landslides can occur in the rainy seasons (typically from October to November, then March to June). Such events have previously caused casualties and damage and this can disrupt travel and communications. As such, essential supplies, such as food and potable water, may also be interrupted. Drought can also occur, particularly in northern and eastern Kenya. Kenya also experiences infrequent seismic activity but this is usually minor and harmless. Mount Elgon near the border with Uganda may also experience seismic and volcanic activity.

Law Enforcement

The Kenyan police do not have the capability or resources to respond adequately to all emergencies and are ineffective at preventing or deterring crime. Police corruption is widespread in Kenya and it has been reported that these officials may expect, request, or demand illegitimate payments from foreigners for real or imaginary violations of local law. Foreigners are often solicited by traffic police, despite the fact that instant fines are outlawed. Instead of paying on the spot, request to go to the police station and ask for a "receipt for cash bond", which should specify a court date and location. Such incidents of corruption should also be reported to a foreign diplomatic mission along with the police personnel's credentials. Government forces have been known to arbitrarily arrest individuals and use excessive force. During interrogations of pretrial detainees and convicted prisoners, police have frequently employed violence and torture.

Prisons in Kenya do not meet international standards. These facilities are characterized by poor conditions including overcrowding, poor management, and a lack of food and water. Medical treatment is often inadequate and hundreds of prisoners die annually from infectious diseases. Sexual violence has been reported in female prisons. Lengthy pretrial detainment is an issue in Kenya and the judiciary is considered to be corrupt and inefficient. Travelers should make every attempt to notify their embassy or consulate in the event of arrest, as authorities may fail to report arrests.

Transportation

Air: Kenya has not been rated by the International Aviation Safety Assessment Program (IASA). Despite this, international flights on foreign-owned and -operated carriers may be compliant with IASA standards and provide a safe alternative to Kenyan services.

Bus: Vans (locally known as "*matatus*") are widely used in Kenya and can be crowded. Both long- and short-distance buses, including *matatus*, are often involved in traffic accidents, which frequently prove fatal. This is due to poor maintenance as well as substandard road conditions and operation. The risk of an accident heightens during night hours. *Matatus* and buses are often targeted by pickpockets and hijackers, who frequently use force against resistant individuals.

Car: Traffic moves on the left side of the road in Kenya. Some foreign nationals, such as UK citizens, can use their home country's driving licence in Kenya for up to three months. If the home country driving licence is not in English, it must be accompanied with a translation. Otherwise, it is best to carry a valid International Driving Permit (IDP). When hiring a car, comprehensive third-party insurance is recommended, and a valid credit card may be required.

Road travel can be dangerous due to the poor quality of road infrastructure, poor local driving practices, and the operation of poorly maintained vehicles, some of which do not have operational headlights, taillights, or brakes. Traffic accidents are common and are more likely to prove lethal if pedestrians, long-distance buses, inter-city buses, or matatus are involved. Traffic signals are uncommon and routinely ignored, and street lighting is inadequate. Roadside assistance and service stations outside major city centers can be difficult to find. Road infrastructure in rural locations are often poor. Some roads may be impassable during the rainy seasons even for four-wheel drive vehicles. Main roads in Nairobi are in better conditions but tend to be crowded, and roads in other major cities are poorly maintained in comparison.

Armed vehicle hijackings are the most common crime in Kenya, especially in Nairobi where an average of 10 carjackings are reported on a daily basis. Banditry and other attacks on vehicles occur regularly, particularly in the Northeastern, Eastern, and Northern Coast and Rift Valley Provinces. While bandit activity is common on highways in Mandera, Wajir, Garissa, Marsabit, Tana River, and Turkana, such incidents have also been reported on the country's main highways, especially during night hours. The risk of carjacking is higher on the old airport road (Airport South Road) and Jogoo Road between Nairobi and Jomo Kenyatta Airport (NBO). Travelers may also be targeted by kidnapers or robbers while transiting to or from the international airports of Nairobi and Mombasa.

Taxi: Taxis are readily available, even in some small towns. Most taxis, especially the older yellow ones, will not have a functioning meter, so fares should be negotiated before entering the vehicle; clarify whether the fare is per person or otherwise, and prepare enough small change in case the driver claims he or she cannot give change for large bills. Some newer taxis have functional meters and are more reliable; these vehicles are white with a yellow stripe. Hailing cabs on the street is not recommended. Only use properly marked taxis, and book through a hotel if possible.

Ride-hailing service, Uber, is available in the country, particularly in Nairobi.

Train: Passenger train services are available between Nairobi and Kisumu and Nairobi and Mombasa, but schedules are limited and journeys are lengthy. Existing trains are usually ageing and poorly maintained. The risk of accidents increases during the rainy season. Moreover, thieves often target inattentive train passengers. If train travel is unavoidable, first-class services are considered more comfortable.

Water: The island of Mombasa can be reached by the Likoni Ferry, which also can also carry cars. There have been reports of crime on the Likoni Ferry and its surroundings. The ferries are also poorly maintained, and this often leads to breakdowns. Safety standards and training are unsatisfactory, with inadequate crowd control practices. Ferry-related accidents have occurred in the past, including stampedes, and many injuries have occurred as a result. As such, avoid boarding vessels that appear overcrowded or lack sufficient supplies of good-quality safety equipment. Lake Victoria also offers domestic and interlacial ferry services, which can be disrupted by maintenance work.

Piracy occurs occasionally in the waters off the coast of Kenya, especially in areas close to Somalia.

Scams, Fraud, Corruption, and Extortion

Common scams against foreigners, regardless of destination, include dating and marriage scams, false employment opportunities, and virtual kidnapping for ransom. Avoid giving out personal information at all costs, especially bank or credit card numbers.

Scam artists may take advantage of travelers' generosity by telling stories of hardship; for example, they may claim that they need funds for education.

Fraud or robbery associated with the use of credit or ATM cards are increasing. Criminals may physically force victims to make multiple cash withdrawals. Incidents of credit card skimming have occurred at upscale restaurants and shopping areas.

Some local non-governmental organizations (NGOs) have been accused of fraud, threats, and mistreatment. Illegitimate NGOs have suddenly closed in the past, leaving volunteers stranded. Legitimate NGOs should be registered with the National Council of NGOs in Kenya.

Criminal impersonation of police officers, government officials, hotel personnel, and private security guards is a common occurrence in Kenya and has affected foreigners. Ask for identification if approached, but beware of fraudulent credentials.

Corruption of government employees is a major concern in Kenya. Widespread corruption exists at all levels of government and it has been reported that these officials may expect, request, or demand illegitimate payments from foreigners for real or imaginary violations of local law or for providing routine services.

Security Advice

Be prepared. Make an effort to understand your destination environment before you travel: identify the possible threats and prevailing situation, understand your own vulnerabilities and take action to mitigate the risks.

Maintain a low profile and good situational awareness. Ensure you travel with reliable communications equipment, test your mobile (cellular) telephone upon arrival at your destination and keep it fully charged. Make note of emergency telephone numbers, including the police, fire department, ambulance, and embassy or consulate.

Avoid all protests and demonstrations to minimize the risk of exposure to incidental violence. Travelers should walk away or wait inside a shop or restaurant if it is not possible to leave the area. Plan alternate routes to circumvent potential protest locations. Seek the assistance of a local host, or travel with a local driver, where possible.

To minimize the risk of becoming a victim of petty theft, travelers should maintain caution and exercise situational awareness at all times. Avoid overt displays of wealth. If confronted by a criminal, do nothing to antagonize the situation. Carry a "dummy" wallet if possible, and carry a passport photocopy at all times.

Carry handbags on the opposite side from passing traffic to reduce the risk of thieves on motorcycles trying to snatch them.

Avoid walking unless you are confident of the security situation. Do not walk by yourself at night in secluded or troublesome areas of the city. Do not take shortcuts away from main roads, which tend to be busy and provide a safer environment.

National holidays and public festivals tend to attract large crowds in some countries. Such public gatherings, despite a typically enhanced security presence, create a potential venue for disorder or violence. In addition, large crowds may well impede local transportation systems.

Do not buy counterfeit or any goods in violation of copyright laws. Doing so may be a violation of local laws and can carry hefty fines or even prison time.

Reduce risk of injury from car crashes by always wearing a seatbelt. Some countries have heavy fines for not wearing a seatbelt. Avoid drinking and driving. Be sure to travel with all appropriate documentation, including passport and visa photocopies. Individuals who intend on driving should be in possession of their International Driving Permit (IDP), vehicle registration, and proof of insurance at all times.

Travelers are subject to the laws of Kenya, even if they are not a citizen of Kenya. Travelers can also be prosecuted for violating their home country's laws while in a foreign country. Travelers should be aware of the laws and customs of the country they are traveling to in order to avoid prosecution.

HEALTH ASSESSMENT

Health Risk Rating

High

Travel Health Advice

Routine vaccines for preventable diseases, such as measles/mumps/rubella (MMR) vaccine, diphtheria/pertussis/tetanus (DPT) vaccine, chickenpox (or varicella), poliovirus vaccine, etc. are recommended for all travelers.

Protect against insect bites and insect-borne diseases, such as tick-borne encephalitis or malaria, by using insect repellent and wearing long pants, long sleeve shirts, boots, and hats if possible.

Prevent foodborne illnesses by avoiding undercooked food and unpasteurized dairy products and washing hands, especially before eating.

Immunizations - Required for Entry

Immunization	Notes
Yellow Fever	Travelers one year of age and older who have passed through an area with a risk of yellow fever transmission must be vaccinated against yellow fever. Anyone who did not leave transit areas of yellow fever infected countries are exempt. However, the vaccine is recommended for all travelers above the age of nine months if intending to travel outside Nairobi, Mombasa, North Eastern Province, and the counties of Kwale, Kilifi, Lamu, and Tana River in Coast Province). The vaccine must be administered at least 10 days before travel. Certificates of yellow fever vaccination are valid for life, starting 10 days after vaccination. NOTE: Travelers should be aware that their onward/return destination may require proof of yellow fever vaccination when arriving from a yellow-fever infected area.

Immunizations - General

The following immunizations are recommended for travel to all destinations.

Immunization	Recommendations
Routine	Includes measles/mumps/rubella (MMR) vaccine, diphtheria/pertussis/tetanus (DPT) vaccine, chickenpox (or varicella), poliovirus vaccine, etc.
Hepatitis B	Hepatitis B is spread through contact with blood, sexual relations, and contact with contaminated needles. There are several pre-exposure vaccination options available: PEDIARIX (pediatric formulation containing DTaP, HepA/B, and polio vaccines), TWINRIX (three-dose HepA/HepB combination series), ENGERIX-B, and RECOMBIVAX HB. The full course of three injections is recommended prior to travel.

Vaccine Preventable Diseases Specific to Kenya

The following are vaccine preventable diseases that are prevalent in Kenya.

Immunization	Recommendations
Hepatitis A	Hepatitis A is found in areas with poor sanitation and poor food and water safety, and can be spread through sexual relations, blood transfusions, and needles. Several pre-exposure vaccination options are available: PEDIARIX (pediatric formulation containing DTaP, HepB, and polio vaccines), HAVRIX, VAQTA, TWINRIX (three-dose HepA/HepB combination series), AVAXIM, and EPAXAL. The first injection should be administered before departure and a booster after six months.
Meningococcal (Meningitis)	There is an elevated risk of meningitis transmission in Kenya between December and June. Meningococcal disease is spread through contact with the respiratory secretions of an infected person, as well as sharing food and drinks. Meningococcal conjugate vaccine (MCV4) is the preferred option for ages 2-55. Meningococcal polysaccharide vaccine (MPSV4) is the only vaccine licensed for those over 55 years of age, and is used when MCV4 is unavailable.
Rabies	Rabies can be found in dogs, bats and other mammals in Kenya. Rabies is spread through the bite or scratch of an infected animal. Vaccination against rabies does not make a person immune to rabies. Those who have been potentially exposed should still seek treatment. Left untreated, rabies can be fatal. A three-dose pre-exposure rabies vaccine is recommended for long-term travelers and those who would be in direct contact with animals. The first dose of the vaccine should be administered at least 21 days before travel.
Typhoid	Typhoid is spread through the ingestion of contaminated food or water. Individuals traveling extensively in the interior of the country or remote areas, or visiting relatives for extended periods, should undergo vaccination at least one week before travel. Booster shots are necessary, as the vaccination loses effectiveness over the course of several years. Two forms of the vaccine are available: an inactivated shot, and a live weakened oral vaccine.

Health Risks in Kenya

Health Risks	Details	Recommendations
Acute Mountain Sickness/Altitude Sickness	This sickness is found most often in those who climb Mount Kilimanjaro and Mount Kenya. Symptoms include fatigue, rapid pulse, dizziness, headache, and nausea. Altitude sickness can be life threatening.	To avoid altitude sickness it is recommendable to ascend slowly and stay hydrated. Acetazolamide can help reduce symptoms: 125mg, twice a day for three days, beginning on the first day of ascent, or 12 hours prior to beginning ascent.

<p>African Sleeping Sickness (Trypanosomiasis)</p>	<p>East African Trypanosomiasis is spread through the bite of an infected tsetse fly. Symptoms include headache, fever, joint pain, swelling of the lymph nodes on the back of the neck. Advanced symptoms include sleep disturbances, kidney dysfunction, confusion, weakness, and irreversible neurological damage. Sleeping sickness can be fatal if untreated.</p>	<p>There is no vaccine to prevent sleeping sickness. Insect repellants are not effective against tsetse flies. Wear long pants, long sleeve shirts, boots, and hats. Stay indoors in areas with screens and air conditioning, if possible. The tsetse fly is most active during the early morning and late afternoon.</p>
<p>Cholera</p>	<p>Cholera is most prevalent in areas with poor sanitation or overcrowding, and is spread through the ingestion of contaminated food or water. Cholera can become rapidly fatal.</p>	<p>Cholera vaccines are recommended only for health care or relief workers or long-term travelers with unreliable access to healthcare. Travelers who opt for vaccination should be aware that there are two oral cholera vaccine options: Dukoral, and Shanchol and mORCVAX (made by different manufacturers). Two oral doses given at least seven days apart (but less than six weeks apart) with protection beginning approximately one week after the second dose. Booster doses are recommended after two years. Vaccination against cholera is not a substitute for basic precautions such as boiling drinking water, thoroughly cooking food, and washing and peeling fruits and vegetables. A one gram dose of azithromycin also can effectively treat cholera.</p>
<p>Hepatitis C</p>	<p>Endemic in Kenya, Hepatitis C is spread through IV drug use, contaminated needles for tattoos and body piercings, or unsafe medical procedures such as unscreened blood transfusions. Hepatitis C can also be transferred sexually.</p>	<p>There is no vaccine to prevent Hepatitis C. Travelers are advised to avoid IV drug use and sexual contact with high-risk individuals. Avoid receiving blood transfusions and other procedures that may bring you in contact with contaminated needles, such as tattoos and body piercings.</p>
<p>Hepatitis E</p>	<p>Hepatitis E is typically contracted through exposure to raw or uncooked shellfish, or contaminated drinking water.</p>	<p>There is no vaccine to prevent Hepatitis E. Hepatitis E can be avoided through overall care in sanitation, particularly of drinking water.</p>

Leishmaniasis	Leishmaniasis is spread through the bite of an infected sandfly. In rural forests, risk is year-round, with a higher incidence from May through December. The disease is increasingly prevalent in northeastern Kenya.	There is no vaccine to prevent leishmaniasis. Take the same precautions as for mosquitoes. Be aware that the mesh on any protective netting must be of a finer weave than the norm for prevention of mosquito bites. For netting to be effective against sandflies, it must have at least 18 holes per linear inch (2.54 cm).
Lymphatic Filariasis	Filariasis is spread through the bite of an infected mosquito or blackfly. Lymphatic filariasis occupies the lymphatic system, causing a thickening of the skin known as elephantiasis. This disease is endemic in areas near the coast and the Sabaki River.	There is no vaccine to prevent lymphatic filariasis. -Protect against bites by using insect repellent (with 30-50% DEET, or 7-15% Picaridin) and wearing long pants, long sleeve shirts, boots, and hats. Stay indoors in areas with screens and air conditioning, if possible. The risk of being bitten by a mosquito is highest in hours between dusk and dawn. Most treatments against filariasis, while successful in killing microfilariae, are partially effective to ineffective in killing adult worms.
Malaria	Malaria is spread through the bite of an infected mosquito, and is commonly found countrywide throughout the year at elevations less than 2,500 meters (8,200 feet), even in urban areas. However, malaria is not found in Nairobi. Risk is increased around the rainy seasons (March to May and October to January). Strains of malaria found in Kenya are resistant to chloroquine.	There is no vaccine to prevent malaria, but taking a prescription anti-malarial drug and taking proper precautions against mosquito bites may help prevent transmission. Malaria prophylaxis is recommended if travelling to endemic areas outside major cities. Travelers should be careful when choosing an antimalarial drug, however, because chloroquine will not prevent Malaria in Kenya.
Melioidosis	Melioidosis is spread through direct contact with sources, usually water and soil, contaminated with the bacterium <i>Burkholderia pseudomallei</i> .	There is no vaccine to prevent melioidosis. Avoid contact with pools of standing water. Wear long pants, boots, and gloves if you know you will have contact with soil or an area of standing water.

<p>Onchocerciasis (River Blindness)</p>	<p>Onchocerciasis is a parasitic disease spread through the bite of an infected blackfly. The parasite causes a variety of skin problems that may spread to the eyes and cause blindness.</p>	<p>There is no vaccine to prevent onchocerciasis. Protect against bites by using insect repellent (with 30-50% DEET, or 7-15% Picaridin) and wearing long pants, long sleeve shirts, boots and hats. Stay indoors in areas with screens and air conditioning, if possible. Blackflies tend to bite during the day and are found near fast moving bodies of water like rivers and streams. Since adult worms can live for many years inside the body, doses of the preferred treatment (Ivermectin) for River Blindness may be needed annually or semi-annually over the course of several years.</p>
<p>Plague</p>	<p>The plague is typically spread through the bite of infected rodent fleas. It is sometimes spread through the inhalation of infected animal secretions, or by handling infected animal tissue.</p>	<p>There is no vaccine to prevent the plague. Measures should be taken to protect against contact with rodents and other potentially infected animals. Those who may have had contact with an infected person, rodent, or other animal should receive antibiotic prophylactic treatment. Infected persons need immediate treatment due to the high risk of death.</p>
<p>Schistosomiasis</p>	<p>Schistosomiasis is spread via larvae that swim in fresh water, and through sexual contact with infected individuals. Symptoms include a rash, weakness, fever, bloody urine and diarrhea. Infected individuals may not exhibit symptoms for four to six weeks after contracting schistosomiasis. This disease is found countrywide, but specifically on the coastal plains, the Tana River Valley, the Taveta and Kitui regions, and along Lake Victoria.</p>	<p>There is no vaccine to prevent schistosomiasis. Do not swim in bodies of freshwater. Schistosomiasis cannot be contracted in chlorinated swimming pools or in bodies of salt water. The use of insect repellent may be effective, but is unreliable. Travelers who come in contact with bodies of fresh water should clean their skin with rubbing alcohol and a clean, dry towel.</p>
<p>Tuberculosis (TB)</p>	<p>TB is spread through contact with the respiratory secretions of an infected person. This disease is highly endemic in Kenya.</p>	<p>The Bacillus Calmette-Guérin (BCG) vaccine has historically been used at birth in most developing countries to prevent TB. Results in adults have varied with effectiveness of between 0 and 80 percent. The BCG vaccine is also reported to interfere with TB testing in some cases. Individuals who anticipate prolonged exposure to TB-endemic areas should undergo the tuberculin skin test (TST) or interferon-γ release assay (IGRA) both before departing and eight to 10 weeks after returning from travel.</p>

<p>Zika Fever</p>	<p>Zika is endemic in Kenya, but the risk to travelers is considered low. Zika fever is an acute viral illness within the genus <i>Flavivirus</i> that is spread by the bite of an infected <i>Aedes</i> mosquito. Symptoms include a sudden fever with rash, joint and body pain, headache, and conjunctivitis. Symptoms are usually mild and last from several days to a week. Women who are infected with the Zika virus that are pregnant, or become pregnant, are at an increased risk of birth defects, including microcephaly.</p>	<p>There is no vaccine to prevent or specific medication available to treat Zika fever. Prevention is primarily accomplished by avoiding the bites of infected <i>Aedes</i> mosquitos. Protect against bites by using insect repellent (with 30-50% DEET, 7-15% Picaridin, or IR3535) and wearing long pants, long sleeve shirts, boots, and hats. Stay indoors in areas with screens and air conditioning, if possible. The risk of being bitten by a mosquito is highest in the early morning, several hours after daybreak, and in the late afternoons before sunset. The <i>Aedes</i> mosquito, which carries the Zika virus, typically lives indoors in dark, cool places as well as around standing water. Travelers who are pregnant or are planning to become pregnant should consult with their healthcare provider and determine the level of risk for microcephaly or other birth defects before traveling to areas with confirmed Zika virus activity.</p>
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Food and Water Safety

All water should be bottled or otherwise purified before consumption or use in brushing teeth or washing fruit and vegetables, and ice cubes should not be used. When traveling outside of major cities make sure to have adequate water supplies before setting out, as bottled or purified water can be scarce. Avoid unpasteurized dairy products, and thoroughly cook all meats, eggs, and vegetables prior to consumption. All fruits and vegetables should be thoroughly washed and peeled. Some larger international hotels and restaurants serve safe food and potable water but street vendors should be avoided.

Medical Facilities and Services

Medical facilities in the capital are generally of good quality, with trained medical professionals, although public hospitals are usually below international standards. Outside of Nairobi, facilities and services are limited, with shortages of supplies and problems with sterilization, and emergency assistance is more difficult to find outside major city centers. Many drugs in Kenya may be ineffective, improperly stored, counterfeit, or completely unavailable. Available medications may use different names compared to their counterparts in other countries. Blood supplies in Kenya are often contaminated or otherwise unsafe. Most doctors and facilities will expect full or partial upfront payment in cash or guarantee of payment or insurance coverage.

A hyperbaric (decompression) chamber can be found at the Kenyan Naval Base in Mombasa.

DESTINATION DETAILS

Time Zones

From 1 January to 31 December, Eastern Africa Time (EAT): GMT +3 hours
Kenya does not observe Daylight Saving Time.

Currency

Kenyan shilling (KES)

NOTE: Travelers expecting to use the US dollar (USD) for exchange or transactions should bring newer bills; banks may occasionally refuse notes printed before 2003 .

Credit Cards

Credit cards, especially MasterCard and Visa, are usually accepted in major cities in Kenya. American Express and Diner's Club are less widely accepted. If traveling outside of major urban areas, bring cash in the event that credit cards are not accepted. Travelers should always notify their bank of their travel plans to avoid having their account frozen.

ATMs

ATMs that accept international cards are widely available in Nairobi and other large cities, and are more commonly located in service stations. Travelers should check with their bank before their trip about any fees that might be charged with ATM use.

Banking Hours

From Monday to Friday 09:00-15:00; Saturday 09:00-11:00.

Hours may vary with bank and location.

Banks in coastal areas, including in Mombasa, usually open and close 30 minutes earlier.

Major Holidays

Services and transportation may be affected on/around the following holidays:

Date	Holiday
01 January 2018	New Year's Day
30 March 2018	Good Friday
2 April 2018	Easter Monday
01 May 2018	Labor Day/May Day
01 June 2018	Madaraka Day
16 June 2018	Eid al-Fitr
20 October 2018	Mashujaa Day
12 December 2018	Jamhuri Day
25 December 2018	Christmas Day

26 December 2018	Boxing Day
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NOTE: There are no further elections scheduled in 2018.

Voltage Information

240 V, 50 Hz; Plug Type G

International Airports

Airport Name	Airport Code	Airport Location
Nairobi Jomo Kenyatta International Airport	NBO	Embakasi, Nairobi
Moi (Mombasa) International Airport	MBA	Mombasa

ENTRY & EXIT REQUIREMENTS

The following information is for citizens of the United States. If you are a citizen of a country other than the United States, contact an embassy or consulate for up-to-date requirements. For additional questions regarding entry/exit requirements, contact Global Rescue at (+1) (617) 459-4200.

A passport valid for six months beyond the planned departure date, with at least two blank pages, and a visa are required for entry into Kenya. Visas can be obtained prior to travel at the nearest Kenyan embassy or consulate or on arrival at Kenyan airports, but travelers are recommended to apply for an e-visa at <https://immigration.ecitizen.go.ke/index.php?id=5>. The fee for single-entry e-visas is USD 51, USD 101 for multiple-entry, and USD 21 for a transit visa. An onward/return ticket, confirmation of accommodation, and proof of sufficient funds (equivalent to at least USD 500) are also necessary. Those who are unable to provide the required documents may be refused entry.

Proof of yellow fever vaccination is required when arriving from a country with risk of infection. Minors aged less than one year and anyone who did not leave transit areas of yellow fever infected countries are exempt. However, the vaccine is recommended for all travelers above the age of nine months if intending to travel outside Nairobi, Mombasa, North Eastern Province, and the counties of Kwale, Kilifi, Lamu, and Tana River in Coast Province). Kenyan authorities may refuse entry to travelers who cannot prove their vaccination status. Alternatively, they may quarantine passengers for six days if they have traveled in yellow fever infected countries in the past six days.

Kenya does not yet fully recognize dual nationality. Dual Kenyan nationals may be subject to some obligations that are imposed on ordinary Kenyan nationals, and may not be able to benefit from full consular assistance.

IMPORT RESTRICTIONS

The following items are prohibited:

- illegal drugs;
- distilled beverages containing harmful essential oils or chemical;
- imitation or toy firearms, knives and hunting weapons;
- all soaps and cosmetics containing mercury;
- matches made with white phosphorous;
- fruit;
- all poultry and meat products;
- soil;
- counterfeit money and goods;
- used tires; and,
- pornographic material.

The following items are permitted for adults aged 16 years or older:

- 200 cigarettes;
- 50 cigars;
- 227 grams (0.5 pounds) of tobacco;
- one bottle of alcoholic beverages;
- 473 milliliters (one pint) of perfume; and,

- amounts exceeding USD 5,000 or equivalent must be declared.

The following restrictions apply:

- arms, explosives, ammunition, firearms accessories, bows and arrows, fencing foils or toys, hunting traps, and postal franking machines require a permit;
- plants and plant products must have a Plant Import Permit prior to travel;
- cats and dogs need a health certificate and a rabies vaccination from the point of origin less than 13 months prior to arrival;
- wild birds imported from countries affected by avian flu require a permit issued by the Veterinary Services;
- an import permit (KES 500 per animal) from the Kenyan authorities is also required, and 25 percent duty and 16 percent value-added tax (VAT) will be charged on arrival;
- all live animals must be imported as cargo;
- unprepared ivory or other items related to teeth, bones, horns, shells, coral, or natural animal-origin sponges;
- unprepared precious metal/stones;
- nuclear materials;
- ozone depleting materials;
- genetically modified materials;
- non-indigenous fish or eggs;
- endangered fauna and/or flora;
- armored fighting vehicles; and,
- historical artifacts.

EXPORT RESTRICTIONS

The following items are prohibited:

- illegal drugs;
- distilled beverages containing harmful essential oils or chemical;
- imitation or toy firearms, knives and hunting weapons;
- all soaps and cosmetics containing mercury;
- matches made with white phosphorous;
- fruit;
- all poultry and meat products;
- soil;
- counterfeit money and goods;
- used tires; and,
- pornographic material.

The following items are permitted:

- reasonable quantity of tobacco products and alcoholic beverages;
- up to KES 500,000 of currency;
- amounts exceeding USD 5,000 or equivalent must be accompanied by a document noting the source and purpose.

The following restrictions apply:

- export permit for gold, diamonds, skins, game trophies, plants and plant products, guns, explosives, and ammunition;
- ferrous cast iron waste and scraps;
- wood products from trees grown in the Partner States of Kenya;

- wood charcoal; and,
- fresh unprocessed fish.

IMPORTANT NUMBERS

Intl. Country Code	+254
Fire	999
Police	999
Ambulance	999

NOTE: Police and emergency numbers vary by location. Check for local numbers upon arrival.

Contact Information for Select Embassies

US Embassy in Nairobi

United Nations Avenue
Nairobi
Telephone: (+254) 20-363-6000

British High Commission in Nairobi

Upper Hill Road
Nairobi
Telephone: (+254) 20-284-4000, (+254) 20-287-3000

Australian High Commission in Nairobi

Riverside Drive (400 meters off Chiromo Road)
Nairobi
Telephone: (+254) 20-427-7100

For other embassies, contact Global Rescue at (+1) (617) 459-4200.