



Special Travel Notice for Tanzania

Posted: April 28, 2016

Updated: August 18, 2016

While there is not a current restriction on travel to Tanzania, the Country Director at that post is asking all Visiting Volunteers to remain vigilant in light of political demonstrations to be held across the country on September 1, 2016.

The Tanzanian coalition of opposition parties (UKAWA), through their central committees, have declared that **on September 1 they will carry out political demonstrations country-wide** as part of a campaign to express their displeasure at the new administration banning any political meeting or campaign until 2020. The opposition leaders and their members are still planning to carry out their campaign despite being warned by the highest voices in the country that there will be a strong response to any such demonstration. It is unclear whether the demonstrations will actually take place; if they do, the areas where they are most likely to occur are the opposition strongholds of Arusha, Moshi, Iringa, Mbeya, Mwanza and Dar es Salaam.

Volunteers planning to travel to Tanzania during this period need to be particularly vigilant, avoid crowds, and not to involve themselves in discussion that seems to be motivating or instigating political action. They should minimize travel in larger towns as much as possible, and be aware of gestures toward the political signs, placards and groups, as their responses or engagement may be received as "We are together" or "I am in full support".

Also, in the last few weeks, populist anti-LGBTI rhetoric has gained a lot of momentum, with the Deputy Minister of Health leading a police raid on an NGO supporting public health services for the general population, looking to confiscate client records and personal lubricant, which is said to accompany programs which 'promote homosexuality'. Visiting Volunteers, like their colleagues resident in Tanzania, must at present be obsessively private about their sexual orientation.

Staff must ensure that complete contact/travel information is entered into VIDA for any Volunteers traveling to Tanzania in the event that Tanzania staff need to communicate with those Volunteers.

In addition, any Volunteers visiting Tanzania and the Islands should know that there has been a cholera outbreak going on since September. For much of this year the rainfall was abnormally low, and the cholera remained at a low rumble. Now the rains have come and the cholera seems to be peaking. This is the time when Tanzania is most risk from malaria and dengue as well. So, please be purposeful about getting the word to your Volunteers coming to Zanzibar that they must take very careful hygiene precautions (as well as being sure to take their malaria prophylaxis). The government of Zanzibar has limited the sale of street food on public health grounds, and no one should be eating anything which is not hot off the stove or peeled by you with your clean hands.

REMEMBER! THERE'S CHOLERA OUT THERE!

1. Drink and use safe water -- always important!

- Bottled water with unbroken seals and canned/bottled carbonated beverages are safe to drink and use.
- Use safe water to brush your teeth, wash and prepare food, and to make ice, for all that ice you make.
- Clean food preparation areas and kitchenware with soap and safe water and let dry completely before reuse.

2. To be sure water is safe to drink and use:

- Boil it or treat it with a chlorine product or household bleach.
- If boiling, bring your water to a complete boil for at least 1 minute.
- To treat your water with chlorine, use one of the locally available treatment products and follow the instructions. For a list of products distributed by country, visit [CDC's Safe Water System website](#).
- If a chlorine treatment product is not available, you can treat your water with household bleach. Add 8 drops of household bleach for every 1 gallon of water (or 2 drops of household bleach for every 1 liter of water) and wait 30 minutes before drinking.
- Always store your treated water in a clean, covered container.
- Piped water sources, drinks sold in cups or bags, or ice may not be safe and should be boiled or treated with chlorine.

3. Use latrines or bury your feces (poop); do not defecate in any body of water!!

4. Cook food well (especially seafood), keep it covered, eat it hot, and peel fruits and vegetables

5. Clean up safely—in the kitchen and in places where the family bathes and washes clothes

Stay healthy and safe!

Be vigilant. The cholera incidence is growing! Don't forget handwashing (water and soap, if not available sanitizer), food safety (no ice, no raw food, no unpeeled fruits unless you treat them yourself), -NO STREET FOOD! avoid kachumbari/salad unless made by you.

Don't forget water purification (BOIL, FILTER AND CHLORINATE).