

Zambia Travel Highlights

U.S. Embassy Lusaka[1, 2]

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Lusaka, Zambia

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For Emergency Services in Zambia[3]:

- 999 for General Emergency
- 991 for Police
- 993 for Fire.

Important Travel information[3, 4]:

- A passport and outbound flight information is required to enter Zambia.
- Visas are no longer required for US citizens.
- Passports must be valid for at least six months upon arrival and have at least three blank pages upon each entry.
- Travelers transiting other countries on the way to Zambia, particularly South Africa, should refer to their Country Information pages for additional blank page requirements.
- Zambian entry visas can be obtained online through the Department of Immigration's e-Services website or upon arrival at any port of entry. Visit the Embassy of Zambia's website or the Department of Immigration's website for information on all types of visas and their costs, as well as the most current visa information.
- You must carry the original or a certified copy of your passport and immigration permit at all times. Certified copies must be obtained from the office that issued the permit. If your passport is lost or stolen, visit the Zambian Department of Immigration to obtain a replacement entry permit before attempting to depart the country.
- Departure Tax/Security Charge: U.S. citizens must pay an airport departure tax in local currency. This tax is included in the cost of international flight tickets.

Table 1 Preparation timeline:

<i>Timeframe</i>	Faculty	Residents
<i>Institution-specific</i>		Permission from Director
<i>Institution-specific</i>		GME checklist
<i>6 months out</i>	Permission from Chair	
<i>3 months out</i>	Book flight	Book flight
<i>3 months out</i>	Apply for Visa	Apply for Visa
<i>2 months out</i>	Submit limited Registration to practice	Submit limited Registration to practice

Examples of recommended documentation can be found: <https://anesthesia.wisc.edu/department-priorities/global-anesthesia-programs/> “GAAC: Preparing to Travel”

Table 2 Packing recommendations:

Personal Items		Medications	OR Supplies
Passport/and photocopy	Spare compact travel bag	Ibuprofen	Scrubs (2-3 pair)
Money	Small purse/backpack	Zithromycin	Mask, booties, hats
Phone	Books/magazines/crosswords	Immodium/Tums	Disposable gloves (1 box)
Camera	Travel books	Prednisone	Lab Coat
Ipod/iphone music	Language translators	Malaria drugs	Ear piece
Ipod speakers	Pen/pencils	alcohol wipes	Stethoscope
Knife-Leatherman	Extra baggies	bandaids/ steri-strips	
Suitcase locks	clear trash bag (2)	antibiotic ointment	
Sunglasses	string	ACE wrap	
Reading Glasses	Batteries	Personal daily meds	Professional Items
Extra prescription glasses	Deet (Bug Spray)		Nametag
spare contacts	Sunscreen		Lectures-Memory Stick
Lighter	Tissues (travel size packs)		Business Cards
Duct tape	toiletries		White coat
Laundry Soap packs	brush/comb		
Sink plug	support hose (Ted Stockings)		
Chargers/Plugs	Purell/handwipes		
Plug adapters	Hat		

Important notes about shipping:

UTH and UW-Madison recommend you do not ship any medical supplies due to unlikely delivery. If you are bringing medical supplies, pack them with your luggage.

Getting around[5]

Figure 1: Map from Zambia Tourism[5]



University Teaching hospital: Nationalist Rd, Lusaka, Zambia

Apartment address: TBD

Recommended Applications[6-8]

Ulendo Taxi is a local ride-hailing company in Lusaka and is highly recommended by previous teams. Be sure to work with your institution to plan for reimbursement documentation.

Yango is another local ride-hailing company in Lusaka and has a lower cost than Ulendo

WhatsApp: This is an effective communication app for international travel. Local contacts primarily use this application for routine calls and messaging.

For your safety and Security[1, 3]:

Crime: The most commonly reported crimes committed against Westerners in Lusaka are non-violent confrontations characterized as crimes of opportunity (theft of unattended possessions in public places or hotel rooms, confidence scams). Pickpockets operate in crowded markets and on public

transportation, and visitors have reported snatch attacks of bags and smartphones on busy city streets as well as smash-and-grabs of valuables from vehicles idling in slow traffic and from parked cars. Other crimes, including thefts, violent attacks, including home invasions/robberies, and sexual assaults have occurred on many occasions. Victims are, on occasion, followed from banks, nightclubs, and ATMs and robbed at gunpoint, on the street, or upon arrival at their residence. Walking alone is not advisable in the downtown areas, high-density residential neighborhoods referred to locally as a “compound”, public parks, and other poorly illuminated areas, especially at night.

Victims of Crime:

U.S. citizen victims of sexual assault are encouraged to contact the U.S. Embassy for assistance. Report crime to the local police at 991 or 112 and contact the U.S. Embassy at + (260) 011-357-000 or + (260) 966-050-123. Remember that local authorities are responsible for investigating and prosecuting crime [9, 10].

If you are the victim of a crime, contact the US Embassy in Lusaka. Consular Assistance can:

- Help you find appropriate medical care
- Assist you in reporting a crime to the police
- Contact relatives or friends with your written consent
- Provide general information regarding the victim’s role during the local investigation and following its conclusion
- Provide a list of local attorneys
- Provide our information on [victim’s compensation programs in the U.S.](#)
- Provide an emergency loan for repatriation to the United States and/or limited medical support in cases of destitution
- Help you find accommodation and arrange flights home
- Replace a stolen or lost passport

To stay safe, you should:

- avoid large crowds, demonstrations, and political gatherings
- follow media coverage of local events
- be aware of your surroundings at all times
- exercise caution when traveling throughout the country
- avoid walking alone in the downtown areas, high-density residential compounds, public parks, and poorly lit areas—especially at night.

Be aware of:

- Pick-pockets operating in crowded markets and on public transportation;
- Snatch attacks of bags and smart phones on busy city streets;
- “Smash and grab” of valuables from vehicles idled in traffic and from parked cars;
- Thefts, violent attacks, home invasions/robberies; and
- Recent incidents involving sexual assaults.

Demonstrations occur frequently. They may take place in response to political or economic issues, on politically significant holidays, and during international events.

- Even demonstrations intended to be peaceful can turn confrontational and possibly become violent.
- Avoid areas around protests and demonstrations.
- Check local media for updates and traffic advisories.

Border Areas: Travelers should not drive off-road or in remote areas near the borders with the Democratic Republic of the Congo (DRC) and Angola because of the danger of undetected land mines and unexploded ordnance. If you must travel to these areas, you should drive in convoys and carry satellite telephones. Parts of the DRC border area can be plagued with unrest and/or armed criminal elements.

Tourism: The tourism industry is unevenly regulated, and safety inspections for equipment and facilities do not commonly occur. Hazardous areas/activities are not always identified with appropriate signage, and staff may not be trained or certified either by the host government or by recognized authorities in the field. In the event of an injury, appropriate medical treatment is typically available only in/near major cities and there are no trauma facilities in the country. First responders are generally unable to access areas outside of major cities and to provide urgent medical treatment. U.S. citizens are advised to purchase medical evacuation insurance.

Laws in Zambia[1, 3, 11-13]:

Criminal Penalties: You are subject to local laws. If you violate local laws, even unknowingly, you may be expelled, arrested, or imprisoned. Individuals establishing a business or practicing a profession that requires additional permits or licensing should seek information from the competent local authorities, prior to practicing or operating a business.

Furthermore, some laws are also prosecutable in the United States, regardless of local law.

Arrest Notification: If you are arrested or detained, ask police or prison officials to notify the U.S. Embassy immediately.

Counterfeit and Pirated Goods: Although counterfeit and pirated goods are prevalent in many countries, they may still be illegal according to local laws. You may also pay fines or have to give them up if you bring them back to the United States.

Drugs:

- Possession of small quantities of an illegal substance can constitute drug trafficking in Zambia.
- A list of controlled substances in Zambia can be found on the Narcotic drugs and Psychotropic Substances Ace- starting on page 50 at this link:
https://uploads.mwp.mprod.getusinfo.com/uploads/sites/44/2022/05/narcotic_drugs.pdf

- When visiting Zambia, carry any prescribed medications in their original bottles with a doctor's prescription.

Wild Animal Products: It is illegal to purchase tortoise shells, rhino horns, elephant ivory, or any items made out of these materials. Other wildlife products, such as hippo teeth, crocodile teeth or skins, flat skins, horns, or animal bones, should only be purchased from animal product vendors licensed with Zambia's Department of National Parks and Wildlife, which provide certification of purchase. Failure to produce a valid and legitimate certificate for these prescribed trophies can result in a five-year minimum prison sentence. Travelers must present the items and certification of purchase in person to Department of National Parks and Wildlife officials within 45 days of departure to obtain an export permit. Permits for items derived from CITES regulated species, such as hippo or crocodile, may take a number of days to obtain, may include additional fees, and may require an import permit from a destination country. Wildlife products with no export permit will be confiscated upon departure and the Government of Zambia will prosecute offenders to the fullest extent of the law with penalties ranging from large fines to minimum five-year prison sentences. It is illegal to export game meat in any form: dried, processed, or raw.

LGBTQI+ Travelers: Zambian law criminalizes consensual same-sex sexual activity and penalties for conviction of engaging in "acts against the order of nature" are 15 years to life imprisonment. The lesser charge of "gross indecency" carries penalties of up to 14 years imprisonment. LGBTQI+ persons in particular are at risk of societal violence due to prevailing prejudices, misperceptions of the law, lack of legal protections, and inability to access health services.

Travelers with Disabilities: The law in Zambia prohibits discrimination against persons with physical, sensory, intellectual, or mental disabilities, but the law is not effectively enforced. The Zambia Agency for Persons with Disabilities was created to promote awareness relating to the prevention of disabilities and the care of persons with disabilities; to cooperate with other government ministries in providing preventive, educational, training, employment, and rehabilitation services for persons with disabilities. Cultural attitudes toward disability vary, but in general social acceptance of persons with disabilities in public is not as prevalent as in the United States. Despite some improvements in largely urban areas, physical accessibility to services remains a pervasive problem across most of Zambia. The most common types of accessibility may include accessible facilities, information, and communication/access to services/ease of movement or access. Expect accessibility to be limited in public transportation, lodging, communication/information, and general infrastructure.

Medical Situation[3, 13-15]:

For Emergency Services in Zambia:

- 999 for General Emergency
- 991 for Police
- 993 for Fire.

Review current COVID-19 Travel Information prior to travel:

<https://travel.state.gov/content/travel/en/traveladvisories/covid-19-travel-information.html>

Health facilities in general

There are shortages of medicine and medical supplies throughout Zambia:

- Public medical clinics lack basic resources and supplies.
- Private hospitals usually require advance payment or proof of adequate insurance before admitting a patient.
- Patients bear all costs for transfer to or between hospitals.
- The U.S. Embassy maintains a list of doctors and hospitals, but does not endorse or recommend any specific medical provider or clinic.
- Private medical clinics in major cities provide reasonable care, but major medical emergencies usually require medical evacuation to South Africa, Europe, or the United States.
- The nearest air ambulances are based in South Africa.
- Government hospitals and clinics are often understaffed and lack supplies.
- Basic medical care outside of major cities is extremely limited.
- Doctors and hospitals expect immediate cash payment for health services.

Ambulance services are:

- not widely available and training and availability of emergency responders may be below U.S. standards.
- not equipped with state-of-the-art medical equipment.
- not staffed with trained paramedics and often have little or no medical equipment.
- Injured or seriously ill travelers may prefer to take a taxi or private vehicle to the nearest major hospital rather than wait for an ambulance.

Water Quality

- In many areas, tap water is not potable. Bottled water and beverages are generally safe, although you should be aware that many restaurants and hotels serve tap water unless bottled water is specifically requested. Be aware that ice for drinks may be made using tap water.

Medical Insurance: Make sure your health insurance plan provides coverage overseas. Most care providers overseas only accept cash payments.

Medications: Always carry your prescription medication in original packaging, along with your doctor's prescription. Consult with the Zambia Medicines Regulatory Authority (<https://www.zamra.co.zm/#>) to ensure your medication is legal in Zambia.

Prevalent diseases:

- | | |
|---------------------------|---------------------------|
| • Malaria | • HIV |
| • Rabies | • Hepatitis A |
| • African trypanosomiasis | • Hepatitis B |
| • Cholera | • African Tick-Bite Fever |
| • Typhoid | • Chikungunya |

- Dengue
- Tuberculosis
- Hantavirus
- Rift River Valley
- Ross River Virus Disease
- Leptospirosis
- Schistosomiasis
- Measles

HIV/AIDS: Zambia has a very high burden of HIV. Travelers are generally at low risk for getting HIV but certain practices such as having unprotected sex or sharing needles with people who are or might be infected with HIV can significantly increase the risk of HIV transmission.

Table 3: Summarized CDC Table “Vaccines and Medicines” [15]

Vaccines for disease	Recommendations	Clinical Guidance for Healthcare providers
Routine vaccines	Make sure you are up-to-date on all routine vaccines before every trip. Some of these vaccines include Chickenpox (Varicella) Diphtheria-Tetanus-Pertussis Flu (influenza) Measles-Mumps-Rubella (MMR) Polio Shingles	Immunization schedules
COVID-19	All eligible travelers should be up to date with their COVID-19 vaccines. Please see Your COVID-19 Vaccination for more information.	COVID-19
Cholera	Vaccination may be considered for adults who are traveling to areas of active cholera transmission. Areas of active cholera transmission are localized to Northern province (last case June 2022) and Lusaka (last case June 2022) in Zambia. Cholera is rare in travelers but can be severe. Certain factors may increase the risk of getting cholera or having severe disease (more information). Avoiding unsafe food and water and washing your hands can also help prevent cholera.	Cholera (CDC Yellow Book)
Hepatitis A	Recommended for unvaccinated travelers one year old or older going to Zambia. Infants 6 to 11 months old should also be vaccinated against Hepatitis A. The dose does not count toward the routine 2-dose series. Travelers allergic to a vaccine component or who are younger than 6 months should receive a single dose of immune globulin, which provides effective protection for up to 2 months depending on dosage given. Unvaccinated travelers who are over 40 years old, immunocompromised, or have chronic medical conditions planning to depart to a risk area in less than 2 weeks should get the initial dose of vaccine and at the same appointment receive immune globulin.	Hepatitis A (CDC Yellow Book) Dosing info
Hepatitis B	Recommended for unvaccinated travelers of all ages to Zambia.	Hepatitis B (CDC Yellow Book)

Vaccines for disease	Recommendations	Clinical Guidance for Healthcare providers
		Dosing info
Malaria	CDC recommends that travelers going to Zambia take prescription medicine to prevent malaria. Depending on the medicine you take, you will need to start taking this medicine multiple days before your trip, as well as during and after your trip. Talk to your doctor about which malaria medication you should take. Find country-specific information about malaria.	Malaria (CDC Yellow Book) Considerations when choosing a drug for malaria prophylaxis (CDC Yellow Book) Malaria information for Zambia.
Measles	Infants 6 to 11 months old traveling internationally should get 1 dose of measles-mumps-rubella (MMR) vaccine before travel. This dose does not count as part of the routine childhood vaccination series.	Measles (Rubeola) (CDC Yellow Book)
Rabies	Rabid dogs are commonly found in Zambia. If you are bitten or scratched by a dog or other mammal while in Zambia, there may be limited or no rabies treatment available. Consider rabies vaccination before your trip if your activities mean you will be around dogs or wildlife. Travelers more likely to encounter rabid animals include Campers, adventure travelers, or cave explorers (spelunkers) Veterinarians, animal handlers, field biologists, or laboratory workers handling animal specimens Visitors to rural areas Since children are more likely to be bitten or scratched by a dog or other animals, consider rabies vaccination for children traveling to Zambia.	Rabies (CDC Yellow Book)
Typhoid	Recommended for most travelers, especially those staying with friends or relatives or visiting smaller cities or rural areas.	Typhoid (CDC Yellow Book) Dosing info (CDC Yellow Book)
Yellow Fever	Required if traveling from a country with risk of YF virus transmission and ≥1 year of age, including transit >12 hours in an airport located in a country with risk of YF virus transmission. ¹ Generally not recommended for travelers going to the North West and Western Provinces (see Map 2-29). Not recommended in all other areas not listed above.	Yellow Fever (CDC Yellow Book)

Table 4: Summarized CDC Table “Non-Vaccine-Preventable Diseases” [15]

Leptospirosis	<ul style="list-style-type: none"> • Touching urine or other body fluids from an animal infected with leptospirosis • Swimming or wading in urine-contaminated fresh water, or contact with urine-contaminated mud • Drinking water or eating food contaminated with animal urine 	Avoid contaminated water and soil
Schistosomiasis	Wading, swimming, bathing, or washing in contaminated freshwater streams, rivers, ponds, lakes, or untreated pools.	Avoid contaminated water
African Sleeping Sickness (African Trypanosomiasis)	Tsetse fly bite	Avoid Bug Bites
African Tick-Bite Fever	Tick bite	Avoid Bug Bites
Chikungunya	Mosquito bite	Avoid Bug Bites
Dengue	Mosquito bite	Avoid Bug Bites
Rift River Valley	<ul style="list-style-type: none"> • Touching blood, body fluids, or tissue of infected livestock • Mosquito bite 	Avoid animals Avoid Bug Bites
Hantavirus	<ul style="list-style-type: none"> • Breathing in air or accidentally eating food contaminated with the urine, droppings, or saliva of infected rodents • Bite from an infected rodent • Less commonly, being around someone sick with hantavirus (only occurs with Andes virus) 	Avoid rodents and areas where they live Avoid sick people
Tuberculosis (TB)	Breathe in TB bacteria that is in the air from an infected and contagious person coughing, speaking, or singing.	Avoid sick people

University Teaching Hospital [16]:

The following conditions are to be expected:

- Requirement to declare personal items at UTH gates
- All persons may be subjected to a search
- A busy, congested hospital
- Visitor practice: patients may have a “bedminder” for support. This person shall have an identity card. Other visitors should be limited to specific visiting hours.
- The Security office is located at G-block, second floor.

Important Contacts:

Dr. Hazel Sonkwe:

Dr. Sonkwe has been our main physician liaison with University Teaching Hospital.
Her contact email is: Hazel Sonkwe hazelsonkwe5@gmail.com, 260-96-923-9620

Gwen Gonya Williams:

Gwen is a valuable liaison experienced with navigating medical volunteer paperwork
Her contact email is: Gwen Gonya Williams gwen986@gmail.com, 260-96-352-0763

Resources:

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13. Authority, Z.M.R. *Zambia Medicines Regulatory Authority*. 2021 [cited 2022 10/19]; Available from: <https://www.zamra.co.zm/>.
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15. Prevention, C.f.D.C.a. *Zambia*. Destinations 2022 8/10/2022 [cited 2022 10/19]; Available from: https://wwwnc.cdc.gov/travel/destinations/traveler/none/zambia?s_cid=ncezid-dgmg-travel-single-001.
16. Hospital, U.T. 2015 [cited 2022 10/19]; Available from: <http://www.uth.gov.zm/>.

Addendum 1: Observations from November 2022 rotation

Travel:

- Be prepared for long flights.
- It's difficult to get Yango or Ulendo at Airport. We used a van service which was expensive (\$700).
- Ulendo and Yango came within 10 minutes, any time day or night
- We left by 6:15- and we were easily ready by 7 for lectures
~100 kwanz
- Can develop understanding with driver- set fee at 300/day, he would be there every morning
- Vehicles a little older, a little run-down
- Daily rate- 35-40/day for whole team
- Ulendo is a few more than Yango ~150%
- Drivers were really nice, described sites and history

Food and Culture:

- Eastpark Mall is really nice and has many restaurants- one Indian place was really good
- On your own for lunch- pack it and bring it. There is a snack shop with lunch pies right outside hospital- Cazinga Pie Stand
- We had a grill, food is cheap
- Popular outdoor restaurant- Granddaddy's - check it out
- *Food is not a covered expense. If you have CME funds left- you can turn in receipts

Hospital:

- First day- one resident brought us in, but then we got a tour. You'll need that when you are new
- General OR:
 - Neuro room - no microscope
 - General room
 - Ortho room
 - Urology room
- ICU- most ICU patients are neuro patients.
- You cannot wear scrubs in and out- you have to change there. Can keep in backpack at OR.
- You can wear scrubs under plastic gown or white coat
- ORs had anterooms (old induction rooms)
- Emergency department is downstairs- some procedures there.

Equipment:

- Still need:
 - Twitch monitor
 - Airway exchange catheter
 - Need rubber boojis
 - Stuff for difficult airway
 - Menometers (for Mack)
 - 2 more glidescopes
 - 5-10 ea of #3 and #4 glidescope covers

- LMAs
- epidural kits
- U/S lines
- Brought U/S and glidescopes
 - Locked in main OR, same floor as anesthesia offices Anesthesia Cabinet
- **The needles we brought are no good- they are spinal needles not nerve block**
- We tried to use their supplies- we did it in a way they can use even after we leave
- We would love to get Jason Greenwood out along with us
 - He could summarize all equipment needs for us
- They do not have Central Line Kits

Training:

- Their stated lecture wishes:
 - Trauma
 - Sepsis
 - Vent Settings
 - Dialysis
 - Massive blood loss and transfusion
 - Neurosurgical Anesthesia
 - ICU care of Neuro patients
- We brought in instant coffee, milk, and sugar (there's a hot water dispenser) and snacks. Really appreciated by residents
- Projects to wall- but does not hook to cors. It mirrors computer, similar to smartTV
- 2 upper mannequins for glide scope practice
- Could use training on U/S guided lines
- Faculty: They have 5 attendings- but they are consultants. There are 5-6 senior registrars. They have nurse anesthetists- working solo.
- Residents working solo frequently. Interaction with a resident:
 - "Do they supervise you?"*
 - "Not after 1st month."*
- British
 - There for 6 months
 - Nate and Helen will be leaving around time you are
 - They do lectures on Mondays
 - 6 more coming in next year
- Chinese
 - There seems 1 there all the time. Does not speak English
- Hazel
 - In charge of Residency education
 - One of the Chiefs of Anesthesia- on medical school side
 - Peter Chandra is the other- on the ministry of health side
 - Let her know how many lectures and what days
 - 1e T,W,Th 7-8 AM