



DESTINATION REPORT

CAMEROON

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GENERAL OVERVIEW

Cameroon is comprised of more than 250 ethnic groups and has geographic features ranging from deserts and savannahs to rainforests and mountains. It has often been known as "Africa in miniature" because of its geological and cultural diversity. Cameroon has been persistently stable and it has a wealth of natural resources.

French and English are the official languages, and are supplemented by 24 major language groups throughout the country. Cameroonians have various religious beliefs including 40 percent who practice indigenous beliefs, 40 percent who are Christian, and 20 percent who are Muslim.

Situated on the Gulf of Guinea, Cameroon is bordered by Equatorial Guinea, Gabon, and the Republic of Congo to the south, the Central African Republic and Chad to the east, and Nigeria to the west. The environment transitions from coastal and inland tropical rainforests in the south, to cooler forested areas in the central and western highlands, to hot, semi-arid plains in the north. Cameroon's north has a seven month dry season, its central highlands have a four month dry season, and the coastal regions are warm and humid year-round.



SECURITY ASSESSMENT

Security Risk Rating

Moderate

Security Risk Overview

The high level of crime in Cameroon is a major security concern for travelers. Armed robberies, including inside restaurants and shops, are common. Petty theft and vehicle break-ins occur frequently. Armed bandits pose a significant threat-and have recently targeted foreigners-usually in border regions, rural roads, and at night. The political situation has been fairly stable in recent years; however, endemic corruption provides ample provocation for sudden outbreaks of unrest, which have been forcibly dispersed by security forces in the past. There is a general threat of international terrorist activity, especially in the Far North Region, as well as in the Adamawa and North Regions. Cameroon is currently facing a growing secessionist movement in the country's Anglophone regions. Piracy is also a growing issue.

Terrorism

There remains a general threat of terrorist activity, mainly directed against government forces, as the region has seen an increase in terrorist acts attributed to two extremist organizations based in northeast Nigeria: the Boko Haram militant group, which pledged allegiance to the Sunni extremist group the Islamic State (IS) in March 2015, and its splinter group Ansaru. These groups have been known to use northern Cameroon to conduct cross-border attacks on Nigeria as well as for refuge from Nigerian military offensives due to Cameroon's porous borders.

There is an elevated risk of Nigeria-based extremism, kidnapping, and armed banditry spilling into Cameroon's Far North Region, which is exacerbated by the region's minimal police presence. Since early 2015, Boko Haram militants have carried out an increasing number of cross-border attacks in Cameroon. Amnesty International reported that more than 400 people were killed by Boko Haram in Nigeria and Cameroon between April and September of 2017, more than twice the number killed in the previous five months. Boko Haram continues to execute attacks, including suicide bombings and village raids, in northern Cameroon. On 21 November, at least two people were killed during a suicide attack at a market in Kolofata, a city frequently targeted by the group. Between 25 January and 10 February 2016 over 50 people were killed in a wave of suicide attacks targeting large open markets, hotels, parks, and sporting venues. A number of foreign workers were abducted by suspected Boko Haram militants between 2013 and 2014 in northern Cameroon. Boko Haram militants have also transited the Far North Region in order to carry out attacks in Chad. To combat the group, the African Union has deployed 7,500 soldiers from Benin, Cameroon, Chad, Nigeria, and Niger. Boko Haram militants have threatened to attack all of the countries involved in the military operations against them.

Due to the ongoing civil war in the Central African Republic (CAR), east Cameroon has also become vulnerable. The Adamawa Region, especially in areas north of Ngaoundere and within 100 kilometers (60 miles) of the border with Nigeria, is considered to be a high-risk area.

Civil Unrest

Cameroon is considered a relatively stable African nation, but it has experienced periods of unrest around past elections. Election periods tend to be characterized by heightened security and limited access along the country's border areas. There are no elections scheduled to take place in 2017.

Beginning in November 2016, there has been ongoing unrest due to a rising separatist movement from the country's Anglophone minority based in western Cameroon. Many Anglophones claim that the government has provided lower amounts of government funding to the Anglophone region and allege that English-speaking Cameroonians have been barred from high-office jobs received lower standards of education than French-speaking Cameroonians. Separatists want the Anglophone region-which was formerly administered by the United Kingdom and where the predominant language is English-to secede from francophone Cameroon and create an independent state.

There have been ongoing demonstrations and strikes held by Anglophone Cameroonians, some of which have escalated to violence. On 1 October, at least 15 people were killed during pro-independence protests in the Anglophone regions. In Kumbo, security forces allegedly killed eight protesters when they opened fire at close range on demonstrators who were brandishing flags of the Ambazonia separatist movement.

Separatist militants demonstrated their ability to orchestrate attacks in major cities and towns with a string of attacks throughout August and September. On 21 September, at least three people were injured when a bomb exploded in a travel roundabout in Bamenda in the Northwest Region. At least five other explosions occurred in September, prompting the government to institute security measures including curfews. The deployment of additional security forces to stabilize the region has exacerbated tensions, as most of the gendarme are from francophone Cameroon.

Endemic corruption provides ample provocation for sudden outbreaks of unrest. Security forces have violently dispersed demonstrations and gatherings in the past. Additionally, rioting surrounding sporting events is not uncommon.

Personal Security

Levels of petty and violent crime in Cameroon are high. Armed robberies are a growing problem. Mugging and petty theft are common especially in Yaoundé, Douala, Limbé, Buea, and Tiko. In Yaoundé, the suburbs of la Briquetterie, Mokolo, and Mvog-Ada have seen extremely high rates of violent crimes, which tend to occur at night. Individuals who are perceived as wealthy are common targets. Criminals do not avoid confrontation and often employ violence against resistant individuals.

Residential break-ins are increasingly common and foreigners have been targeted in the past. Criminals may use violence against individuals who resist. Additionally, there have been reports of sexual assault against women during break-ins.

Crimes of a sexual nature-including harassment and assault-are common, vastly underreported, and infrequently prosecuted. Sexual harassment is not illegal in Cameroon. Law enforcement is generally unwilling or unable to investigate and prosecute these crimes, leading to a high rate of impunity among perpetrators.

Areas within 40 kilometers (25 miles) of Cameroon's borders with the Central African Republic and Chad have a high rate of violence and armed robbery. Assaults have been known to strike in significant towns in close proximity to the border, particularly on market days. Avoid the Bakassi

Peninsula along the Nigerian border as sovereignty over the area is still disputed and has been the site of violence in the past. There have been recent instances of Westerners, particularly French citizens, who have been targeted for kidnapping while in the northern region.

Carry a form of identification at all times. Police and security forces have arrested individuals in the past for failing to produce the proper documentation. Do not take photographs of government buildings, military installations, the police, security forces, or related infrastructure as it is prohibited and may result in a hefty fine.

Same-sex relations are illegal in Cameroon and individuals can be fined or sentenced to prison for violating this law. Violence and discrimination against lesbian, gay, bisexual, and transgender (LGBT) individuals, including violence by security forces, has been reported.

Law Enforcement

Poor training, a lack of resources, and other factors make it difficult for Cameroonian security forces to effectively prevent, respond to, and investigate crimes. As a result, vigilante violence and killings are common. Security forces have committed arbitrary arrests and killings in the past. Corruption of police is widespread in Cameroon 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.

Prisons in Cameroon do not meet international standards. These facilities are characterized by poor conditions, which include overcrowding, lack of sanitation, and inadequate healthcare. Security forces have been known to mistreat, brutalize, and torture detainees in order to extract confessions or to control disobedient prisoners. Lengthy pretrial detention and trial periods are problematic, and a corrupt and inefficient judiciary makes the justice system in Cameroon particularly troublesome. Make every attempt to notify an embassy or consulate in the event of arrest, as authorities may fail to report arrests.

Transportation

Air: Cameroon 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 an acceptable alternative to Cameroon-based services.

Bus: Public transportation in Cameroon is limited, and comprised mainly of mini buses and bush taxis. Mini buses are cheap and efficient, but are often poorly maintained and drivers generally do not use proper driving practices. Modern buses are sometimes available for transport between major cities, but roads are in poor condition and accidents are frequent. Petty crime and theft is common on crowded public transportation. There is an increased risk of accidents during overnight bus journeys.

Car: Driving conditions in Cameroon can be hazardous due to poor local driving practices and underdeveloped road infrastructure. Dirt roads are common and consistently in poor condition. The rainy season renders many local roadways impassable to vehicles. Traffic laws and speed limits are rarely respected and not enforced. Vigilante justice may occur if a Cameroonian is injured by a foreigner in a car accident. The road between the Yaounde and Douala has a particularly high automobile death rate as it is often closed due to impassable and dangerous conditions, especially during the rainy season.

Armed bandits have been known to erect barricades at night. Violent carjackings, particularly in border regions, also occur. Armed hijackers tend to target four-wheel drive vehicles with only a single occupant. Police have been known to erect random roadblocks in an attempt to combat

banditry; however, it has been reported that police have detained travelers at these roadblocks in an attempt to elicit a bribe.

Taxi: Taxis in Cameroon often function like buses, picking up passengers until full. However criminals may pose as taxi drivers and, with the help of accomplices, isolate and overpower unwary travelers. There have been multiple reports of individuals being violently robbed by unlicensed taxi drivers. Only use properly marked taxis, and book through a hotel if possible. Do not get into a taxi if there is an unknown passenger sitting in the vehicle. If unhappy with the direction in which the taxi is traveling, speak calmly, yet firmly to the driver in conjunction with the hand gesture to stop in case there is a language barrier. If there is no positive response from the driver, exit the vehicle at the first opportunity.

Train: There is limited passenger rail service in Cameroon. Rail travel is available from the capital to the cities of Douala and Ngaoundéré. Pickpocketing and theft have been reported on trains. Trains are known to speed, not obey safety precautions, break down, and be severely delayed. In October 2016, a train crash between Yaounde and Douala killing at least 79 passengers and injuring over 600 others. The crash was attributed to overcrowding and high speeds.

Water: Piracy along Cameroon's coast remains a problem, and while it primarily occurs offshore, raids on targets along the coastline have been known to occur. Areas surrounding the Bakassi Peninsula and seas linking Cameroon and the piracy-ridden Niger Delta region of Nigeria remain at high risk.

Scams, Fraud, Corruption, and Extortion

Cameroon has a high rate of fraud and scams, particularly those involving the internet. Typical scams involve the offer of substantial percentages of large sums for allowing them to be stored in a traveler's bank account, singles on dating sites "getting into trouble" and requesting money to be "rescued," and requests for advance payments of transfer taxes or incorporation fees. 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.

Corruption among government officials and employees is endemic. 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 Cameroon even if they are not a citizen of Cameroon. 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.

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

Immunizations - Required for Entry

Immunization	Notes
Yellow Fever	There is a risk of yellow fever transmission in Cameroon. A yellow fever vaccine is required for all travelers over one year of age. The vaccine should be administered at least ten days before travel. While a booster shot is no longer recommended every 10 years, some countries do not allow certificates of vaccination older than 10 years. 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	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.
Hepatitis B Virus (HBV)	Hepatitis B Virus 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.

Influenza (flu)	Influenza is spread between humans through sneezing, coughing, and can be spread by touching objects contaminated with the virus. There are two types of pre-exposure vaccinations available: Trivalent Inactivated Influenza Vaccine (TIV), and Live Intranasal Influenza Vaccine (LAIV). TIV is injected into the upper arm or thigh, and LAIV is administered as a nasal spray. Common TIV vaccines include Afluria, Agriflu, FluLaval, Fluarix, Fluvirin, and Fluzone. Common LAIV vaccines include FluMist.
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Vaccine Preventable Diseases Specific to Cameroon

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

Immunization	Recommendations
Hepatitis A Virus (HAV)	Hepatitis A Virus 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 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)	Meningitis continues to be a problem in Cameroon, which is located within an area known as the sub-Saharan meningitis belt. Meningococcal disease is spread through the inhalation of respiratory droplets, sharing food and drinks, and kissing. Meningitis is typically exacerbated during the dry season. 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 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 Fever	Typhoid fever is spread through the ingestion of contaminated food or water. Individuals traveling to areas where typhoid fever is common 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 Cameroon

Health Risks	Details	Recommendations
Cholera	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. Cholera vaccines are recommended only for health care or relief workers working in unsanitary conditions, or long-term travelers with unreliable access to health care.	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.
East African Trypanosomiasis (Sleeping sickness)	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. It is commonly found in Bafia (Mbam Division, Centre Province) and Fontem/Mamfe (Manyu/Fontem Division, Sud-Ouest Province).	Insect repellants are not effective against tsetse flies. Wear long pants, long sleeve shirts, boots, and hats if possible. Stay indoors in areas with screens and air conditioning, if possible. The tsetse fly is most active during the early morning and late afternoon.
Filariasis (Lymphatic)	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.	There is no vaccine to prevent against lymphatic filariasis. Prevent against bites by using insect repellent (with 30-50% DEET, or 7-15% Picaridin) and wearing long pants, long sleeve shirts, boots, and hats if possible. 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.

Hepatitis C Virus (HCV)	Hepatitis C Virus 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.	There is no vaccine to prevent against Hepatitis C. Travelers are advised to avoid IV drug use and sexual contact with high-risk individuals. Travelers should avoid receiving blood transfusions and other procedures that may bring them in contact with contaminated needles, such as tattoos and body piercings.
Hepatitis E Virus (HEV)	Hepatitis E Virus is typically contracted through exposure to raw or uncooked shellfish, or unclean drinking water.	There is no vaccine to prevent against Hepatitis E. Hepatitis E can be avoided through overall care in sanitation, particularly of drinking water.
HIV/AIDS	HIV is spread through contact with blood or secretions of an infected person, especially through IV drug use, unprotected sex, and blood transfusions. There is no vaccine to prevent against HIV/AIDS.	HIV/AIDS risk can be decreased by avoiding IV drug use and sexual contact with high-risk individuals.
Leishmaniasis	Leishmaniasis is spread through the bite of an infected sandfly. There is no vaccine to prevent against leishmaniasis. In rural forests, risk is year-round, with a higher incidence from May through December.	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).

<p>Malaria</p>	<p>Malaria is spread through the bite of an infected mosquito. Malaria is found year-round in Cameroon, including urban areas and is the leading cause of sickness. There is a high risk in the Bénoué River Valley, the basin of Lake Chad, the coastal region, and the forests of southern Cameroon. Risk is elevated during and following the rainy seasons from March to June and September to November in the south; from June to September in the north. Strains of malaria found in Cameroon are resistant to chloroquine.</p>	<p>There is no vaccine to prevent against malaria, but taking a prescription anti-malarial drug and taking proper precautions against mosquito bites may help prevent against transmission. Malaria prophylaxis is recommended if traveling to endemic areas outside major cities. Travelers should consider doxycycline, mefloquine, or atovaquone-proguanil as prophylaxis options as chloroquine-resistant strains of malaria are prevalent in Cameroon.</p>
<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>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. Prevent against bites by using insect repellent (with 30-50% DEET, or 7-15% Picaridin) and wearing long pants, long sleeve shirts, boots and hats if possible. 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.</p>
<p>Rift Valley Fever</p>	<p>Rift Valley Fever is generally a disease of livestock that is transmitted through the bite of an infected mosquito. However, it has been transferred to humans in [country] and can have serious symptoms, including hemorrhagic fever and ocular diseases.</p>	<p>There is no vaccine to prevent against Rift Valley Fever. Humans contract RVF through bites from insects with contaminated mouthparts, as well as through exposure to the blood, fluids, or tissues of infected animals. Take all precautions against insect bites, and avoid coming into contact with the bodily fluids of animals.</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. Although risk of transmission is found throughout the country, there is a particularly high risk in the northern regions.</p>	<p>There is no vaccine to prevent against 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>Tuberculosis is highly endemic in Cameroon and is spread through contact with the respiratory secretions of an infected person. Vaccination is available but only recommended for health care workers and those with prolonged exposure to infected populations.</p>	<p>The Bacillus Calmette-Guérin (BCG) vaccine has historically been used at birth in most developing countries to prevent against 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 areas should undergo the tuberculin skin test (TST) or interferon-γ release assay (IGRA) both before departing and eight to ten weeks after returning from travel.</p>
<p>Zika Fever</p>	<p>Cameroon has a risk of Zika. 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-including sudden-onset fever and rash, joint and body pain, headache, and conjunctivitis-are usually mild and last from several days to a week. Women infected with the Zika virus who 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 virus infection. 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-sleeved 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 afternoon 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 planning to become pregnant, should consult with health care provider and determine the level of risk for microcephaly or other birth defects before traveling to areas with confirmed Zika virus activity.</p>

Food and Water Safety

There are generally no potable local water sources in Cameroon. Stick to bottled or boiled water and avoid ice cubes. When traveling outside of major cities, be sure to have adequate water supplies before setting out, as bottled or purified water can be scarce. Thoroughly wash and peel fruits and vegetables and avoid undercooked or raw meat and seafood as these are often the source of foodborne illnesses. Consuming unpasteurized dairy products can lead to illness.

Medical Facilities and Services

Medical facilities and services in Cameroon are limited, and emergency response will likely be delayed or unavailable. Most cases will require medical evacuation to the nearest qualified medical facility, typically in South Africa. Hospitals and clinics are likely to require payment up front before administering services. Bring adequate amounts of prescription medications for the intended stay, as it is unlikely that medications of the same quality will be available in Cameroon. There are no hyperbaric chambers in Cameroon. The nearest hyperbaric chambers are located in Namibia, South Africa, and Tanzania.

DESTINATION DETAILS

Time Zones

From 1 January to 31 December, West Africa Time (WAT): GMT +1 hour
Cameroon does not observe Daylight Saving Time.

Currency

Central African CFA franc (XAF)

Credit Cards

Credit cards are rarely accepted, except at large hotels and airlines, with Visa being the most commonly used. Travelers should always notify their bank of their travel plans to avoid having their account frozen.

ATMs

Major cities such as Yaoundé and Douala will have ATMs, though they are often broken. Travelers should come prepared with hard currency, preferably EUR. 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 07:30-15:30 or 08:00-17:00 depending on the branch.
Hours may vary with bank and location.

Major Holidays

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

Date	Holiday
01 January 2018	Independence Day
11 February 2018	Youth Day
30 March 2018	Good Friday
01 April 2018	Easter Day
10 May 2018	Ascension Day
20 May 2018	National Day
15 June 2018	Eid al-Fitr
15 August 2018	Assumption of Mary
22 August 2018	Eid al-Adha
21 November 2018	The Prophet's Birthday
25 December 2018	Christmas Day

NOTE: There are no upcoming elections scheduled to take place in 2018.

Voltage Information

220 V, 50Hz. Plug type: C, E

International Airports

Airport Name	Airport Code	Airport Location
Douala International Airport	DLA	Douala, Littoral
Yaoundé Nsimalen International Airport	NSI	Nsimalen
Garoua International Airport	GOU	Garoua

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 at least six months, a visa, and a blank passport page are required for entry to Cameroon. Visas are issued for no more than 30 days, and can be acquired at an embassy for a fee of USD 184. Visas must be acquired before travel to Cameroon as visitors will not be granted visas at the airport upon entry. Travelers over the age of one year must also have an International Certificate of Vaccination certifying vaccination against yellow fever dated within the last ten years. An onward/return ticket and proof of sufficient funds are also required. Those who are unable to provide the required documents may be refused entry.

Departing travelers who have spent more than four weeks in the country must provide evidence of vaccination against the polio virus. The polio vaccine must be received between four weeks and 12 months before the date of departure and must be officially documented on a yellow vaccination card.

IMPORT RESTRICTIONS

The following items are permitted: 400 cigarettes OR 50 cigars OR five packets of tobacco, one bottle of alcohol, five bottles of perfume, and an unlimited amount of local and foreign currency.

The following restrictions apply: TVs, laptops, DVD players, and other electrical goods less than six months old are restricted. All cats and dogs being brought into the country require a veterinarian health certificate and a rabies vaccination certificate.

The following items are prohibited: Illegal drugs, firearms, explosives, ammunition, knives, deadly weapons, wild animals, counterfeit money and goods, and pornographic material.

EXPORT RESTRICTIONS

The following items are prohibited: Illegal drugs, firearms, explosives, ammunition, knives, deadly weapons, wild animals, counterfeit money or goods, and pornographic material.

IMPORTANT NUMBERS

Intl. Country Code	+237
Dispatch	112
Fire	118
Police	117
Ambulance	119

Contact Information for Select Embassies

US Embassy in Yaounde

Avenue Rosa Parks
Yaoundé
Telephone: (+237) 222-20-1500

British High Commission in Yaounde

Avenue Winston Churchill
Yaoundé, Center Region 547
Telephone: (+237) 222-22-3347 or (+237) 222-22-0796

Canadian High Commission in Yaoundé (for Canadian and Australian citizens)

NOTE: *There is no Australian diplomatic mission in Cameroon. The Canadian High Commission in Yaoundé offers consular assistance for Canadian and Australian citizens.*

"Les Colonnades" Building.
New Bastos, 607 Road 1792
Yaoundé
Telephone: (+237) 222-50-3900

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