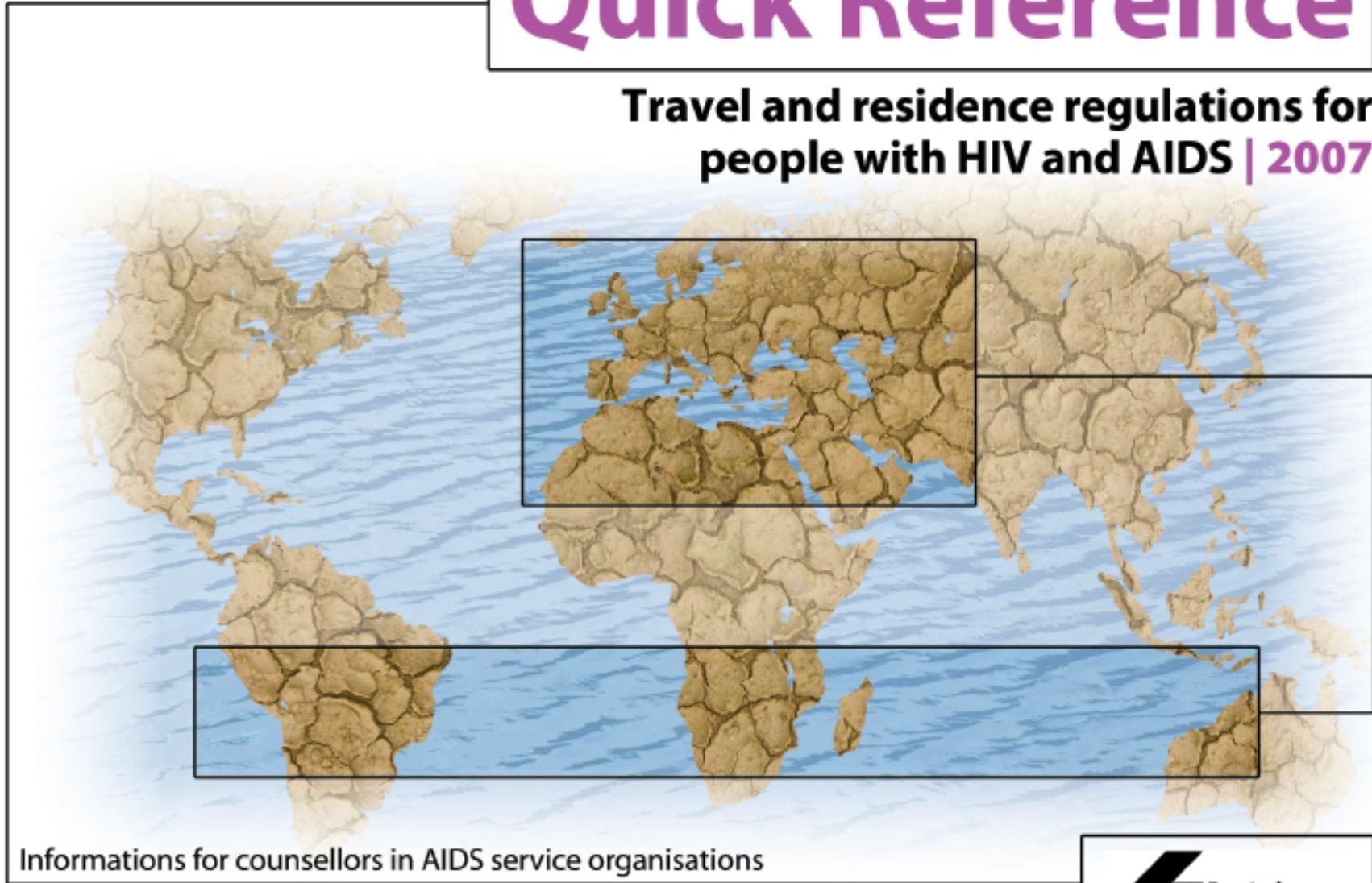


# Quick Reference

**Travel and residence regulations for  
people with HIV and AIDS | 2007**



Informations for counsellors in AIDS service organisations



# Quick Reference

## Travel and residence regulations for people with HIV and AIDS

Material for counsellors in AIDS service organisations

French, German and English versions of this text are available  
at <http://www.eatg.org/hivtravel>

Please send any comments and information regarding the  
individual countries to Peter Wiessner at:

[peter-wiessner@t-online.de](mailto:peter-wiessner@t-online.de)



Deutsche AIDS-Hilfe e.V.

Telefon: 030 / 69 00 87-0

Fax: 030 7 69 00 87-42

Internet: <http://www.aidshilfe.de>

E-mail: [dah@aidshilfe.de](mailto:dah@aidshilfe.de)

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Editors: Peter Wiessner, Karl Lemmen

Titel: Carmen Janiesch

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## Preface to the sixth edition

Our collection of data on entry and residence regulations for people living with HIV and AIDS now receives global attention, as demonstrated by feedback and inquiries from all over the world. This motivates us to update our data at regular intervals. By doing so, we can meet our objective of providing PLWHA with the most current information at all times.

This 6<sup>th</sup> edition of the "quick reference" incorporates all the reports that we received up to the end of 2006. At present the quick reference is available in German and English. Translations into Italian, Spanish, French and Polish are in preparation.

The Internet version of the data available here was provided in the past by "AIDS Info Docu Switzerland" in German, English and French and was accessible at <http://www.aidsnet.ch/linkto/immigration>. During 2007 the data collection will be moved to the homepage of the European AIDS Treatment Group (EATG) at <http://www.eatg.org/hivtravel>. Here you will find the most current version of the data. Changes are added continually.

Our experience has shown that laws often have a short "shelf life". How the relevant regulations are implemented can change quickly – for the better or for the worse. We therefore recommend all travellers to use all the channels of information that are available to them.

New in this edition is the information about regulations for yellow fever inoculation. It is important for PLWHA to know about these regulations: as live vaccines are used for yellow fever inoculation, these are not appropriate for people with

depressed immune functions. The result might well be limitations on travel.

In order to keep this data collection as up to date as possible, we continue to rely on feedback from our readers, from members of NGOs and governmental organisations and not least from travellers. Please get in contact with us, if you have any information that we don't have, or if you recognise any errors in our data.

Our special thanks are due to David Haerry, the webmaster of the internet version of these data. Without his cordial support, technical assistance and commitment to the topic this project could not have been implemented so successfully.

Karl Lemmen

Peter Wiessner

Central Office, Deutsche AIDS-Hilfe e. V.

## **Mobility:**

### **A fundamental right for people living with HIV and AIDS!**

For many people, being able to travel is an important aspect of the quality of life. Some people must, for private or for professional reasons, go abroad for longer periods. For PLWHA journeys are frequently associated with a high degree of uncertainty, since the entry and residence regulations differ from country to country. Current information is often available only with difficulty. For this reason we want our data collection to provide PLWHA with a secure orientation on questions related to mobility world-wide.

We began in 1999 with a questionnaire to all foreign embassies in Germany and to German embassies abroad. We asked not only for the official legal regulations for the admission of PLWHA, but also how these were applied in practice. From this initial questionnaire we received feedback from about 140 out of 193 possible countries. We supplemented this data with information from other sources. These were:

- AIDS info Docu Switzerland
- Homepage of the US State Department
- Publications from UNAIDS and the World Health Organisation (WHO)
- Information and feedback from NGOs of individual countries
- Newspaper reports, press releases etc.

Using these additional sources we have succeeded in increasing the number of countries covered by our investigation to 170. We still don't have any information on 23 countries. The 170 countries on which we have data include 106 where special conditions of entry for people with HIV and AIDS are known, or where - because of contradictory statements - these cannot not be ruled out. 90 of these 106 states rely on carrying out mandatory testing for HIV. This means that 62 % of the countries covered by us have issued regulations discriminating against PLWHA!

Entry and residence regulations can be divided into regulations for tourists (tourist visas, usually 1 - 3 months' stay) and regulations for long-term stays. The good news here is that stays for tourists are a problem only in rare cases, even for people with HIV and AIDS. However, for longer term stays, e.g. for study purposes, or for work etc., special residence permits are frequently necessary. In a few cases there are also special regulations for citizens returning to their own country after staying abroad.

## The tip of the iceberg

As a rule, conditions of entry for people with HIV and AIDS apply to persons who wish to remain in a country for longer than one month. Whether an HIV test must be submitted or not when applying for a residence permit depends on the duration of the stay. In most cases, if the result of the test is “HIV-positive”, the outcome will be a refusal to issue an entry permit. Those who have already crossed the national border can be expelled from the country as undesirable foreigners.

The countries which expel HIV positive foreigners are Brunei, China, Cuba, Iraq, North and South Korea, Kuwait, Libya, Malaysia, Taiwan and Thailand. Only India has changed its discriminatory regulations in this regard. However, an expert involved in India’s immigration policies states that it could still take years before each individual official is informed about the new legal situation and acts accordingly. For people with HIV and AIDS this means that the uncertainty continues to exist for the present.

People with HIV and AIDS are constantly in danger of losing everything they have built up for themselves: their jobs, their financial security, access to the health system, their homes, their friends and family, and not least their lives!

Some countries in Asia and the Middle East provide a very bad example in this respect. We know of anecdotal reports about people who, while awaiting deportation to their homeland, died in detention without being given access to treatment. These reports relate, among others, to immigrant workers who had been arrested for deportation, when it had been detected that they were infected with HIV. Legal problems between the authorities involved, which would make the return transportation

more difficult, were put forward as an excuse. Authorities even made the readmission of their own citizens more difficult, if it was known that they were infected with HIV or suffering from AIDS.

At present there are 13 countries which completely refuse entry to people with HIV. The countries concerned are: Armenia, Brunei, China, Iraq, Qatar, South Korea, Libya, Moldova, Oman, the Russian Federation, Saudi Arabia, the Sudan and the USA.

## The real extent of the problem is unknown

At present nobody knows the real extent of the existing regulations which apply to people with HIV and AIDS. There is no system and no organisation which collects the appropriate cases centrally and reports on them. Thus anecdotal individual reports are all we have. The real extent of these regulations is made still more uncertain by the fact that existing laws are sometimes not applied, or only applied by some officials. The following data give an impression of the range of the problem:

- An estimated 40 million people world-wide are living with HIV and AIDS. The overwhelming majority of those concerned live in so-called developing countries. Many of them urgently need access to treatment, in order to be able to survive
- According to the figures of the International Organisation of Migration (IOM) and UNAIDS there were approx. 698 million international arrivals and departures world-wide in 2000. The present number is likely to be even higher.

- Approx. 191 million migrant workers live outside their own country, according to the estimates of the IOM. The United Nations High Commission for Refugees (UNHCR) estimates the number of refugees and asylum-seekers world-wide to be approx. 20.8 million.

In view of the large number of countries with conditions of entry that discriminate against people with HIV and AIDS, it is unacceptable that we have available only anecdotal reports in order to describe this problem. The most important reason for our persistent work on this comprehensive data collection lies in the fact that this is the only way we can demonstrate how people with HIV and AIDS are disadvantaged and discriminated against at the global level.

## **A heavy burden for people with HIV and AIDS**

Application forms for entry visas frequently include questions on one's general state of health, such as "Are you suffering from an infectious illness?" Should HIV positive passengers decide not to answer this question truthfully, they are confronted with the problem of keeping hidden any medication they may have brought with them, and of making as healthy an impression as possible on the controlling officials. Immigration officials at border controls have a duty to inspect luggage and/or to examine the completed forms. The examination of one's physical appearance can also be part of the checks.

If one decides to tell the truth, one must take into account that entry could be refused. In a few countries there are exceptional

regulations, such as applying for a visa waiver. Information on this will shortly be available at [www.eatg.org/hivtravel](http://www.eatg.org/hivtravel).

It can be that, when applying for a visa or at the border, a health certificate will be asked for. Sometimes the tests and examinations required must be carried out by physicians under contract to the embassy or other authorities. Only those who submit to these regulations have the chance of entering the selected country – not to mention the possibility of paying bribes, suggested in some anecdotal reports.

Some countries require foreigners to undergo regular routine investigations, which can include an HIV test. One must of course pay the costs of all these test procedures oneself. This can add up to a total of up to 500 Euros (e.g. in Austria), thus discriminating against those groups of people who are financially worse off.

Further controls are practised by agencies whose task it is to recruit workers from abroad. For applications in the health sector (physicians, nurses, etc.) a negative HIV test is a precondition to being invited to an interview at all. In this way medical specialists from South Africa for example are recruited to work in rich northern countries. Additionally, other instances such as employers and universities often openly insist on HIV tests as a condition for employment, or for awarding study places and scholarships.

In principle anyone can be placed in the position of having to give information on other "suspicious" travellers to border officials on entering a country: this happened to an HIV positive passenger from Japan on the way to China in the last year. He was sent back on the next aircraft, after a fellow traveller in the aircraft had overheard a conversation about HIV.

The burden is particularly heavy, if the physical appearance of the traveller makes it impossible to hide or deny an illness.

## Positive examples are rare

Positive examples are rare, but they do nevertheless encourage the view that changes can be achieved by solidarity and commitment. Thus there are a few countries which have eased and/or waived their regulations in recent years. Canadian HIV and human rights activists carried out good work leading up to the world AIDS conference in Toronto 2006, and obtained a change in the conditions of entry for short term visas. Thus it was ensured that people with HIV and AIDS could participate in the conference – and not only that.

In the future, whether people with HIV and AIDS can participate should again be a criterion for assessing organisers of the world AIDS conference. Thus AIDS conferences should not be accepted, if they take place in countries which restrict the right of mobility of people with HIV and AIDS by discriminatory conditions of entry.

The example of Canada should encourage us to fight again in the future against negative perceptions of people with HIV and AIDS (as cost factors, virus carriers, sources of danger) which form the basis of discriminatory regulations of this sort. Showing what a contribution to society people with HIV and AIDS make is an important step against the policy of exclusion, for which the USA provides the most extreme example.

The co-operation of the various organisations, interest groups and human rights networks (IOM, U-NAIDS, GNP+, etc.) should be utilised even more strongly in future, in order to make public any violations of human rights and to protest against them with a united voice. Here our data collection has proved itself to be a powerful political instrument, making an uncomfortable topic communicable in public.

When we began this work, we wanted as a first priority to improve the quality of the advice given by AIDS relief organisations. It took some time before we became aware of all the dimensions of the problem at hand: it is a matter of standing up for a fundamental human right, linked to questions of vital importance on securing ones livelihood and obtaining health care.

The world is not a very open place for people with HIV and AIDS today. Our objective is to change this! In doing so, we are relying upon your support.

Karl Lemmen

Peter Wiessner

Central Office, Deutsche AIDS-Hilfe e. V.

### References:

UNAIDS/IOM Statement on HIV/AIDS related travel restrictions, June 2004:  
[http://www.iom.int/en/PDF\\_Files/HIVAIDS/UNAIDS\\_IOM\\_statement\\_travel\\_restrictions.pdf](http://www.iom.int/en/PDF_Files/HIVAIDS/UNAIDS_IOM_statement_travel_restrictions.pdf)

Compulsory HIV testing from a public health and human rights perspective. A summary of key arguments to support a wider discussion, June 2004, By Haerry, Wasserfallen and Wiessner.

<http://archives.healthdev.net/pwha-net/msg00589.html>

## Developments and Tendencies<sup>1</sup>

### 2001 - global

UNGASS Declaration “By 2003, enact, strengthen or enforce, as appropriate, legislation, regulations and other measures to eliminate all forms of discrimination against, and to ensure the full enjoyment of all human rights and fundamental freedom by, people living with HIV/AIDS and members of vulnerable groups “(§ 58). (June 2001)

### 2002 - Canada

HIV testing mandatory for stays exceeding 6 months.

### 2002 - Australia

Immigration criteria enforced more harshly: Individual cost assessment based on life expectancy and on estimated total cost of medication and medical care services. More people with HIV being refused permission to immigrate.

### 2002 - India

Existing residency restrictions repealed.

(September 2002)

### 2002 - UK

Private agencies recruiting staff for British health care system require HIV test from developing country applicants. Negative test result is a precondition for being given a contract.

### 2003 - Austria

From 1st January 2003, health certificate required with

application for a residence permit for more than 6 months (see below). The health certificate required according to §8 para. 6 of the law on foreigners covers the following conditions:

Tuberculosis, that requires medical treatment and monitoring; leprosy, cholera, polio, paratyphus, pestilence, dysentery, typhus, hepatitis A, B, C, D, G, diphtheria and pertussis.

HIV/AIDS is not included in this list.

### 2003 - UK

Government is discussing compulsory testing of asylum seekers. Terrence Higgins Trust is launching a campaign against planned measures.

### 2003 - Russia

The Public Health Commission of the Moscow Duma proposed the introduction of compulsory testing for various diseases, such as HIV and tuberculosis (TB) and for illegal drug use. This should apply to special target groups like drug users, sex workers, street children and homeless. Rejected after massive protests.

### 2004 - New Zealand

Press reports on planned introduction of compulsory testing of immigrants. Information minister confirms introduction of new screening policy. (January 30, *The Advocate*)

Immigration service confirms that from early 2005, New Zealand will be undertaking HIV screening for migrants. Other expensive-to-treat conditions are part of the changes. Changes relating specifically to tuberculosis screening have already been implemented. A maximum of 20 HIV positive people will be accepted as Quota refugees per year. (July 20, 2004)

### 2004 - El Salvador

Existing residency restrictions repealed. (March 2004)

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<sup>1</sup> Put together by David Haerry and Peter Wiessner

#### **2004 - Switzerland**

Press reports on public health authorities plans to introduce mandatory HIV testing of asylum seekers. *(January 2004)*

Public health authorities decide to improve VCT of asylum seekers. Testing will remain voluntary. *(June 2004)*

#### **2004 - global**

IOM/UNAIDS Statement on HIV/AIDS-related travel restrictions. The statement includes strong recommendations against mandatory HIV testing and HIV related travel restrictions.

*(June 2004)*

#### **2004 - UK**

Government decides against compulsory testing of asylum seekers. *(July 2004)*

#### **2004 - USA**

In July 10 2004 Senator Kerry promised to repeal the existent travel restrictions if he gets elected as President of the United States. We like this idea but a change of the entry policy to the USA must be taken by the US congress. We don't think that there will be a discussion about that after the re-election of George W. Bush. It remains a task of the global HIV community to address the discriminatory nature of these regulations and to fight for a change.

#### **2006 - Canada**

Canadian activists did a great job during the preparations for the International AIDS Conference in Toronto by lobbying for a change of HIV related questions for short term visa applicants. Canada no longer requires people applying for a visa to enter Canada as a short term visitor to disclose known HIV infection

on the visa application form. Due to the alteration of the law the participation of many PLWHA at the conference was secured.

#### **2006 - France**

Activists close to the openly living HIV positive and gay delegate Jean-Luc Romero started an effective public campaign, in order to create awareness of the discriminatory entry regulations to the USA. The campaign culminated on November 28 with an open letter to the American president George W. Bush. Nothing is known about first reactions and results at the present time.

#### **2006 – USA**

The American President George W. Bush surprised the public on December 1 with a plan to change the conditions of entry to the USA for short term tourist visas and business trips, in order to permit the entry of HIV positive people. The suggestion would allow the issuing a categorical waiver (a special dispensation) valid for 60 days to HIV positive visitors. Whether under this arrangement the serostatus must be declared, and how an application is to be filed, is unclear. As Congress must approve this project, it remains to be seen what will become of it.

## Tips for using the Quick Reference

### Advice on travelling with HIV

- The Quick Reference provides up-to-date **information on 193 countries**. If entry and residence regulations are not listed here, this means either that there are no up to date information available or despite our best efforts no information could be found.
- The column “**Entry regulations**” gives information on the current provisions for a tourist stay of around one month, at most three months, in length. Luckily, only very few of the countries with a strong tourism sector impose complete bans on people with HIV/AIDS entering the country.
- The column “**Residence regulations**” refers to longer-term stays (usually longer than three months), often associated with permission to study to work or the wish to settle in the country. Here, more than 62% of the countries we have information about have passed restrictive legislation.
- The column “**Notes**” contains supplementary information, and sometimes indications of contradictory information received from different sources. Further information on these issues can be found in the “**Sourcebook**”.
- In general, the following point applies to entering countries with ambiguous or restrictive regulations: as long as HIV-positive status does not become known, there will be no serious problems for a tourist. However, if someone is suspected of being HIV positive, or if the authorities have concrete reasons to believe they are, entry may be refused (this applies to, for example, the USA and China). Badges such as the Red Ribbon or other indications should not be worn when entering the country.
- For people taking medication for HIV, this need for discretion creates a very real problem, since they have to carry their medication with them. We would recommend repackaging the drugs in different containers.
- Depending on the circumstances, it may be worthwhile taking along a doctor’s certificate (in English) which shows that the holder is reliant on the medication and that it has been prescribed by the doctor. A note on dosage may also be helpful in case any difficulties arise at the border.
- A further aspect to be borne in mind is the vaccination requirements for some countries. For people with HIV and AIDS, some of these vaccinations are unproblematic, whereas others present health risks (e.g. the yellow fever vaccination). This gave reason to included regulations on yellow fever vaccination in this booklet. It is advisable always to discuss these issues beforehand with the doctor or a vaccination advice centre (e.g. a tropical medicine institute).

## Key to the symbols used in the table

### Notes

- (#) The different sources we used sometimes gave ambiguous or contradictory information, and such cases are marked (#) in the final column of the table. In these cases, we recommend studying the sources in more detail using the “*Sourcebook*”, and working with the person seeking advice to reach an assessment that takes into account her or his specific circumstances.

### Sources

The last column of the table names the sources of the information. Individual references to sources are only given in other columns if the information differs from one source to another.

- 1) Information provided by the country’s embassy in Germany
- 2) Information provided by the German Embassy in the country

- 3) Aids Info Docu Schweiz. Source: Eidgenössisches Departement für Auswärtige Angelegenheiten, Berne/CH DP VI/Sektion konsularischer Schutz, 15 March 2000. See <http://www.aidsnet.ch/linkto/immigration>
- 4) US State Department’s homepage; Travel Publications 2005-2006 version; see: [http://travel.state.gov/travel/tips/brochures/brochures\\_1229.html](http://travel.state.gov/travel/tips/brochures/brochures_1229.html)
- 5) Andrew Doupe, “AIDS and Human Rights: Time for an Empowered Response”, Unpublished Masters Thesis in Public International Law, Rijks Universiteit, Leiden, 12 September 1997
- 6) Information from an NGO active in the country concerned
- 7) News Channels, Press Releases etc.
- 8) CRM Handbuch für Reisemedizin; Centrum für Reisemedizin, Düsseldorf (<http://www.crm.de>).

Country	Entry regulations	Residence regulations	Notes	Source/ s
<b>Afghanistan</b>	No information <sup>2</sup>			
<b>Albania</b>	No restrictions for people with HIV and AIDS			1; 2
<b>Algeria</b>	No information about regulations for short term stays	Citizens returning from work abroad and members of the armed forces will be required to take an HIV test.		8
<b>Angola</b>	No restrictions for people with HIV and AIDS <b>(2)</b>	HIV test required for all foreigners applying for work visas and residence permits. The Consular Office of the Embassy of Angola has the right to request additional information, if necessary. <b>(4)</b>	International Certificate of Vaccination required on entrance. Certificate must show inoculations against yellow fever <b>(4)</b>	2, <b>(4)</b> , #
<b>Antigua and Barbuda</b>	No information			
<b>Argentina</b>	No restrictions for stays up to 3 months (tourists)	A doctor's certificate must be presented when applying for permanent residence	Mandatory monitoring of immigrants falling sick <b>(2; 5)</b> ; HIV screening is included in the health control of immigrants. Foreigners suffering from diseases that reduce their ability to work will not be admitted on a temporary or permanent residence permit <b>(8)</b>	2; 5; 8
<b>Armenia</b>	Entry prohibited for people with HIV and AIDS <b>(1)</b>	People falling sick are deported <b>(1)</b>	Legislation being prepared. HIV testing at the border is planned <b>(1)</b>	1; 2 <b>(#)</b>
<b>Aruba</b>	No restrictions for tourists	HIV test required for intending immigrants.		4

<sup>2</sup> We welcome any information regarding existing regulations. Please get in contact to: peter-wiessner@t-online.de

Country	Entry regulations	Residence regulations	Notes	Source/s
<b>Australia</b>	No restrictions for tourists <b>(2, 3, 6)</b>	HIV testing for foreign nationals (from age 15) wishing to settle in Australia <b>(2, 3, 6)</b> For short business or tourism visits, travellers must sign a declaration of good health. Those who are unable to sign must provide details of any health problems. It is unlikely that those with HIV will be denied entry for short visits, but each case is considered on its merits <b>(8, 6)</b>	Residence permit for people with HIV and AIDS only when certain criteria apply <b>(2, 3, 6)</b> It can happen that the immigration authorities request from travellers who are recipients of a pension an explanation why they are on pension and if there are any health concerns involved. This applies to young travellers on pensions <b>(6)</b>	2; 3; 6; 8 #
<b>Austria</b>	There are no specific entry or residence regulations for people with HIV/AIDS. Neither a medical certificate nor an HIV test result is required when entering the country. Foreigners with a known HIV infection are not subject to specific residence regulations. There are no regulations regarding the control, deportation or expulsion of those concerned.	Foreigners applying for a residence permit for more than 6 months are required to provide a health certificate as of January 1, 2003. The health certificate must include tests on the following conditions: HIV/AIDS, tuberculosis, leprosy, cholera, polio, typhus, dysentery, diphtheria, hepatitis. <b>(1)</b> The regulations only concern migrants who apply for a residence permit for the first time. The applicant has to pay for the required tests (ca. 500 € in Austria) <b>(6)</b>	The health certificate required covers the following conditions: Tuberculosis, requiring medical treatment and monitoring; leprosy, cholera, polio, paratyphus, pestilence, dysentery, typhus, hepatitis A, B, C, D, G, diphtheria and pertussis. HIV/AIDS is not included in this list. <b>(1)</b> The new legalisation comes into effect on January 1st, 2003. The details of the decree have not been published yet. Precise indications on the way these regulations are implemented in practice can not be made yet. EU citizens are excepted. <b>(6)</b>	1; 6; #
<b>Azerbaijan</b>	No restrictions for people with HIV and AIDS			2
<b>Bahamas</b>	The Ministry of Health		We don't know if this recommendation	8

Country	Entry regulations	Residence regulations	Notes	Source/s
	recommended that HIV-positive people should not be allowed to enter the country.		does have any effects on PLWHA wanting to enter the country.	
<b>Bahrain</b>	No restrictions for tourists	HIV testing for foreign nationals wishing to work in the country <b>(3)</b>	Locally performed HIV test required for residence permit. <b>(4)</b>	4; 3
<b>Bangladesh</b>	No HIV testing on entry <b>(2; 6)</b>	Expulsion if HIV-positive status becomes known possible <b>(2; 6)</b>		2; 6
<b>Barbados</b>	At present, no restrictions for holiday trips.	A medical examination is required for a long-term stay, or for a work permit.	It is unlikely that an HIV-positive person would be allowed into the country on a long-term basis.	8
<b>Belgium</b>	The information we have is contradictory. No restrictions for entry and residence for people with HIV and AIDS if they come from the European Union <b>(2)</b>	Non-EU citizens (if an entry visa is required) must present a health certificate including an HIV test result. This regulation applies to people coming to study, take up work placements, enter employment and for other long-term stays <b>(2)</b> <u>Students:</u> To obtain a residence permit to study for longer than three months a medical exam is required. HIV test is not included. Practically every student will be offered an HIV test on arrival. <u>Refugees:</u> No special rules apply. Practically the HIV test is not rare. Residency shall not be denied due to public health or national security reasons (Art. 52 law of 15.12.1980) <b>(6)</b>	No visas granted to people tested HIV positive. <b>(2)</b>	2, 6, (#)

Country	Entry regulations	Residence regulations	Notes	Source/s
<b>Belize</b>	No restrictions for tourists <b>(3)</b>	HIV test required for those seeking residency; U.S. test accepted if within 3 months of visit <b>(4)</b>	This applies for US nationals. We don't know if tests for other nationals and from other countries are accepted.	3; 4
<b>Belarus</b>	No restriction for tourist stays up to three months.	Duty to notify authorities of HIV infection; HIV testing for stays longer than three months.		1
<b>Benin</b>	No restrictions for short-term tourist stays	HIV testing for longer-term stays	Permission to enter is granted at the discretion of the officer dealing with the application <b>(2)</b> ; Proof of yellow fever vaccination required <b>(4)</b>	2
<b>Bolivia</b>	No restrictions for short-term tourist stays	HIV testing required when applying for a work permit for stays of 90 days or more.		2; 3, 4
<b>Bosnia Herzegovina</b>	No restrictions for people with HIV and AIDS <b>(2)</b>	Foreign nationals wishing to settle must present a negative HIV test result <b>(3)</b>		2; 3; <b>(#)</b>
<b>Botswana</b>	No restrictions for people with HIV and AIDS	HIV testing for students beginning their course		2
<b>Brazil</b>	No restrictions for people with HIV and AIDS			2
<b>Brunei</b>	No testing for short-term tourist stays. However, entry prohibited for people known to be HIV positive <b>(2)</b>	HIV testing for students and employees applying for a work and residence permit <b>(2)</b> HIV test required for work permits; tests taken in the US are not accepted <b>(4)</b>	Expulsion if HIV infection is proved; immediate duty to notify authorities <b>(2)</b>  Tests taken in the US are not accepted. We don't know if this also applies to tests taken in other countries than the US.	2, 4
<b>Bulgaria</b>	No restrictions for short-term tourist stays	HIV testing required for foreign nationals wishing to remain in the country for longer than 30 days	Also applies to: students, employees, Bulgarians who have been abroad for longer than 30 days, those wishing to marry. Tests carried out in Bulgaria; cost	3, 4

Country	Entry regulations	Residence regulations	Notes	Source/s
			approx. \$ 60	
<b>Burkina Faso</b>	No restrictions for people with HIV and AIDS <b>(2)</b>		Proof of compulsory yellow fever immunisation needed and cholera vaccination recommended <b>(4)</b> .	2
<b>Burundi</b>	No restrictions for people with HIV and AIDS <b>(2)</b>		Proof of required yellow fever immunisation and vaccination required. <b>(4)</b>	2
<b>Cambodia</b>	No restrictions for people with HIV and AIDS. No HIV testing on entry			2
<b>Cameroon</b>	No restrictions for people with HIV and AIDS. No HIV testing on entry <b>(2)</b>		Yellow fever and cholera immunisations are required <b>(4)</b>	2
<b>Canada</b>	No restrictions for short-term tourist stays <b>(2)</b> Canada does NOT require people applying for a visa to enter Canada as a short term visitor to disclose known HIV infection on the visa application form. Canada does NOT routinely impose mandatory HIV testing on short-term visitors, nor does it categorically bar visitors based on their HIV-positive status. <b>(6)</b>	All foreigners intending to stay in Canada for more than 6 months have to get tested for HIV. <b>(1)</b> .  Starting from January 15, 2002 an HIV test is obligatory part of the medical routine checks. The majority of HIV positive foreigners won't have access to a residence permit anymore. <b>(6)</b>	HIV-positive refugees, as well as HIV-positive relatives of persons with a residence permit are allowed to enter Canada <b>(6)</b> . HIV-positive status does NOT prevent a person from visiting Canada, but for the rare and exceptional circumstance where the person's health condition is such that they are assessed as likely to require health and social services, during their stay in Canada, that will create an excessive demand on Canada's public system (e.g., hospitalisation). This is the same standard applicable to all persons. <b>(6)</b> Additional information: <a href="http://www.aidslaw.ca/Maincontent/issue">http://www.aidslaw.ca/Maincontent/issue</a>	1, 2; 6;

Country	Entry regulations	Residence regulations	Notes	Source/s
			s/immigration.htm	
<b>Cape Verde Islands</b>	No information			
<b>Central African Republic</b>	No information about regulations for short term stays	Medical report, including HIV test, required for study, residency, and work permits: U.S. test accepted;	This applies to US nationals. We don't know if tests for other nationals and from other countries are accepted. Yellow fever immunisation required.	4
<b>Chad</b>	No information			
<b>Chile</b>	No restrictions for short-term tourist stays. No HIV testing <b>(2)</b>	HIV testing possible for foreign students and migrant workers <b>(5)</b>		2; 5 <b>(#)</b>
<b>China</b>	A health declaration must be presented on entry <b>(2)</b>	HIV testing required for a long-term visa (1 year) to be granted <b>(3)</b> Foreigners who want to stay longer than six months need to show an HIV test <b>(4)</b>	Forms for the health declaration are given out at the border <b>(2)</b> The health declaration form is distributed before border crossing (by flight attendants when arriving by air). Entry is denied to people declaring themselves HIV-positive. Anybody admitting an existing HIV-infection in the health declaration is denied entry to China and deported to the country of origin with the next available flight. <b>(6)</b> If applicant is HIV positive, entry not permitted for any purpose. <b>(4)</b>	2; 3; 4; 6 <b>(#)</b>
<b>Colombia</b>	No information for short-term tourist stays	On entry, an "international health certificate" must be presented. This applies to all persons needing a visa – in particular students, immigrants and refugees <b>(1)</b>	Proven HIV infection has a negative impact on applications to the authorities for visa renewal <b>(1)</b>	1; 3; 6

Country	Entry regulations	Residence regulations	Notes	Source/s
		Foreign nationals wishing to settle temporarily or permanently must present papers certifying that they are HIV negative <b>(3)</b>		
<b>Comoros</b>	No information			
<b>Congo (Brazzaville)</b>	No information		Evidence of yellow fever vaccination is required for entry <b>(4)</b>	
<b>Congo, Democratic Republic of (Zaire)</b>	No restrictions for people with HIV and AIDS. No HIV testing on entry		Evidence of yellow fever vaccination required for entry <b>(4)</b>	2
<b>Costa Rica</b>	No restrictions for short-term stays. No HIV testing <b>(2)</b>	HIV tests for intending immigrants and on applying for longer-term residence <b>(5)</b>	We received information that the government plans to tighten up its regulations. Please check <a href="http://www.eatg.org/hivtravel">www.eatg.org/hivtravel</a> for new information	2; 5; <b>(#)</b>
<b>Croatia</b>	No restrictions for people with HIV and AIDS. No HIV testing on entry			1; 2
<b>Cuba</b>	No restrictions for short-term tourist stays	Students wishing to obtain a study grant for Cuba must undergo testing <b>(2)</b> HIV tests required for foreign nationals who want to remain in Cuba longer than 3 months. Cubans returning to the country from “endemic regions” are tested <b>(3)</b> HIV test required for those staying longer than 90 days. <b>(4)</b>	Deportation is only possible in cases where a foreign national has committed an offence, that is, has knowingly or recklessly passed on the virus <b>(2)</b> People testing HIV positive are expelled <b>(3)</b>	2; 3; 4 <b>(#)</b>

Country	Entry regulations	Residence regulations	Notes	Source/s
<b>Cyprus</b>	No restrictions for short-term tourist stays. No HIV testing on entry	Foreign nationals applying for a residence permit for work or study must undergo a Health Ministry medical examination to confirm there is no infection with HIV, hepatitis B/C or syphilis <b>(1)</b> HIV, hepatitis B, syphilis, and tuberculosis tests (part of a medical examination) required for work or study permits. <b>(4)</b>	If the result of the examination is positive, no residence permit is granted <b>(1)</b> The only exceptions are for diplomatic personnel and high-ranking company employees <b>(3)</b>	1; 2; 3, 4
<b>Czech Republic</b>	No restrictions for people with HIV and AIDS. No HIV testing on entry			1
<b>Denmark</b>	No restrictions for people with HIV and AIDS			2
<b>Djibouti</b>	No information		Proof of yellow fever immunisation also required <b>(4)</b>	
<b>Dominican Republic</b>	No restrictions for short-term tourist stays	HIV testing required for foreign nationals wishing to settle, to study or to work <b>(2, 3)</b> HIV test required for residence permit. US test not accepted <b>(4)</b>	Tests taken in the US are not accepted. We don't know if this also applies to tests taken in other countries than the US.	2; 3; 4
<b>Dubai</b>	No information			
<b>Ecuador</b>	No restrictions for short-term tourist stays	Foreign nationals applying for longer-term residence must normally present an HIV test result		2
<b>Egypt</b>	No HIV testing for stays up to 3 months (tourists) <b>(2; 3)</b>	HIV test required for study and work permits. Dependents are no longer exempt - spouses must also get	If the test result is positive, no residence or work permit will be granted <b>(2); (3)</b>	2; 3; 4, 8

Country	Entry regulations	Residence regulations	Notes	Source/s
		tested, as well as any children aged 15 or older. <b>(4)</b> Foreign defence contractors at Egyptian military establishments must produce an HIV test certificate. <b>(8)</b>		
<b>El Salvador</b>	No restrictions for people with HIV and AIDS <b>(1; 2)</b>	March 22, 2004: The General Direction of Migration and Alienage has repealed existing regulations requiring HIV testing for temporary and permanent residence permit applicants (Rita Estrada de Marín, Asistente Director General de Migración y Extranjería, El Salvador, by e-mail (July 2004)	HIV test required for multiple-entry visas and residence permits; U.S. test not accepted. <b>(4)</b> .  The provided information is contradictory. El Salvador was supposed to have repealed its existing restrictions. For latest information look at <a href="http://www.eatg.org/hivtravel">www.eatg.org/hivtravel</a>	1: 2; 4 <b>(#)</b>
<b>Equatorial Guinea</b>	No information		Yellow fever vaccination required (4)	
<b>Eritrea</b>	No restrictions for people with HIV and AIDS <b>(2)</b>	All long-term residents, regardless of their citizenship, must obtain an exit visa before departure. May be subject to HIV testing upon arrival <b>(4)</b>	We don't know how these regulations apply in practice	2, 4, #
<b>Estonia</b>	No restrictions for people with HIV and AIDS <b>(1; 2)</b>			1; 2
<b>Ethiopia</b>	No restrictions for people with HIV and AIDS <b>(2)</b>		Yellow fever immunisation is recommended <b>(4)</b>	2
<b>Fiji</b>	No entry for people with HIV and AIDS	HIV testing required for stays exceeding 6 months. <b>(4)</b>		6, 4
<b>Finland</b>	No restrictions for people with HIV and AIDS <b>(1; 2)</b>		Persons who knowingly spread the HIV virus may be deported <b>(2)</b>	1; 2; 6;

Country	Entry regulations	Residence regulations	Notes	Source/ s
				<b>(#)</b>
<b>France</b>	No restrictions for people with HIV and AIDS			1; 2
<b>Gabon</b>	No restrictions for people with HIV and AIDS <b>(2)</b>		Yellow fever vaccination required <b>(4)</b>	2
<b>Gambia</b>	No restrictions for people with HIV and AIDS	The Embassy has no information on whether foreign nationals known to be HIV positive are subject to special residence regulations, nor whether there are provisions for such groups to be monitored, deported or expelled	Proof of yellow fever vaccination required <b>(4)</b>	2
<b>Georgia</b>	No HIV testing on entry <b>(2)</b>	All foreigners staying longer than one month are required to provide evidence of their HIV status, provided that the test certification was issued at least 30 days before arrival <b>(8)</b>	The situation in Georgia is unclear; responses to our questions were contradictory	2; 8 <b>(#)</b>
<b>Germany (Bavaria)</b>	No specific regulations for people with HIV and AIDS for short term stays.	On issuing the visa for a longterm stay (that means longer than three months) the permit of the single federal state or the responsible department for foreigners (Ausländerbehörde) is necessary. (Federal Ministry of the Interior) "It is in the discretion of the local departments for foreigners to ask for medical certificates that exclude an active tuberculosis, an infectious Lues or an HIV infection" (Bavarian	In Bavaria a residence permit can be denied in case of an HIV infection. Exceptions apply for marriages with German nationals and other important affairs.	2;

Country	Entry regulations	Residence regulations	Notes	Source/s
		State Ministry of the Interior)		
<b>Ghana</b>	No restrictions for people with HIV and AIDS <b>(2)</b>		Proof of yellow fever vaccination required <b>(4)</b>	2
<b>Great Britain and Northern Ireland</b>	No restrictions for people with HIV and AIDS <b>(1)</b>		On its homepage, the US State Department removed the information from 2003 which stated that “any person who appears unwell may be tested, if the test result is positive, entry in the UK may be denied”. <b>(4)</b> Private agencies recruiting personnel from so called developing countries for jobs in the health system frequently ask for an HIV test. Tests are made in the home countries. If they are denied, the recruitment cannot take place. <b>(6)</b>	1; 6
<b>Greece</b>	No special regulations for EU citizens with HIV and AIDS <b>(2)</b>	HIV testing for foreign nationals wishing to work in Greece. Health checks on applicants for residence permits of 3 months or more <b>(2); (3)</b>		2; 3; <b>(#)</b>
<b>Grenada</b>	No information			
<b>Guatemala</b>	No restrictions for people with HIV and AIDS <b>(1)</b>	Foreign nationals remaining in the country for a longer period must undergo testing for HIV and AIDS <b>(5)</b>		1; 5; 6
<b>Guinea</b>	No restrictions for people with HIV and AIDS <b>(2)</b>		International Vaccination record showing current yellow fever vaccination required <b>(4)</b>	2
<b>Guinea Bissau</b>	No restrictions for people with HIV and AIDS. No HIV testing		Visa application form may include questions relating to communicable	2

Country	Entry regulations	Residence regulations	Notes	Source/s
	on entry		diseases	
<b>Guyana</b>	Currently no relevant information		On its homepage, the US State Department removed the information from 2003 which stated that HIV testing is required for foreign nationals wishing to remain longer than 3 months.	
<b>Haiti</b>	No HIV testing on entry			2
<b>Honduras</b>	No restrictions for tourist stays, no doctor's certificate, no HIV testing required <b>(2)</b>	Special regulations for people wishing to settle in Honduras <b>(3)</b>	A medical certificate is part of the visa requirement for those wishing to travel or work <b>(8)</b>	2; 3; 8 <b>(#)</b>
<b>Hong Kong</b>	No HIV testing on entry	Intending immigrants must undergo HIV and AIDS testing		5; <b>(#)</b>
<b>Hungary</b>	No restrictions for short-term tourist stays. No HIV testing on entry	HIV test required for persons staying longer than 1 year. <b>(4)</b>	Special provisions apply to diplomatic and consular personnel. The HIV test result is checked by the relevant authorities at the border <b>(3)</b>	4; 3
<b>Iceland</b>	No restrictions for people with HIV and AIDS. No HIV testing on entry	All foreign nationals applying for a residence permit must be examined by a doctor	If a communicable disease is discovered, the person immediately enters the Icelandic health care system	2
<b>India</b>	No HIV testing for short-term tourist stays (up to one year). People with HIV whose status is known are not granted visas <b>(1)</b> <b>(#)</b>	Our information is contradictory: "Foreigners, including students, do not have to undergo mandatory HIV testing in India. The former regulations were repealed on September 29, 2002, by the Health and Family Welfare Minister Shatrughan Sinha" <b>(7)</b> . HIV testing required for anyone wishing to remain longer than 1	The Health and Family Welfare Minister Shatrughan Sinha is quoted as having said: "Experts had the opinion that mandatory HIV testing of foreigners/foreign students is contrary to recommendations of the World Health Organisation (WHO)." <b>(7)</b>  Previously, the test was required as part of the foreigner registration process for	1; 3; 7; 6, <b>(4)</b> , <b>(#)</b>

Country	Entry regulations	Residence regulations	Notes	Source/s
		year in India. Under no circumstances will people with HIV/AIDS be granted a visa for India. The test has to be performed in one of the laboratories mentioned on a special list. These regulations apply to all persons between the ages of 18 and 70 years. <b>(1)</b> This also affects foreign students studying in India. HIV positive people and people refusing to take the test are being deported. <b>(3)</b> HIV test required for all students and anyone over 18 staying 1 year or more; U.S. test from well-known lab accepted <b>(4)</b> .	persons intending to stay longer than 6 months in India. Apparently this regulation was changed already in September (2002), but it may take some time for the relevant authorities to catch up. It is also perfectly possible that different Indian authorities will give you different answers <b>(6)</b>  The current information about the situation in India is unclear and contradictory. It was supposed that India had repealed its existing restrictions.	
<b>Indonesia</b>	No restrictions for people with HIV and AIDS. No HIV testing on entry <b>(2)</b>			2;
<b>Iran</b>	No restrictions for tourist and business stays up to 3 months	Foreign nationals applying for a work or residence permit must present a negative HIV test result		2; 3
<b>Iraq</b>	Entry prohibited for people with HIV. HIV testing on entry <b>(2)</b>	The HIV test is carried out on a blood sample directly at the border. Foreign nationals pay 50 US \$, Iraqis 1,000 IRD. Travellers are advised to bring their own sterile needles with them <b>(3)</b>	Anyone affected is expelled immediately <b>(2)</b> The Iraqi government is currently reviewing entry requirements. Iraq requires HIV test results for residence/exit permits. <b>(4)</b>	2; 3; 4
<b>Ireland</b>	No restrictions for people with HIV and AIDS. No HIV testing			2; 6

Country	Entry regulations	Residence regulations	Notes	Source/s
	on entry			
<b>Israel</b>	No restrictions for people with HIV and AIDS <b>(1)</b>	Immigrants wishing to acquire citizenship by settling in Israel on the basis of their ethnic origin must undergo testing <b>(1, 3)</b> HIV testing required for foreign workers <b>(4)</b>	Anyone affected must purchase a health insurance policy <b>(1, 3)</b> Ministry of Interior reserves the right to deny entry to aliens claiming to be HIV positive <b>(4)</b>	1; 3; 4 (#)
<b>Italy</b>	No restrictions for people with HIV and AIDS			1
<b>Ivory Coast</b>	No restrictions for people with HIV and AIDS <b>(2)</b>		An international health certificate showing current yellow fever immunisation is required for entry into Côte D'Ivoire <b>(4)</b>	2
<b>Jamaica</b>	No restrictions for people with HIV and AIDS	Foreign nationals with proven HIV-positive status are not subject to any special residence regulations	There are no provisions for checks or for the deportation or expulsion of groups affected	6
<b>Japan</b>	No restrictions for people with HIV and AIDS			2
<b>Jordan</b>	No restrictions for tourist stays up to 30 days <b>(3)</b>	For a stay longer than 30 days, a medical examination by a Health Ministry laboratory is obligatory. In the case of a positive test result, the applicant must leave the country within a short space of time <b>(3)</b>	There are contradictory statements concerning the period of time when a test is obligatory. According to the US State Department, HIV testing required for stays exceeding 6 months. <b>(4)</b>	3; 2; 4 (#)
<b>Kazakhstan</b>	No restrictions for short-term tourist stays <b>(2)</b>	Applications for a work permit or a permanent residence permit (3 months or more) must be accompanied by a negative HIV test result <b>(2; 3)</b> All visitors who plan to stay more than 30 days must also present to the Office of Visas and	It is advisable to take along a certified copy of the test result certificate (in Russian) to avoid having to undergo an HIV test in Kazakhstan, which in some cases has to be repeated every three months <b>(2)</b>	2; 3; 4

Country	Entry regulations	Residence regulations	Notes	Source/s
		Registration (OVIR) within 30 days of arrival a certificate indicating a negative HIV test conducted no more than 1 month before registration. <b>(4)</b>		
<b>Kenya</b>	No restrictions for people with HIV and AIDS <b>(1; 2)</b>		Evidence of yellow fever immunisation may be requested.(4)	1; 2
<b>Kirghizia</b>	No restrictions for people with HIV and AIDS <b>(2)</b>		On its homepage, the US State Department removed the information from 2003 which stated that HIV tests are requested for foreign Nationals wishing to stay longer than 2 months	2
<b>Kiribati</b>	No information			
<b>Korea (North)</b>	Officially, no legal provisions relating to the entry of people with HIV and AIDS		Anyone whose HIV-positive status becomes known is send back to her/his country of origin. The reason given for this is the lack of experience with HIV/AIDS and the lack of treatment options	1
<b>Korea (South)</b>	People with HIV are not permitted to enter the country. However, for a stay of up to 3 months there is no duty of proof (for those visitors who do not require a visa). No checks at the border <b>(2)</b>	Special protective measures may apply, especially to public performers (dancers, singers, musicians, etc.) who remain in the country for more than 90 days without their spouses <b>(3)</b>	Anyone whose HIV-positive status becomes known is expelled <b>(3)</b>	2; 3; 4
<b>Kuwait</b>	For visitors or business travellers no HIV testing is required. This means that	The visa application for a long-term stay requires a doctor's certificate. In cases of HIV infection, no visa is	If an HIV infection or HIV-related illness becomes known, the residence permit is withdrawn. The person involved is	2; 3; 4

Country	Entry regulations	Residence regulations	Notes	Source/s
	entry is also possible for people with HIV	granted <b>(2, 3)</b> To get a work visa a complete physical examination for contagious or disabling diseases (including HIV, Viral Hepatitis B, and Viral Hepatitis C) is required. U.S. test results accepted <b>(4)</b>	obliged to leave Kuwait, or is deported <b>(2, 3)</b> If tested positive for any disabling disease, entry is denied or foreign national may face deportation <b>(4)</b>	
<b>Laos</b>	No restrictions for people with HIV and AIDS. No HIV testing on entry			2
<b>Latvia</b>	No restrictions for people with HIV and AIDS. No HIV testing on entry <b>(2)</b>		On its homepage, the US State Department removed the information from 2003 which stated that every person applying for a residence permit has to take the HIV test. <b>(4)</b>	2
<b>Lebanon</b>	No restrictions for short-term tourist stays	HIV test result required for foreign nationals wishing to pursue paid employment <b>(3)</b> HIV test required for those seeking residence permits; U.S. test is accepted. <b>(4)</b>	In cases of doubt, the HIV test must be repeated in Lebanon. <b>(3)</b>	3; 4
<b>Lesotho</b>	No special regulations for entry and residence of people with HIV and AIDS. No HIV testing on entry		Decisions on entry into Lesotho are at the discretion of the border police. However, no medical checks are carried out	2
<b>Liberia</b>	No information		Evidence of a yellow fever vaccination required. <b>(4)</b>	
<b>Libya</b>	No restrictions for short stays <b>(2)</b>	For longer stays, where a residence permit becomes necessary, HIV testing is obligatory. HIV testing must also be undergone when renewing the residence permit <b>(2)</b>	In cases of proven HIV infection, foreign nationals must leave the country immediately, or are not allowed to enter in the first place <b>(2)</b> The Health Minister is entitled to have	2; 3

Country	Entry regulations	Residence regulations	Notes	Source/s
			people with AIDS deported <b>(3)</b>	
<b>Liechtenstein</b>	No restrictions for people with HIV and AIDS. No HIV testing on entry			1
<b>Lithuania</b>	No restrictions for people with HIV and AIDS. No HIV testing on entry <b>(1; 2)</b>	Visitors may be subject to HIV testing to obtain residence permit (U.S. results accepted). <b>(4)</b>		1; 2; 4; <b>(#)</b>
<b>Luxembourg</b>	Luxembourg law allows entry to be denied on health grounds. However, there are no special legal provisions for the entry of people with HIV and AIDS. No HIV testing on entry			1; 2
<b>Macedonia</b>	No restrictions for people with HIV and AIDS. No HIV testing on entry			6
<b>Madagascar</b>	No restrictions for people with HIV and AIDS. No HIV testing on entry			2
<b>Malawi</b>	German nationals do not require a health certificate to enter Malawi	Even for longer stays and applications for residence rights, no health certificate is normally required		2
<b>Malaysia</b>	No restrictions for short-term tourist stays	Medical exam required for work permits. U.S. test sometimes accepted. Foreign workers must undergo full medical check-up (HIV, hepatitis, DRL, drug abuse, and pregnancy) within one month of	Special provisions for domestic staff and construction workers from developing countries (Bangladesh, Pakistan, Indonesia, the Philippines); denial of permission to enter, or expulsion, if the HIV test result is positive <b>(3)</b>	2; 3; 4

Country	Entry regulations	Residence regulations	Notes	Source/s
		arrival and on a yearly basis <b>(4)</b>		
<b>Maldives</b>	Tourists entering the country with a valid one-month-visa are not asked for any illnesses and underlay no restrictions. <b>(2)</b>	Special residence regulations do not exist. <b>(2)</b> Long-term visitors are required to undergo an HIV test in the Maldives Islands. <b>(8)</b>	Travellers need a yellow fever immunisation if they are arriving from an infected area <b>(4)</b> .	2, 8 #
<b>Mali</b>	No entry restrictions for HIV-positive persons.		Yellow fever vaccination is required. This is not recommended in immune compromised individuals.	8
<b>Malta</b>	No restrictions for people with HIV and AIDS. No HIV testing on entry			1
<b>Marshall Islands</b>	No restrictions for short-term tourist stays (up to 30 days)	Health certificate required if arriving from infected areas. HIV test may be required for visits over 30 days, U.S. test accepted.		4
<b>Mauritania</b>	No restrictions for people with HIV and AIDS. No HIV testing on entry <b>(2)</b>		Evidence of a yellow fever vaccination required. <b>(4)</b>	2
<b>Mauritius</b>	Currently no relevant information		On its homepage, the US State Department removed the information from 2003 which stated that HIV tests are required for foreign nationals wanting to work or to apply for permanent residence <b>(4)</b> .	4
<b>Mexico</b>	No restrictions for people with HIV and AIDS. No HIV testing on entry	For longer stays, it is advisable to take along a doctor's recommendation, so as to ensure the best possible care	The principle of non-discrimination means there are no checks. HIV and AIDS are not grounds for expulsion. In Mexico, expulsion is only possible in cases of gross misdemeanour	1

Country	Entry regulations	Residence regulations	Notes	Source/s
<b>Micronesia</b>	No restrictions for short-term tourist stays (up to 30 days)	Health certificate may be required if travelling from infected area. HIV test required if staying over 90 days; U.S. test is accepted.		4
<b>Moldavia</b>	Foreign nationals with HIV and AIDS are not permitted to enter Moldavia. On entry a doctor's certificate is required, although not for tourists <b>(2)</b>	HIV test required for persons staying over 90 days; U.S. tests results sometimes accepted. <b>(4)</b> Foreign students must, additionally, undergo an examination by the Moldavian health services. A certificate of this type is also necessary if a foreign national wishes to marry in Moldavia <b>(2)</b>	An employee working for a NGO in Moldavia told us by Email in January 2003 that this regulations wouldn't apply in practice <b>(6)</b>	2; 4, 6 #
<b>Monaco</b>	No restrictions for people with HIV and AIDS. No HIV test on entry			2
<b>Mongolia</b>	By law, an HIV test result is required on entry. In reality, however, it seems that the authorities fail to apply this law <b>(2)</b>	After entering the country foreign nationals are subject to mandatory HIV testing, which is repeated after some months. Sterile needles may be brought along <b>(3)</b>		2; 3
<b>Montenegro</b>	Currently no relevant information		Yugoslav nationals returning to their country needed to take an HIV test <b>(2)</b> . There were no regulations for people with HIV and AIDS upon entering or staying in former Yugoslavia <b>(2)</b> . The law applied to former Yugoslavia. We don't know about the current situation in Montenegro.	

Country	Entry regulations	Residence regulations	Notes	Source/s
<b>Montserrat</b>	Currently no relevant information		On its homepage, the US State Department removed the information from 2003 which stated that HIV testing is required for university students and for applications for work and residence permits. There were no restrictions for short term tourist stays <b>(4)</b> .	4
<b>Morocco</b>	No restrictions for people with HIV and AIDS			1
<b>Mozambique</b>	No restrictions for people with HIV and AIDS. No HIV testing on entry			2
<b>Myanmar (Burma)</b>	No HIV testing on entry	No special residence regulations for foreign nationals with HIV are known of		2
<b>Namibia</b>	No restrictions for people with HIV and AIDS. No HIV testing on entry <b>(2)</b>	It cannot be guaranteed that foreign nationals wishing to settle in Namibia will not have to be tested for HIV <b>(5)</b>		2; 5, #
<b>Nauru</b>	No information			
<b>Nepal</b>	No restrictions for people with HIV and AIDS. No HIV testing on entry <b>(2)</b>		Some foreign visitors with HIV have reportedly been deported <b>(8)</b> .	2, 8 #
<b>Netherlands</b>	No restrictions for people with HIV and AIDS. No HIV testing on entry			1; 2
<b>New Zealand</b>	No restrictions for stays of up to 1 year. <b>(1)</b> No restrictions for short-term tourist stays up	From early 2005, New Zealand will be undertaking HIV screening for migrants. This decision has been	HIV screening will also be carried out for people proposed for the Refugee Quota program. A maximum of 20 HIV positive	1; 2; <b>(#)</b>

Country	Entry regulations	Residence regulations	Notes	Source/s
	to 3 months <b>(2)</b>	made as part of a comprehensive review of New Zealand's health screening requirements. The full set of changes, including screening for HIV, and a wider and updated set of tests for other expensive-to-treat conditions, will be implemented in early 2005, for people seeking to be in New Zealand for longer than 12 months. <b>(1)</b>	people will be accepted as Quota refugees any year <b>(1)</b>	
<b>Nicaragua</b>	No restrictions for short-term tourist stays up to 3 months	For stays longer than 3 months, the residence permit must be renewed at the immigration authority. A doctor's certificate is required for this	Only in exceptional cases are HIV-positive persons granted permission for a longer stay	2
<b>Niger</b>	No restrictions for people with HIV and AIDS. No HIV testing on entry <b>(2)</b>		International vaccination certificate for yellow fever mandatory and cholera vaccination is recommended. <b>(4)</b>	2
<b>Nigeria</b>	No restrictions for people with HIV and AIDS. No HIV testing on entry <b>(2)</b>	Immigration officers may refuse entry to any foreigners who are undesirable for medical reasons. Also, immigration officers may refuse entry to any foreigners living with HIV, whose home country would apply restrictions to Nigerian nationals. <b>(8)</b>		2, 8 (#)
<b>Norway</b>	No restrictions for people with HIV and AIDS. No HIV testing on entry	Persons remaining in Norway for longer than 3 months are offered a tuberculosis test and an HIV test, in		1

Country	Entry regulations	Residence regulations	Notes	Source/s
		order to arrange for any necessary treatment as fast as possible		
<b>Oman</b>	No clear information on whether HIV testing is required for tourists. Persons whose HIV-positive status becomes known are immediately deported <b>(1)</b>	Compulsory testing on entry for foreign nationals wishing to settle in Oman <b>(3)</b> HIV test required for work permits. U.S. test not accepted <b>(4)</b>	Proof of yellow fever immunisation required if entering from infected area <b>(4)</b>	1; 3; 4
<b>Pakistan</b>	No restrictions for short-term tourist stays. No HIV testing on entry <b>(2)</b>	A medical examination for HIV/AIDS is necessary for - returning nationals - refugees - applications for longer-term stays <b>(5)</b>		2; 5 <b>(#)</b>
<b>Panama</b>	No restrictions for short-term tourist stays	An HIV test certificate is required for foreign nationals wishing to remain longer than 1 year <b>(3)</b> HIV test required for persons adjusting visa status while in Panama. <b>(4)</b>	The test result must be certified by the Panama Consulate or the diplomatic representation of Panama. The validity of the certificate is limited to 2 months. HIV-positive people are refused entry <b>(3)</b>	3; 4
<b>Papua New Guinea</b>	No restrictions for short-term tourist stays	HIV testing required when applying for a work permit	A work permit is only granted if a negative HIV test result can be presented	3
<b>Paraguay</b>	No restrictions for short-term tourist stays. No HIV testing on entry	Anyone entering Paraguay with the intention of taking up permanent residence there is obliged to undergo an HIV test at the regional medical laboratory <b>(2)</b> HIV testing required for residency <b>(4)</b>	No residence permit is granted if the HIV test result is positive	2, 4; #

Country	Entry regulations	Residence regulations	Notes	Source/s
<b>Peru</b>	No restrictions for people with HIV and AIDS. No HIV testing on entry <b>(1)</b>		Those wishing to obtain a Peruvian marriage certificate are required to take an HIV test. <b>(8)</b>	1, 8
<b>Philippines</b>	No restriction for short-term tourist stays (up to 6 months). No HIV testing on entry <b>(2)</b>	Foreigners who want to settle permanently need to show a negative test result. This also applies to visitors wishing to renew an existing visa <b>(3)</b>	There are special provisions for the employees of diplomatic and consular representations and of international bodies <b>(3)</b>	2; 3
<b>Poland</b>	No restrictions for short-term tourist stays	Applications for a longer stay require a medical examination for HIV and AIDS <b>(5)</b>		2; 5
<b>Portugal</b>	No restrictions for people with HIV and AIDS. No HIV testing on entry			1; 2
<b>Qatar</b>	No HIV testing on entry. However, people whose HIV-positive status is known to the authorities are refused entry <b>(2)</b>	Applicants for a work or residence permit must present a negative HIV test certificate (dated no earlier than six months previously) <b>(3)</b> HIV test required for persons seeking residence permits and visitors staying longer than 1 month; U.S. tests results not accepted. <b>(4)</b>	Immediate deportation of tourists and business travellers if an HIV-related illness is discovered <b>(2)</b>	2; 3; 4
<b>Rumania</b>	No restrictions for people with HIV and AIDS. No HIV testing on entry			2
<b>Russian Federation</b>	HIV-positive people are not permitted to enter the Russian Federation. For short-term tourist stays (up to 3 months) no HIV testing is	For longer stays (more than 3 months), for students and for foreign employees, an HIV test result and/or a doctor's certificate must be presented (2,3) HIV test	Foreign nationals found to be HIV positive are regularly expelled. Foreign employees must prove at regular intervals (once a year) that they are not infected with HIV	2; 3; 4

Country	Entry regulations	Residence regulations	Notes	Source/s
	required on entry	certificate required for anyone staying over 3 months <b>(4)</b>		
<b>Rwanda</b>	No restrictions for people with HIV and AIDS. No HIV testing on entry <b>(1; 2; 6)</b>	In the case of serious illness, e.g. AIDS, residence permission can be refused <b>(4)</b>	Proof of yellow fever immunisation required <b>(4)</b>	1; 2; 3; 6 <b>(#)</b>
<b>Samoa</b>	No information on short term stays	Anyone applying for work, study or staying more than 12 months must submit a medical report (may include HIV testing).		4
<b>São Tomé and Príncipe</b>	No information			
<b>Saudi Arabia</b>	The Kingdom of Saudi Arabia is not a holiday destination. HIV testing on entry. HIV-positive foreign nationals are expelled <b>(2)</b>	The authorities require HIV testing before residence permits will be renewed <b>(3)</b> HIV testing required for work permits; U.S. test results sometimes accepted and must be taken within 3 months of application <b>(4)</b>		2; 3, 4
<b>Senegal</b>	No restrictions for people with HIV and AIDS. No HIV testing on entry			1; 2
<b>Serbia</b>	There are no special laws and regulations for people with HIV and AIDS upon entering or staying in the country <b>(2)</b> .	Yugoslav nationals returning to their country need to take an HIV test <b>(2)</b> .	The law applied to former Yugoslavia. Legal alterations might have taken place due to the political changes	2; 5
<b>Seychelles</b>	No restrictions for short-term tourist stays. No HIV testing on entry <b>(6)</b>	Foreigners who plan to work need a medical check-up that includes an HIV test. <b>(3)</b>	Medical exam, including HIV test, performed upon arrival for work permits; U.S. test not accepted. <b>(4)</b> The law states that foreigners are undesirable if they are carrying infections they are	3; 4; 6, 8

Country	Entry regulations	Residence regulations	Notes	Source/s
			capable of infecting other people with <b>(8)</b>	
<b>Sierra Leone</b>	No information			
<b>Singapore</b>	No restriction for short-term tourist stays (up to 6 months). No HIV testing on entry <b>(2)</b>	Obligatory HIV testing when applying for work permits. The main group targeted is foreign domestic staff employed in Singapore. Foreign nationals with AIDS or who are HIV positive are expelled <b>(3)</b> As of the year 2000, HIV-positive foreign spouses of Singaporeans are allowed to remain in Singapore and are therefore the exception to immigration laws pertaining to HIV status of foreigners. <b>(6)</b>	People who intend to work in Singapore or to live there for more than 6 months are required to pass a medical examination. The medical exam includes a general physical check-up, a chest x-ray and a test for HIV, Those who are found to have active tuberculosis or an HIV infection will not be granted employment passes, long-term immigration passes or permanent residency. As of the 1st of March 2000, a medical exam will be required of new applicants as well as of those applying for renewal of their passes. <b>(7)</b>	2, 3, 6, 7
<b>Slovak Republic</b>	No separate entry and residence regulations for people with HIV and AIDS. No HIV testing or doctor's certificate required on entry <b>(1)</b>	Foreign nationals applying for a long-term stay must prove that they are not suffering from a communicable disease. <b>(2)</b> If a communicable disease is discovered, the application for long-term residence will be refused <b>(2)</b> HIV test required for long-term residence permit <b>(4)</b> .	The test must be carried out at one of the three Slovakian university hospitals (Bratislava, Martin or Kosice) <b>(3)</b> A health certificate is required when applying for a work permit. The certificate includes HIV, hepatitis, syphilis and other STDs. In some cases, applications of people who tested positive were denied. People who want to stay in Slovakia for more than three months without working have the possibility to leave the country for a couple of days after 3 months.	1; 2, 3, 4, 6

Country	Entry regulations	Residence regulations	Notes	Source/s
			When re-entering, the 3-month visa will again be granted. <b>(6)</b>	
<b>Slovenia</b>	No health checks for tourist stays up to 3 months	For stays requiring a visa, a doctor's certificate must be presented	The Embassy did not answer the question whether the health check had negative implications for the treatment of people with HIV and AIDS	2
<b>Solomon Islands</b>	If it becomes known at the border that the person has a communicable disease, entry can be refused			1
<b>Somalia</b>	No information			
<b>South Africa</b>	No restrictions for HIV-positive tourists. No HIV testing on entry <b>(1; 2)</b>	HIV test required for all mine workers; U.S. test sometimes accepted. <b>(4)</b>		4; 1 (#); 2
<b>Spain</b>	No restrictions for short-term tourist stays. No HIV testing on entry <b>(3)</b>		A special medical certificate is required proving that no communicable disease is present <b>(3)</b>	3
<b>Sri Lanka</b>	At the Sri Lankan border no questions about HIV test results or AIDS are asked. There are also no special entry regulations for people with HIV and AIDS <b>(2)</b>		However, "Aids Info Docu" reports that in cases where an HIV infection is suspected, foreign nationals may be refused entry <b>(3)</b>	2; 3; (#)
<b>St. Kitts and Nevis</b>	No restrictions for short-term tourist stays.	HIV test required for persons seeking residence/study/work permits; U.S. test results sometimes accepted.		4

Country	Entry regulations	Residence regulations	Notes	Source/s
<b>St. Lucia</b>	No information			
<b>St. Vincent and the Grenadines</b>	No restrictions for short-term tourist stays. No HIV testing on entry	HIV test required for persons seeking residence permits; U.S. tests results accepted.		4
<b>Sudan</b>	People with HIV are not granted a visa and are not permitted to enter Sudan. To obtain a visa at a Sudanese embassy or at Khartoum Airport, a negative HIV test result must be presented <b>(2)</b> These regulations are very likely not carried out in practice <b>(6)</b>	According to Sudanese law, foreign nationals with HIV are not permitted to remain in Sudan <b>(2)</b>	However, in practice checks and deportations are not carried out <b>(2)</b> No HIV test result has to be presented when applying for a tourist or business visa at a Sudanese embassy or at Khartoum airport. The regulations are not applied <b>(6)</b>	2, 6, (#)
<b>Suriname</b>	No restrictions for short-term tourist stays. No HIV testing on entry	Migrant workers must undergo testing for HIV and AIDS <b>(5)</b>		5
<b>Swaziland</b>	No restrictions for people with HIV and AIDS. No HIV testing on entry			2
<b>Sweden</b>	No restrictions for people with HIV and AIDS. No HIV testing on entry <b>(1; 2)</b>	“In cases of doubt, the health authorities may oblige a foreign national to undergo an HIV test” <b>(3)</b>	“According to Swedish law, persons coming to Sweden and having reason to believe they could be HIV positive must visit a doctor and follow that doctor’s advice.” (Swedish Ministry of Foreign Affairs, Department of Labour and Social Affairs. It is not known whether, and if so how, this regulation is applied in practice)	1; 2; 3; <b>(#)</b>

Country	Entry regulations	Residence regulations	Notes	Source/s
<b>Switzerland</b>	No restrictions for people with HIV and AIDS. No HIV testing on entry			1
<b>Syria</b>	No restrictions for short-term tourist stays. No HIV testing on entry. <b>(1; 2)</b>	HIV tests required for foreign nationals between 15 and 60 years of age who wish to settle in Syria or renew their residence permits. <b>(1; 2)</b> A foreigner wishing to marry a Syrian national is required to take an HIV test <b>(8)</b> .	The people targeted by these measures include foreign students and individuals suspected of being HIV positive. <b>(3)</b> Every foreigner who has a proven HIV infection or who suffers from the symptoms of AIDS will be deported. <b>(1) (2)</b>	1; 2; 3; 8, (#)
<b>Tadjikistan</b>	The Embassy is not aware of HIV test results having to be presented at the border. In the past, entry was possible without presenting such a test result <b>(2)</b>	HIV test required for anyone staying longer than 90 days. U.S. test sometimes accepted <b>(4)</b>		2; 4; (#)
<b>Taiwan</b>	No restriction for short-term tourist stays (up to 3 months). No HIV testing on entry	Foreigners applying for residence visas/ work permit must be tested for HIV; U.S. results are not accepted. Testing is also required for anyone staying over 90 days for any reason. <b>(4)</b> HIV tests are required for stays longer than 3 months, for work permits and applicants for residence <b>(1)</b>	Exemptions for diplomatic and consular personnel. Persons wishing to remain longer than 3 months must undergo HIV testing on entry; if the result is positive or the test is refused, the person is expelled <b>(3)</b> “According to Taiwanese law HIV + foreigners must leave the country within 3 months of learning their results. Some have been forcibly deported within days of discovering their condition. The names of these people are placed on a blacklist, and none of them are allowed to re-enter the country by any reason” <b>(6)</b> .	1; 4; 3; 6

Country	Entry regulations	Residence regulations	Notes	Source/s
<b>Tanzania</b>	No restrictions for people with HIV and AIDS. No HIV testing on entry			2
<b>Thailand</b>	According to the law, persons with communicable diseases are not permitted to enter Thailand. However, no doctor's certificate is required at the border, so that an illness (as long it is not known) does not affect the granting of a visa. <b>(2)</b>	For the extension of a visa, in some cases a doctor's certificate including an HIV test result must be presented (especially when applying for a longer-term visa or permission to settle) <b>(2)</b>	If the HIV test result is positive, the applicant can expect the visa extension to be denied, and therefore to be expelled from the country <b>(2)</b> During the World AIDS conference in Barcelona in July 2002 the Thai Minister of Health denied the existence of these regulations. "People with HIV and AIDS are as welcome in Thailand as other people." <b>(6)</b>	2; 6 (#)
<b>Togo</b>	No restrictions for people with HIV and AIDS. No HIV testing on entry			2
<b>Tonga</b>	No restrictions for short-term tourist stays	HIV testing required for stays exceeding 6 months <b>(4)</b> Foreign nationals staying longer than 6 months must undergo HIV testing in Tonga. If the test result is positive, permission to stay will be refused <b>(Handbook)</b>		4; Hand- Book Reise- medizin , Düssel- dorf
<b>Trinidad and Tobago</b>	No restrictions for short-term tourist stays. Normally there is no HIV testing on entry and no doctor's certificate is asked for <b>(2; 6)</b>	Applicants for a work permit (for 1 year or more) must complete a form which includes medical questions, and present a health certificate <b>(2; 6)</b>		2; 6

Country	Entry regulations	Residence regulations	Notes	Source/s
<b>Tunisia</b>	No restrictions people with HIV/AIDS <b>(2)</b>	Foreign nationals (including students) wishing to remain in the country longer must undergo HIV and AIDS testing <b>(5)</b> A HIV test result must be provided for stays longer than 30 days <b>(6)</b>		2; 5; 6 <b>(#)</b>
<b>Turkey</b>	No restrictions for people with HIV and AIDS. No HIV testing on entry			1
<b>Turkmenistan</b>	No limitation for short term tourist stays.	HIV test required for foreigners staying longer than 3 months. U.S. test accepted. <b>(4)</b>	Foreigners or stateless persons are being deported in case of refusing the test or other prevention measures (1)	1; 4
<b>Turks and Caicos Islands</b>	Currently no relevant information		On its homepage, the US State Department removed the information from 2003 which stated that An HIV test is part of the medical examination required before a work permit is granted <b>(4)</b> .	4
<b>Tuvalu</b>	No information			
<b>Uganda</b>	No restrictions for short-term tourist stays. No HIV testing on entry	As a rule, applications for a longer stay do not require health certificates or HIV test results to be presented	German organisations providing study grants for Uganda (foundations such as DAAD; DSE or CDG) sometimes require a health certificate from the doctor, including an HIV test result, to be presented when applying for long-term grants	2
<b>Ukraine</b>	No restrictions for short-term tourist stays. No HIV testing on entry	There are special entry regulations and protective measures affecting people with HIV and AIDS. These	Special provisions for diplomatic and consular personnel. HIV tests are carried out by a medical institute within Ukraine	3

Country	Entry regulations	Residence regulations	Notes	Source/s
		apply to “foreign nationals wishing to remain in the country for longer than 3 months” <b>(3)</b>	<b>(3)</b>	
<b>United Arab Emirates</b>	No restrictions for short-term tourist stays	Proof of an HIV test result is required for everyone over the age of 18 who is applying for a work and residence permit <b>(3)</b> May be subject to HIV testing in country upon submission of residence/visa application with immigration. <b>(4)</b>	Special provisions for diplomatic personnel. The medical examination, including an HIV test, must be carried out within the UAE. If the test result is positive, entry is refused	3; 4
<b>Uruguay</b>	No restrictions for short-term tourist stays. No HIV testing on entry	If a routine examination shows that someone is HIV positive, or if they inform a doctor of this fact, they must be reported to the Health Ministry and undergo medical treatment	This does not, however, lead to expulsion or other restrictions within immigration law	2
<b>USA</b>	The USA refuses entry in principle to foreign nationals known to be HIV positive. In exceptional cases, a stay of 30 days may be granted (for family visits, medical treatment, business travel or participation in a scientific, health-related conference) <b>(2)</b>	There are special entry regulations affecting all intending immigrants to the USA <b>(3)</b>	HIV-positive foreign nationals lose their right to remain in the USA, and are expelled if their status becomes known <b>(2)</b> . A useful summary with further information for people living with HIV and Aids is available in the sourcebook or at: <a href="http://www.eatg.org/hivtravel">www.eatg.org/hivtravel</a>	1; 2; 3
<b>Uzbekistan</b>	No restrictions for short-term tourist stays (up to 15 days)	An HIV test result is required for anyone wishing to remain longer than 15 days	Long-term visitors must renew their HIV test result within the first three months of entering Uzbekistan, and after that annually	2

Country	Entry regulations	Residence regulations	Notes	Source/s
<b>Vanuatu</b>	No information			
<b>Vatican City</b>	The state of Vatican City has no separate entry regulations		Related tasks are carried out by the Italian authorities	2
<b>Venezuela</b>	No HIV test result is required on entering Venezuela. As far as we know there are also no special regulations affecting the entry and residence of people with HIV	However, when the Aliens Authority was asked if there were any entry restrictions for people with HIV, they cited Article 32 of the Aliens Law (“Ley de Extranjeros”), which partially prohibits the entry of sick persons. This regulation could, said the authority, be used to deny entry to people with HIV	Although the German Embassy knows of no cases where this regulation was applied to a case of AIDS, the Embassy staff did not feel able to judge whether it might not occur in individual cases	2
<b>Vietnam</b>	There are no special entry and residence regulations for people with HIV and AIDS. Neither a doctor’s certificate nor an HIV test is required on entry <b>(2)</b> According to Vietnamese law, people with HIV must notify the immigration authority’s hygiene office that they are HIV positive as soon as they enter the country <b>(3)</b>	At the airports, no health certificate is required. These need only be presented by Vietnamese nationals planning to marry another Vietnamese citizen in Vietnam. There is no special immigration legislation for people with HIV and AIDS <b>(6)</b>	The regulations are not applied consistently, and at the airports no health certificates are asked for <b>(6)</b>	2; 3; 6 <b>(#)</b>
<b>Virgin Islands</b>	No restrictions for short-term tourist stays	Foreign nationals wishing to settle must present a negative HIV test result		3
<b>Yemen</b>	No restrictions for tourist stays up to 2 months <b>(2)</b>	A negative test result has to be presented for stays of more than	HIV-positive persons are expelled immediately <b>(2)</b>	2; 3; 8

Country	Entry regulations	Residence regulations	Notes	Source/s
		two months <b>(8)</b>		
<b>Zambia</b>	No restrictions for people with HIV and AIDS. No HIV test on entry			1; 2
<b>Zimbabwe</b>	No restrictions for people with HIV and AIDS. No HIV testing on entry			1

## If you're thinking of travelling

### A medical ABC for tourists <sup>3</sup>

Helmut Hartl

*Sun, sand, sea and sex – these are just a few of the words which people associate with vacations, but unfortunately so are diarrhoea, malaria or heat exhaustion. Here are a few health tips so that travelling can still be a pleasure even with a chronic illness or infection.*

You will need to obtain information in advance: about the countries you will be visiting, about the accommodation available, standards of hygiene, time-zone differences and climatic conditions. Before starting your travels, an AIDS service organisation or the Internet ([www.aidsmap.com](http://www.aidsmap.com)) can supply information about hospitals or doctors at your

<sup>3</sup> Many thanks to Mike Eggleton, Munich, who translated this text from German into English

destination who have experience with HIV. The further away the destination is, the more difficult it is to obtain this information. An international vaccination document, which includes your blood group and any known allergies as well as the telephone number of your own doctor at home, is very useful in an emergency. The telephone number or the address of the local embassy can also help should there be a crisis.

Travel health insurance to cover medical treatment both as an out-patient and in hospital, and also the costs of return transportation as an invalid, is a worthwhile investment.

Think about your antiretroviral therapy in good time and take a sufficient quantity with you. We are aware that this can be a problem: you should read more about this in this booklet. Please also remember to take medication – if outbreaks of herpes occur frequently, then it makes sense to have Aciclovir (cream or tablets) in your hand luggage. The same applies for fungus infections (take Fluconazol with you) or for bacterial infections (broad-band antibiotics).

Some illnesses can be avoided by the relevant vaccination; an appointment with your doctor, bringing your vaccination document and your own notes about previous vaccinations, will make matters easier. Vaccinations are recommended for those who are HIV-positive as well. The most important are vaccinations against diphtheria, tetanus, polio and hepatitis A und B. There are some rare cases where vaccinations are compulsory for some countries (eg. vaccinations against meningitis, cholera).

Vaccination against yellow fever uses live vaccine and can cause serious problem for people with a weakened immune system. Please be sure that you clarify the position on this vaccination with your HIV doctor in good time. The vaccination for some African countries may only be carried out by specified vaccination centres. In certain countries a prophylaxis against malaria is necessary. Where and what is involved should be discussed with your doctor and an institute for tropical medicine.

Your travelling pharmacy should, as already mentioned above, contain antiviral and prophylactic medication in sufficient quantities - as much as is necessary, but not too much more. Because even slight injuries can carry a risk of infection, material for dressing wounds (adhesive plaster, gauze bandages, perhaps a fever thermometer, pincers, scissors – a good Swiss army knife would do as well) and disinfectant creams (such as Povidonjod) are important. The travelling pharmacy can be made complete with medications for diarrhoea (eg. Loperamid or charcoal tablets), for pains and fever (eg. Paracetamol, Acetylsalicylsäure or Ibuprofen), for travel sickness (eg. Dimenhydrinat), and a broad-band antibiotic (eg. Ciprofloxacin, Azithromycin) as well as treatment

for allergies (eg. Cetirizin, Loratidin) - these can also help against irritation caused by insect stings.

Travelling to distant countries imposes a strain upon the body, as do time zone differences, unfamiliar food and the necessary acclimatisation. It is also important to take consistent care regarding the hygiene of food and drinking water. If at all possible, drink only bottled mineral water and not tap water. Remember the old saying: If you can't boil it, cook it or peel it, forget it. Bathing in tropical waters is dangerous, as is walking barefoot.

Last but not least, please do not forget protection against the sun suitable for your destination (clothing, sun cream with the right sun block factor for your skin type) as well as insect repellent. In order to avoid sexually transmitted diseases, we recommend you bring the appropriate materials for sexual protection (eg. condoms and lubricant) with you from your home country.

Internet addresses with additional information:

[www.dtg.mwn.de](http://www.dtg.mwn.de) (Deutsche Gesellschaft für Tropenmedizin)

[www.crm.de](http://www.crm.de) (Centrum für Reisemedizin)

[www.gesundes-reisen.de](http://www.gesundes-reisen.de) (Tropeninstitut Hamburg)

[www.TravelMED.de](http://www.TravelMED.de)