



## Mauritania

### Country Specific Information

**MEDICAL FACILITIES AND HEALTH INFORMATION:** Medical facilities in Mauritania are limited. There are few modern clinics or hospitals beyond the capital and a few major towns. At local pharmacies, some medicines are difficult to obtain; travelers are advised to bring their own supplies.

Malaria is a serious and sometimes fatal disease. Chloroquine-resistant *P. falciparum* malaria is a severe form of the disease that is found in many parts of western Africa, including Mauritania. Because travelers to Mauritania are at high risk for contracting malaria, they should take one of the following anti-malarial drugs: mefloquine (Lariam™), doxycycline, or atovaquone/proguanil (Malarone™). The Centers for Disease Control and Prevention (CDC) have determined that a traveler who is on an appropriate anti-malarial drug has a greatly reduced chance of contracting the disease. In addition, other personal protective measures, such as the use of insect repellents, may help to reduce malaria risk. Travelers who become ill with a fever or flu-like illness while traveling in a malaria-risk area and up to one year after returning home should seek prompt medical attention and tell the physician their travel history and the names of the anti-malarial drugs they have been taking. For additional information on malaria, protection from insect bites, and anti-malarial drugs, please visit the [CDC travelers' health website](#).

Information on vaccinations and other health precautions, such as safe food and water precautions and insect bite protection, may be obtained from the Centers for Disease Control and Prevention's (CDC) hotline for international travelers at 1-877-FYI-TRIP (1-877-394-8747) or via the [CDC website](#). For information about outbreaks of infectious diseases abroad, consult the infectious diseases section of the [World Health Organization \(WHO\) website](#). The WHO website also contains additional health information for travelers, including [detailed country-specific health information](#).

[http://travel.state.gov/travel/cis\\_pa\\_tw/cis/cis\\_966.html#medical](http://travel.state.gov/travel/cis_pa_tw/cis/cis_966.html#medical)