

The 2025 United Nations Climate Change Conference (COP30) is scheduled to take place in Belem, the capital of Brazil's northern state of Para, from 10–21 November. With thousands of attendees expected from around the world, the event may involve crowded conditions and increased exposure to health risks. This guide provides information for health preparations for your visit, and health risks to be aware of when in Belem.

To prepare for your visit:

- Download the International SOS Assistance App.
- Sign up for Medical and Security alerts for Brazil.
- While travelling, monitor the International SOS location guide for Brazil (Portal or App) for the latest updates.

Before you travel

Obtain routine medical and dental care before you leave. **See your travel health practitioner 6 to 8 weeks before departure to discuss your specific needs.** There is a risk of **malaria**, and your doctor may recommend you take preventive medication (see section on malaria below).

Arrange a copy of your personal health record to carry with you when you travel.

Pack an ample supply of prescription and routine medications in their original packaging. Place them in your carry-on luggage, with copies of your prescription. Consider carrying a doctor's note explaining your need for legal, non-prescription drugs you have packed - in English and Portuguese.

The following is a list of vaccinations which are usually recommended:

Routine Vaccinations	All travellers should be up-to-date with their "routine" vaccinations including: • Measles-Mumps-Rubella • Tetanus-Diphtheria-Pertussis • Varicella (Chickenpox) • Polio • COVID-19 • Influenza
Yellow fever	Although Brazil does not require proof of vaccination to enter the country, a yellow fever vaccination certificate may be required for onward travel, to gain entry to your next destination. In addition, there is a risk of yellow fever in some areas, and vaccination is recommended to prevent infection if travelling to the risk areas, which includes the state of Para. See the map for vaccination recommendations.
Hepatitis A	Recommended for all travellers.
Hepatitis B	Recommended for most travellers, especially: • For adventurous travellers who travel to more remote locations. • If the possibility of new sexual partner, needle sharing, acupuncture, dental work, body piercing or tattooing during visit.
Mpox	Recommended for some travellers.
Rabies	Consider if contact with dogs, monkeys or other potentially rabies-carrying animals is likely.
Typhoid	Recommended for all travellers.

Malaria

- Mosquito bite avoidance should be undertaken at all times in Brazil.
- Consult your doctor for an individual recommendation regarding preventive medication.

Malaria is present year-round in the state of Para, but rare in Belem.

It is present year-round in all areas of Acre, Amapá, Amazonas, Rondônia, and Roraima including the urban areas of: Boa Vista, Cruzeiro do Sul, Macapa, Manaus, Porto Velho and Rio Branco.

The risk is also present in Maranhao, Mato Grosso and Para, but cases are rare in the capital cities of these states. For the states of Espirito Santo, Goias, Minas Gerais, Mato Grosso do Sul, Piaui, Rio de Janeiro, Sao Paulo and Tocantins the risk is mainly present in the rural and forested areas.

There is no risk of malaria in the cities of Brasilia, Rio de Janeiro, Sao Paulo, or in Iguazu Falls.

Yellow Fever

Much of Brazil is considered at risk for yellow fever transmission. Vaccination is **recommended** for all travellers ≥ 9 months of age, who will visit the following risk areas:

- **All of the states of:** Acre, Amapa, Amazonas, Distrito Federal (including the capital city of Brasilia), Espirito Santo, Goias, Maranhao, Mato Grosso, Mato Grosso do Sul, Minas Gerais, **Para**, Parana, Piaui, Rio de Janeiro, Rio Grande do Sul, Rondonia, Roraima, Santa Catarina, Sao Paulo and Tocantins.
- Some areas of Bahia State.
- Iguazu Falls.

Vaccination is **NOT recommended** for travellers whose itineraries are limited to the cities of Fortaleza and Recife or to areas not listed above.



Climate and Natural Hazards

- Most of Brazil lies within the tropical zone.
- The north-eastern coastal and Amazon regions are hot and humid. Average temperatures in Belem range between 26°C and 30°C throughout the year. Strenuous activity in hot conditions can lead to heat-related illnesses. Extended sun exposure also increases the chance of sunburn. To reduce risk:
 - Minimise time spent in direct sun, especially during the hottest hours.
 - Reduce vigorous physical activities outdoors.
 - Drink plenty of fluids. Avoid alcohol, caffeinated and sugary drinks.
 - Wear light and loose clothing, a hat, and sunglasses. Use an effective sunscreen.
- The rainy season in Belem is between January and May.
- Monitor the website of the [National Institute of Meteorology](#) for weather updates and warnings.

Food and Water Safety

Travellers have a small risk of developing diarrhoea in any country; it may be advisable to drink bottled water only, especially on short trips. Always wash your hands before eating.

Water and Beverages

In Brazil, it is safer to drink sealed bottled or boiled water and carbonated drinks, especially in rural areas. Avoid ice, as it may have been made from unsafe water.

Food Risk

Food-borne illness is common. To reduce your risk:

- Food served in larger hotels and well-known restaurants should be safe.
- Busier restaurants may be safer as they are more likely to serve freshly cooked food.
- Always choose food that has been freshly cooked and is served hot.
- Avoid food that has been stored warm – such as in a “bain marie.”
- Avoid raw foods, shellfish, pre-peeled fruit and salad.
- Fruit that you wash and peel yourself is safe.
- Avoid street vendors and market food because the standard of hygiene may be low and food may not be fresh.

Infectious Diseases

Insect-borne diseases

Travellers often face different diseases abroad than those they encounter at home. Many of these are transmitted through the bite of a mosquito, tick or other insect. Some of these diseases can be avoided by having a vaccination or taking preventative medication. Others cannot. Additionally, vaccines and medication do not provide 100% protection. To stay healthy, it is important to avoid insect bites.

Prevent mosquito bites by:

- Wearing clothes that cover most of your body, such as long sleeves, long pants and socks.
- Using an insect repellent with one of these active ingredients:
 - DEET
 - Picaridin
 - PMD
 - IR3535
- Checking that windows are covered with screens or fly-wire.
- Using so-called knock-down insect spray to kill mosquitoes in your room.
- Choosing air-conditioned accommodation where possible.

American Trypanosomiasis (Chagas Disease)

Transmitted by a blood-sucking bug, the triatomine (also known as the "kissing bug"). Chagas disease can also be transmitted in other ways, including through blood or organ donation from infected donors, and contaminated food and drinks.

The overall risk to travellers is low, except for those staying in poor-quality housing, particularly in the Amazon region. Previous outbreaks have been associated with consuming acai and sugar cane juice. The state of Para has the highest number of reported infections in Brazil. Belem, the capital of Para state, reports the highest number of cases linked to the consumption of acai, which is typically harvested from August to November.

Chikungunya

A viral disease transmitted through mosquito bites, not from person to person.

Thousands of cases are reported each year, with a risk present in many Brazilian cities. Peak transmission usually occurs from January through June.

Dengue

Dengue or "break-bone" fever is a viral disease found in most tropical and sub-tropical places in the world. Dengue is transmitted to people via the bite of infected mosquitoes.

Hundreds of thousands of cases, including some deaths, are recorded annually in Brazil. Risk is present throughout the country. Peak transmission usually occurs during the rainy season from January to May.

Leishmaniasis

A disease caused by a parasite that can infect humans, dogs, rodents and other small animals. It is transmitted by sandflies and can occur in both rural and urban environments. The disease can manifest in one of the three forms, cutaneous, mucocutaneous or visceral. The visceral form is more severe and can lead to death.

All three forms (cutaneous, mucocutaneous, and visceral) are reported annually in Brazil. Risk is present throughout the country but is most common in the Amazon and northeast regions. Risk factors include engaging with domestic animals, fishing, and activities with direct contact with forests or rural areas.

Mayaro virus

A viral illness spread through mosquito bites. Mayaro virus is known to occur in the Caribbean and tropical South America, particularly around the Amazon River basin. People who work or live in these forests are most at risk.

Sporadic cases have been reported in Brazil, with most occurring in areas near the Amazon rain forest, but also in the Central, Central West and North region. Infections have been reported throughout the year.

Onchocerciasis

The disease, also known as "river blindness", is caused by a parasitic worm transmitted to people via fly bites.

The disease is present in the states of Amazonas and Roraima, particularly in villages located in the Parima Mountains near the border with Venezuela.

Oropouche

Caused by the Oropouche virus (OROV). OROV is transmitted to humans primarily through the bites of infected mosquitoes and biting midges (small flies).

OROV is consistently found in the Amazon Basin. Outbreaks have been reported in both rural and urban areas of Brazil. Since early 2024, the virus has expanded and cases have been detected in most states, including Sao Paulo, the Federal District and Rio de Janeiro.

Zika

A viral disease, mostly transmitted to people by mosquito bites, but also from one person to another through sexual contact.

Infections are reported annually in Brazil. Risk is present in many areas of Brazil, although the mosquitoes which transmit Zika are not likely to be found above 2,000 metres (6,561 feet) elevation. Cases have been confirmed in all 27 states.

Cutaneous Larva Migrans

A skin infection caused by parasites known as hookworms. Animals such as dogs and cats host these parasites and shed the parasite eggs in their faeces. The eggs then hatch into larvae. Transmission occurs through direct skin contact with contaminated sand or soil.

In Brazil, soil and sand samples from multiple locations have been shown to contain hookworm larvae. Research has also found many local cats and dogs infected with the parasite. Travellers are advised to avoid walking barefoot to reduce the risk of infection.

Leptospirosis

A bacterial infection spread through contact with contaminated water or soil. The bacteria can enter the body through broken skin or mucous membranes. While person-to-person transmission is extremely rare, outbreaks may follow extreme weather events. It is more common in tropical and sub-tropical regions, especially during periods of heavy rainfall or flooding.

Brazil reports infections annually, with most occurring in the south and southeast of the country. Infections are most frequently reported in areas with poor sanitation or where people are exposed to floodwaters.

Rabies

A viral disease contracted when bitten or scratched by an infected (rabid) animal, often a dog.

Rabies is found in bats, wild animals, and domestic animals, including cats and dogs in Brazil. While the rabies vaccine is typically available, quality rabies immunoglobulin (HRIG) may not be readily available (HRIG is required for treatment after exposure to rabies in those without pre-exposure vaccination). The risk to travellers is high, and pre-exposure vaccination is recommended for specific travellers and assignees.

Schistosomiasis

A disease, also known as bilharzia, caused by parasitic worms that live in freshwater lakes, rivers and rice paddies. It can penetrate the skin of persons who are wading, swimming, bathing or washing in contaminated water.

In Brazil, the risk is present throughout the country, particularly in the northeast. Cases and deaths are reported each year.

To prevent infection:

- Avoid swimming or wading in fresh water in countries where schistosomiasis occurs.
- Using soap during bathing *reduces* the risk of infection, as does a vigorous rubdown with a towel immediately after contact with contaminated water. Do *not* rely on these methods to prevent schistosomiasis.
- Heat bath water for five minutes at 50°C (122°F).
- Water held in a storage tank for at least 48 hours should be safe.

Tuberculosis

Tuberculosis (TB) is a serious bacterial disease. The bacteria can be coughed or sneezed into the air by an infected person. Most people who contract TB have had prolonged, close, exposure to an infected person. Family members, close friends and healthcare workers are most at risk.

The World Health Organization (WHO) has designated Brazil a "high burden country" for tuberculosis. The country falls in the "lower-moderate" incidence category for tuberculosis with an estimated 49 cases per 100,000 population in 2023. BCG vaccination is given at birth and is included in the country's immunisation schedule.

International assignees or frequent travellers should consider consulting their doctor as TB screening may be offered.

Typhoid fever

A serious infection caused by *Salmonella typhi* bacteria. People are infected through ingesting contaminated food or water. Choosing safe food and water and vaccination reduces the risk of developing the disease.

Infections, including deaths, are reported annually in Brazil. Vaccination is recommended for all travellers.

Medical Care

Standard of Medical Care

The standard of medical care in Brazil varies from facility to facility. For this reason, it is important that you have expert assistance when selecting a medical provider. Please call International SOS, and we will provide medical advice, select an appropriate doctor or facility, and ensure that you receive quality care.

Blood Products

The blood supply in major hospitals is safe. It is provided by government accredited blood bank facilities. Elsewhere blood is considered unsafe.

Even in areas where the blood supply is considered safe, it's best to avoid blood transfusions if possible. Screening cannot detect every blood-borne disease, and immune reactions can vary from minor to life-threatening.

Medication Availability

A good range of medications is available at selected hospitals and selected private pharmacies in major cities. Hospital pharmacies can only dispense medication for inpatient care. In rural areas, beware of counterfeit, out-of-date and/or heat damaged stock.

Note that antimalarial medications, including Atovaquone-proguanil (Malarone® and generics) and Mefloquine (Lariam® and generics) are strictly reserved for the treatment of infection with malaria and are not available for preventive purposes. In addition, doxycycline is not prescribed to prevent malaria. If antimalarial medication is recommended for your trip to Brazil, bring an adequate supply with you. It should be in its original packaging, together with a copy of the prescription. There is a low risk the medication may be confiscated by customs officials.

More information

- Chikungunya Information Sheet [[PDF, 124kb](#)]
- Dengue Infographic [[PDF, 1.92mb](#)] and Information Sheet [[PDF, 33kb](#)]
- Heat and Sun Infographic [[PDF, 239kb](#)] and Information Sheet [[PDF, 40kb](#)]
- Malaria Infographic [[PDF, 5mb](#)] and Information Sheet [[PDF, 37kb](#)]
- Oropouche Fever Information Sheet [[PDF, 28kb](#)]
- Preventing Mosquito, Tick and Other Insect Bites [[PDF, 134kb](#)]
- Rabies Infographic [[PDF, 165kb](#)] and Information Sheet [[PDF, 31kb](#)]
- Selecting safe food and water Information Sheet [[PDF, 30kb](#)]
- Typhoid Information Sheet [[PDF, 115kb](#)]
- Yellow Fever Infographic [[PDF, 2.37mb](#)] and Information Sheet [[PDF, 32kb](#)]
- Zika Information Sheet [[PDF, 159kb](#)]