

REPUBLIC
OF PERU



HEALTHY
PASSPORT



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WE WANT YOU TO HAVE A PLEASANT STAY...

In Peru we are accustomed to extend our best hospitality to the traveler and we welcome your arrival with open arms.

We are well aware that health must be a primary concern for an unforgettable and trouble-free journey. Your health is the most important factor to be able to fully enjoy all of the attractive features of our country: its varied landscapes, the delicious diversity of its food... and so much more!

...that is why we are interested in your health.

From the moment you step into Jorge Chavez International Airport in Lima, whether for an arrival or departure, whether as a tourist or for any other reason that brings you to any of the attractive destinations in Peru, you can count with the services of our Airport International Health Department, around the clock, regarding any health related concern you may have.



That is why as a traveler, if you feel any discomfort or malaise or need to consult about your health before initiating your visit or during a new leg of your journey, please feel free to come by our Airport International Health Department located at the domestic flight terminal, in the first floor. There we will provide you with medical attention, vaccination services and any other help that you might need to make your stay in our country memorable, successful, and risk-free to your health.

EASY MEASURES FOR A HEALTHY VISIT

As it happens in many other places around the world, you are likely to require some time to adapt and get used to food that is new to you, unfamiliar weather, and other regional peculiarities that you may find along the way in the different regions of Peru. You may find it convenient to follow some basic health advice.

REGARDING FOOD

- Drink bottled or boiled water.
- Eat only fruits and vegetables that have been thoroughly cooked.
- Eat in clean, healthy establishments.
- Gradually adapt to regional ethnic foods.

Preferably, consume your food in establishments that have been accredited by local city governments. Accreditation should be easily identified by the presence of a visible sticker proclaiming the health certification status of each restaurant.

REGARDING MOSQUITOES

While dengue is spread over several cities, it occurs most frequently in Iquitos, Tarapoto, Pucallpa, Puerto Maldonado, Jaen, Piura, and Bagua.

Malaria occurs in rural areas below 1,500 meters, in Loreto, Junín, San Martín, Ayacucho, Cusco (parts of La Convención province), Ucayali, La Libertad, Amazonas, Madre de Dios, and Piura.

If you travel to places where chikungunya fever transmission exists, you must consider the following recommendations:

- Apply bug repellents on exposed skin.
- If you are using sunblock, apply it after a bug repellent.
- Wear preferably cotton bright clothes, long sleeves, and long pants.
- Sleep under a mosquito net for protection. There is no risk of malaria in Lima, and the tourist areas of the highlands of Cusco-Machu Picchu and Titicaca Lake.
- Avoid swimming in rivers or lakes after 5 p.m.
- If fever, yellowing of the skin, malaise, chills, excessive sweating, abdominal pain, joint pain, muscle pain, headache, nausea and vomiting occur, go to the nearest health facility as soon as possible for immediate medical evaluation.
- If traveling to jungle areas, you should be immunised against yellow fever 10 days before the trip. This vaccine may have side effects and is not recommended for people with immune disorders, children under 6 months old and pregnant women during the first trimester of pregnancy.

CONTRIBUTE TO PREVENTING THE ARRIVAL OF EBOLA TO PERU

If you are traveling from or have recently been to West Africa (Liberia, Sierra Leone or Guinea Conakry) for the last three weeks, and have had contact with a person suspected of having Ebola or have been exposed to risk:

- Check your temperature twice a day for 21 days after your last contact.
- If you develop fever, headache, muscle aches, sore throat, diarrhea, vomiting, stomach pain, rash, or redness, please report immediately to the health care establishment closest to you.
- If you have symptoms, avoid direct contact with family or friends until you have confirmed the diagnosis in a health facility.

MEASLES

- It is recommended that at a minimum, you get one dose of the measles vaccine.
- If you develop a skin rash and have a fever seek prompt medical care.
- If you display these symptoms, try to avoid contact with other people for 7 days after the rash onset
- If you have a cough cover your mouth with disposable paper and discard it in the trash can.
- Avoid having close exposure to someone with a cough.

POLIOMYELITIS

- If you have diarrhea or are accompanying a minor 15 years or younger that has muscular weakness or numbness of in the arms, immediately get medical attention.
- Ensure all polio vaccinations are up to date according to your doctor's recommendations.
- Follow diet and hygiene recommendations.

CHOLERA

In Peru, since 2002 there have been no recorded cases of cholera. If you have diarrhea during the first 7 days of arrival, we recommend, as a precaution, the following:

- Go to a health facility for medical care and testing.
- Report on the countries visited before coming to Peru.
- Follow diet and hygiene recommendations.

CONTRIBUTE TO PREVENTING THE SPREAD OF INFLUENZA AND OTHER RESPIRATORY VIRUSES

Pay close attention to your respiratory symptoms. If you present flu-like symptoms like fever, cough, difficulty breathing, malaise, or a runny nose, please report immediately to the nearest health care establishment. Report to the medical personnel about your departure place and countries visited, so that they can provide you appropriate medical attention.

PLEASE REMEMBER:

Also, wash your hands thoroughly with gel soap and or water, frequently:

- Before and after eating.
- After coughing or sneezing.
- After using toilet facilities or bathrooms.
- After any activity.



When you cough or sneeze, cover yourself with a tissue or paper napkin and then discard it into the trash bin. If you do not have one, cover yourself with the upper part of your arm or sleeve. Do not use your hands.

REGARDING ALTITUDE SICKNESS (SOROCHE)

When visiting high altitude zones* we recommend:

- Drinking coca tea (mate de coca).
- Acclimatizing for at least one day.
- Walking moderately and slowly for the first day.

- Avoiding physical exercise during the first day.
- Avoiding smoking or drinking alcoholic beverages.
- Consider acetazolamide prophylaxis.

**Average height 2,743 to 5,751*

(the city of Cusco is at 3,500 meters altitude)



ADVENTURE TRAVEL AND ECO-TOURISM

Take into account infectious disease prevention measures like appropriate immunizations, and medical treatment recommended for each potential hazard. Call the Airport International Health Department at: (01) 5751745 / (01) 4563438 or call from a landline telephone to INFOSALUD: 0800-10828, the (toll-free line) Ministry of Health or EPIFONO: 952948115 or SAMU: 106

REGARDING LENGTHY AIR TRAVEL

We recommend:

- Exercising your legs whenever possible. Take short walks up and down the aisle to stimulate blood flow.
- Using loose, comfortable clothing. Avoid wearing constrictive clothing around the legs or waist.
- Standing and stretching your arms and legs often, taking short walks as frequently as possible.
- Avoiding crossing your legs to prevent obstructing blood flow.

- Drinking water abundantly to prevent dehydration.
- Avoiding alcoholic beverages and coffee. Both contribute to dehydration.
- Avoiding use of sleep medication during your trip.

IMMUNIZATIONS FOR INTERNATIONAL TRAVELERS

Get vaccinated against yellow fever at least 10 days before visiting jungle areas below 2,000 meters elevation in the Amazonas, Áncash, Ayacucho, Cusco, Huánuco, Junín, Loreto, Pasco, Puno, San Martín and Ucayali regions (with the exception of the City of Cusco, Machu Picchu and the Urubamba Valley).

HOSPITAL DIRECTORY

In the following establishments you will be able to receive specialized attention regarding any health-related condition during your trip:

LIMA CITY

- **Airport International Health Department - Jorge Chavez International Airport**
Phone: (01) 5751745 / (01) 4563438

AREQUIPA CITY

- **Hospital Goyeneche**
Phone: (054) 231313 / (054) 218562 / (054) 223501

- **Hospital Honorio Delgado**
Phone: (054) 219702 / (054)231818 / (054)218465
- **Red Asistencial Arequipa (ESSALUD)**
Phone: (054) 380370

CUSCO CITY

- **Hospital de Apoyo Departamental de Cusco**
Phone: (084) 223691 / (084) 231131 / (084) 255495
- **Hospital Antonio Lorena**
Phone: (084) 226511 / (084) 247119
- **Red Asistencial Cusco (ESSALUD)**
Phone: (084) 582890

LA LIBERTAD - TRUJILLO CITY

- **Hospital Regional Docente Trujillo**
Phone: (044) 233112 / (044) 231581
- **Hospital Belén de Trujillo**
Phone: (044) 480200 / (044) 244261
- **Red Asistencial La Libertad (ESSALUD)**
Phone: (044) 216119

LAMBAYEQUE - CHICLAYO CITY

- **Hospital Provincial Docente Belen**
Phone: (074) 283481

- **Hospital Docente Las Mercedes**
Phone: (074) 238232 / (074) 237021
- **Red Asistencial Lambayeque (ESSALUD)**
Phone: (074) 237776 / (074) 481120

LORETO- IQUITOS CITY

- **Hospital de Apoyo Iquitos Cesar Garayar Garcia**
Phone: (065) 263749 / (065) 265331
- **Hospital Regional de Loreto**
Phone: (065) 252737 / (065) 252746
- **Red Asistencial Loreto (ESSALUD)**
Phone: (065) 255732 / (065) 255733

PIURA CITY

- **Hospital Regional Jose Cayetano Heredia**
Phone: (073) 287970
- **Red Asistencial Piura (ESSALUD)**
Phone: (073) 287970

PUNO CITY

- **Hospital Regional de Puno**
Phone: (051) 369696 / (051) 368682 / (051) 367128
- **Hospital Carlos Monge Medrano de Juliaca**
Phone: (051) 321901 / (051) 322659

In case of any health related consultation call our toll free line INFOSALUD 0-800-10828 from a landline telephone.



PERÚ

Ministerio
de Salud

Av. Salaverry 801 Lima
www.minsa.gob.pe





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