**Sierra Leone (Africa)**

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**Advice for All Destinations**

The risks to health whilst travelling will vary between individuals and many issues need to be taken into account, e.g. activities abroad, length of stay and general health of the traveller. It is recommended that you consult with your General Practitioner or Practice Nurse 6-8 weeks in advance of travel. They will assess your particular health risks before recommending vaccines and /or antimalarial tablets. This is also a good opportunity to discuss important travel health issues including safe [food and water](https://www.fitfortravel.nhs.uk/advice/general-travel-health-advice/food-and-water-precautions), [accidents](https://www.fitfortravel.nhs.uk/advice/general-travel-health-advice/accident-prevention), [sun exposure](https://www.fitfortravel.nhs.uk/advice/general-travel-health-advice/sun-exposure) and [insect bites](https://www.fitfortravel.nhs.uk/advice/general-travel-health-advice/insect-bite-avoidance). Many of the problems experienced by travellers cannot be prevented by vaccinations and other preventive measures need to be taken.

All travellers going overseas with medication (including over the counter medications) should check if there are any restrictions on medications they intend to take prior to travel. Check with individual country Embassies via this [link](https://www.gov.uk/government/publications/foreign-embassies-in-the-uk)[Link](http://www.info.gov.hk/gia/general/201706/16/P2017061600918.htm)

Ensure you are fully insured for medical emergencies including repatriation. UK travellers visiting other European Union countries should also carry the European Health Insurance Card (EHIC) as it entitles travellers to reduced cost, sometimes free, medical treatment in most European countries. [Online applications](https://www.ehic.org.uk/Internet/startApplication.do)[Link](http://www.info.gov.hk/gia/general/201706/16/P2017061600918.htm) normally arrive within seven days. Applications may also be made by telephone on 0300 330 1350 or by post using the form which can be downloaded from the [website](https://www.ehic.org.uk/Internet/startApplication.do)[Link](http://www.info.gov.hk/gia/general/201706/16/P2017061600918.htm)

For Travel Safety Advice you should visit the [UK Foreign and Commonwealth Office](https://www.gov.uk/government/organisations/foreign-commonwealth-office)[Link](http://www.info.gov.hk/gia/general/201706/16/P2017061600918.htm) website.

A worldwide list of clinics, run by members of the [International Society of Travel Medicine](http://www.istm.org/)[Link](http://www.info.gov.hk/gia/general/201706/16/P2017061600918.htm) is available on the ISTM website.

**Immunisations**

* **Confirm primary courses and boosters are up to date as recommended for life in Britain** - including for example, [seasonal flu vaccine](http://www.fitfortravel.nhs.uk/advice/disease-prevention-advice/influenza) (if indicated), [MMR](http://www.fitfortravel.nhs.uk/advice/disease-prevention-advice/measles), vaccines required for occupational risk of exposure, lifestyle risks and underlying medical conditions.
* **Courses or boosters usually advised:** Diphtheria; Hepatitis A; Tetanus; Yellow Fever.
* **Other vaccines to consider:** Hepatitis B; Rabies; Typhoid.
* **Selectively advised vaccines - only for those individuals at highest risk:** Cholera.
* **Yellow fever vaccination certificate required** for all travellers.

**Notes on the diseases mentioned above**

* [**Cholera**](https://www.fitfortravel.nhs.uk/advice/disease-prevention-advice/cholera)**:**spread through consumption of contaminated water and food. It would be unusual for travellers to contract cholera if they take basic precautions with food and water and maintain a good standard of hygiene.

**Risk is higher** during floods and after natural disasters, in areas with very poor sanitation and lack of clean drinking water.

**Risk is highest** for humanitarian aid workers; those working in refugee camps or slums; those caring for people with cholera.

* [**Diphtheria**](https://www.fitfortravel.nhs.uk/advice/disease-prevention-advice/diphtheria)**:**spread person to person through respiratory droplets. Risk is higher if mixing with locals in poor, overcrowded living conditions.
* [**Hepatitis A**](https://www.fitfortravel.nhs.uk/advice/disease-prevention-advice/hepatitis-a)**:**spread through consuming contaminated food and water or person to person through the faecal-oral route.

**Risk is higher** where personal hygiene and sanitation is poor.

**Risk is highest** for those with underlying medical conditions where there is increased risk of severe disease e.g. chronic liver/kidney disease; haemophiliacs; men who have sex with men; people who inject drugs.

* [**Hepatitis B**](https://www.fitfortravel.nhs.uk/advice/disease-prevention-advice/hepatitis-b)**:**spread through infected blood and blood products, contaminated needles and medical instruments and sexual intercourse.

**Risk is higher** for long stays, frequent travel and for children (exposed through cuts and scratches), those who may require medical treatment during travel.

**Risk is highest** for those with underlying medical conditions where there is increased risk of severe disease e.g. chronic liver/kidney disease; haemophiliacs; men who have sex with men; people who change partners frequently; people who inject drugs.

* [**Rabies**](https://www.fitfortravel.nhs.uk/advice/disease-prevention-advice/rabies)**:**spread through the saliva of an infected animal, usually through a bite, scratch or lick on broken skin. Particularly dogs and related species, but also bats. Risk is higher for those going to remote areas (who may not be able to promptly access appropriate treatment in the event of a bite), long stays, those at higher risk of contact with animals and bats, and children. Even when pre-exposure vaccine has been received, urgent medical advice should be sought after any animal or bat bite.
* [**Tetanus**](https://www.fitfortravel.nhs.uk/advice/disease-prevention-advice/tetanus)**:**spread through contamination of cuts, burns and wounds with tetanus spores. Spores are found in soil worldwide. A total of 5 doses of tetanus vaccine are recommended for life in the UK. Boosters are usually recommended in a country or situation where the correct treatment of an injury may not be readily available.
* [**Typhoid**](https://www.fitfortravel.nhs.uk/advice/disease-prevention-advice/typhoid)**:**spread mainly through consumption of contaminated food and drink. Risk is higher where access to adequate sanitation and safe water is limited.
* [**Yellow Fever**](https://www.fitfortravel.nhs.uk/advice/disease-prevention-advice/yellow-fever)**:**spread by the bite of an infected, day-biting mosquito. The disease is mainly found in rural areas of affected countries but outbreaks in urban areas do occur. Vaccination is usually recommended for all those who travel into risk areas. View [yellow fever risk areas](https://www.fitfortravel.nhs.uk/advice/disease-prevention-advice/yellow-fever/yellow-fever-risk-areas)here. In addition, certain countries may want to see proof of vaccination on an official yellow fever vaccination certificate - check above under **Immunisations**.

**Malaria**

Malaria is a serious and sometimes fatal disease transmitted by mosquitoes.You cannot be vaccinated against malaria.

**Malaria precautions**

[Malaria Map](https://www.fitfortravel.nhs.uk/destinations/africa/sierra-leone/sierra-leone-malaria-map)

* Malaria risk is high throughout the year in all areas.
* Malaria [precautions](https://www.fitfortravel.nhs.uk/advice/malaria) are essential. Avoid mosquito bites by covering up with clothing such as long sleeves and long trousers especially after sunset, using insect repellents on exposed skin and, when necessary, sleeping under a mosquito net.
* **Check with your doctor or nurse about suitable antimalarial tablets.**
* See [malaria map](https://www.fitfortravel.nhs.uk/destinations/africa/sierra-leone/sierra-leone-malaria-map) – additional information can be found by clicking on the Regional Information icon below the map.
* **High risk areas:** [atovaquone/proguanil](https://www.fitfortravel.nhs.uk/advice/malaria/atovaquoneproguanil" \o "Atovaquone/Proguanil) OR [doxycycline](https://www.fitfortravel.nhs.uk/advice/malaria/doxycycline" \o "Doxycycline) OR [mefloquine](https://www.fitfortravel.nhs.uk/advice/malaria/mefloquine" \o "Mefloquine) is usually advised.
* If you have been travelling in a malarious area and develop a fever seek medical attention promptly. Remember malaria can develop even up to one year after exposure.
* If travelling to an area remote from medical facilities, carrying [standby emergency treatment](https://www.fitfortravel.nhs.uk/advice/malaria/sbet-standby-emergency-treatment-for-malaria) for malaria may be considered.

**Other Health Risks**

**Dengue Fever**

A viral illness that is transmitted to humans by mosquito bites. The mosquito that spreads dengue bites during the day and is more common in urban areas. Symptoms include fever, headache, severe joint, bone and muscular pain - hence its other name 'breakbone fever'. There is no vaccine and prevention is through avoidance of mosquito bites. For further information see [Dengue Fever](https://www.fitfortravel.nhs.uk/advice/disease-prevention-advice/dengue-fever).

**Schistosomiasis**

A parasitic infection (also known as bilharzia) that is transmitted to humans through contact with fresh water. The parasite enters humans through the skin and prevention is dependant on avoidance of swimming, bathing or paddling in fresh water lakes and streams. For further information see [Schistosomiasis](https://www.fitfortravel.nhs.uk/advice/disease-prevention-advice/schistosomiasis).

**Do I Need a Visa for Sierra Leone?**

Yes. All US citizens traveling to Sierra Leone must have a visa to enter the country. A visa is required for all trip purposes, including tourism and business. If you do not have a visa, you will be denied entry into Sierra Leone. In addition to a visa, travelers to Sierra Leone must have a valid passport. An International Certificate of vaccination (yellow card) for yellow fever must also be presented to the immigration authorities at the airport upon arrival.

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| **IS A …** | **A SIERRA LEONE ENTRY REQUIREMENT?** |
| **Passport** | [**Yes**](https://www.passporthealthusa.com/passports-and-visas/passports/) |
| **Passport Validity** | [**At least 6 months validity**](https://www.passporthealthusa.com/passports-and-visas/passports/renewed-passport/) |
| **Blank Passport Pages** | [**One page per entry stamp**](https://www.passporthealthusa.com/passports-and-visas/passports/renewed-passport/) |
| **Visa** | **Yes** |
| **Vaccinations** | [**Proof of yellow fever immunization is required**](https://www.passporthealthusa.com/vaccinations/yellow-fever/) |

Sources: [Embassy of the Republic of Sierra Leone](http://embassyofsierraleone.net/) and [U.S. State Department](https://travel.state.gov/content/passports/en/country/sierra-leone.html)

**Can I Obtain My Visa for Sierra Leone on Arrival?**

No. On arrival visas are not available for Sierra Leone, so you must obtain your visa before you depart. Visas are issued by the Embassy of Sierra Leone in Washington, DC. Be sure to work with a travel document expert to obtain your travel visa before your trip.

[**Start Your Application**](https://www.passporthealthusa.com/passports-and-visas/contact/)  
**or Call Today**  
**1-844-366-VISA**

**What Types of Materials Support My Sierra Leone Visa Application?**

To apply for a Sierra Leone visa, you will need:

* Valid Passport
* Passport Photos that meet the requirements of the Embassy of Sierra Leone
* Proof of Financial Resources
* Proof of Travel Arrangements
* Vaccination Certificate for Yellow Fever
* Properly Completed Sierra Leone Visa Application Form
* Money Order

Depending on the details of your trip to Sierra Leone, you may also need:

* Business Introduction Letter
* Employer Profile
* Letter of Invitation from Sierra Leone

Confused by the document requirements for travel to Sierra Leone? Let the Sierra Leone visa experts help! Call **1-844-366-VISA** for expert advice.

**How Do I Obtain My Visa for Sierra Leone?**

Call **1-844-366-VISA**! We make the complicated application process for a Sierra Leone visa simple, and we handle all details on your behalf. We provide you with a dedicated travel document expert to answer any questions you may have, a step by step application kit, visa application review service, pre-paid shipping labels, and hand delivery of your documents to the Embassy of Sierra Leone. Once your visa is issued, we are immediately notified, and we pick the document up and mail it back to you. In short, Passport Health Passports and Visas handles the entire visa process on your behalf.

[**Start Your Application**](https://www.passporthealthusa.com/passports-and-visas/contact/)  
**or Call Today**  
**1-844-366-VISA**

**What Else Do I Need to Do Before Traveling to Sierra Leone?**

Make sure your US passport is still valid. It is best practice for all international trips to make sure passport will be valid for six months beyond the date you plan to exit your destination and that your passport has at least two blank visa pages. Doing so will help to minimize any potential issues with immigration authorities. Do you need to get your passport renewed? Passport Health Passports and Visas can expedite your request to get you a new passport fast.

Vaccination against yellow fever is required to enter Sierra Leone. Schedule an appointment at the [Passport Health travel clinic](https://www.passporthealthusa.com/locations/) nearest to you to get the yellow fever vaccine and all of the other immunizations, medications, and travel supplies you need for a healthy trip to Sierra Leone.

https://www.fitfortravel.nhs.uk/destinations/africa/sierra-leone

https://www.passporthealthusa.com/passports-and-visas/visas/sierra-leone-visa/