

## Health

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### **Tanzania Tactical: Government announces new COVID-19 travel regulations on May 3; practice increased health precautions**

#### **Please be advised**

- According to a communique released by the Ministry of Health, the government has introduced new measures to prevent the importation of new COVID-19 variants into the country, which include the demand for both foreigners and Tanzanians to present negative PCR COVID-19 results taken not more than 72 hours before arrival.
- Travelers are also required to fill an online Traveler's Surveillance Form available [here](#) within 24 hours before arrival.
- There will be enhanced screening at the entry points, including rapid tests for those coming from countries with high numbers of COVID-19 cases. The cost of rapid tests will be 25 USD.
- Travelers arriving from countries with new variants or those who have traveled to these countries in the last 14 days will be required to enter mandatory 14-days quarantine at their own cost. International travelers subjected to quarantine shall choose a place from the list provided by the government while returning Tanzanian citizens will be allowed to self-isolate at home.
- All visitors are required to adhere to preventive measures, including wearing face masks, sanitizing, and social distancing.

#### **Recommendations**

1. Those operating or residing in Tanzania over the coming weeks are advised to practice increased health precautions due to potential exposure to coronavirus and remain cognizant of authorities' instructions regarding restrictions, quarantines, and health procedures.
2. Those seeking to travel to Tanzania over the coming weeks are advised to reconfirm itineraries and anticipate delays due to health surveillance and screening measures.