



Tanzania Zanzibar and Kenya traveller advisory

Ebola precautions, arrival procedures and mandatory insurance

Updated 23 October 2026 • Prepared for Rafiki Tembo guests

Dear Rafiki, please review this advisory before travelling. Regional Ebola developments have prompted additional health precautions. Arrival requirements depend on your destination and recent travel history. Complete the relevant health forms, obtain the required insurance and check official updates before departure.

1 Current health situation

Tanzania's Ministry of Health notice dated 17 October reported no Ebola cases in Tanzania at publication. Zanzibar's separate notice dated 9 October also reported no cases. These are dated statements, not a guarantee of the current situation. [1–2]

Kenya must be considered separately. ECDC reported nine confirmed cases as of 22 October, all linked to the first case. Guests combining Kenya and Tanzania should check their own government's advice, airline requirements and insurance conditions for the complete route. [3]

2 Arrival in mainland Tanzania

- Complete the Traveller's Health Surveillance Form before departure or upon arrival. Save the confirmation or QR code on your phone.

Mainland health form <https://afyamsafiri.moh.go.tz/>

- Expect health screening, including temperature checks, at entry points. Keep your contact details accurate and your phone reachable.
- Travellers assessed as higher risk may receive daily follow-up for 21 days, including after leaving Tanzania. Respond to official health messages.
- Follow Port Health instructions on assessment, infection prevention and any required transport disinfection. Allow extra time before connecting safari flights.

Monitoring does not mean every visitor must undergo 21 days of quarantine. Any additional measures depend on the authorities' assessment. [1]

3 Arrival in Zanzibar

Zanzibar's 9 October notice requires travellers arriving from or transiting through the Democratic Republic of Congo, Uganda or Kenya to complete its separate health form. All arrivals are screened; travellers from affected countries may receive 21-day follow-up. Check for changes to the affected-country list.

[2] **Zanzibar health form** <https://healthtravelnz.mohz.go.tz/traveller>

4 Ebola precautions and what to do if unwell

Ebola spreads through direct contact with infected blood or other body fluids and contaminated objects. It does not spread through the air like influenza. Avoid sick or dead wildlife, bushmeat, and contact with the body fluids or belongings of someone suspected of having Ebola. Practise regular hand hygiene. [4]

Symptoms can develop 2–21 days after exposure and include fever, marked tiredness, headache, muscle pain, vomiting or diarrhoea. Bleeding is not always present. Early symptoms can resemble malaria and other illnesses, so medical assessment is important. [5]

- If you feel unwell after a possible exposure, contact health services promptly and explain your symptoms and travel history.
- Call ahead before attending a clinic so staff can arrange appropriate care. Avoid close contact with others and obtain medical instructions before continuing your journey.
- Notify Rafiki Tembo so we can help coordinate your travel arrangements.

Mainland Tanzania health reporting: 199 or poe@afya.go.tz. These are health contacts, not safari reservation contacts. [1]

5 Mandatory inbound insurance

The USD 44 payment is an insurance premium, not an Ebola tax. It is separate from visa or eTA fees. Confirm eligibility, exemptions, children's premiums and policy dates before payment.

Destination	Published premium	Policy period
Mainland Tanzania	Standard equivalent of USD 44	Up to 92 days
Zanzibar	USD 44 adult premium	Confirm certificate dates
Kenya	Up to USD 44	Up to 3 months

Published rates from NIC, ZIC and Kenya's official insurance portal. Coverage is subject to eligibility and policy terms. [6–8]

Mainland Tanzania NIC <https://inbound.nicinsurance.co.tz/>

Zanzibar ZIC <https://inbound.visitzanzibar.go.tz/>

Kenya eCitizen <https://insurance.ecitizen.go.ke/dashboard/travel>

Mainland and Zanzibar combinations: current UK government guidance says to purchase the policy for your first entry point, rather than automatically buying both NIC and ZIC. Retain the certificate throughout the trip. [9]

Kenya's official portal checked for this advisory states up to three months of cover and a premium including statutory levies and stamp duty, with no separate administration charge. Earlier notices describe different terms; confirm your issued certificate. [8]

6 Simple departure checklist

- ☐ Check current official advice for all destination and transit countries.
- ☐ Confirm passport validity and any required Tanzania visa or Kenya eTA.
- ☐ Complete the relevant health declaration and save the confirmation.
- ☐ Purchase applicable mandatory inbound insurance; save the certificate and receipt.
- ☐ Check exemptions, children's premiums and policy dates before paying.
- ☐ Check yellow fever requirements for your full route with a travel clinic.
- ☐ Keep personal travel insurance and emergency assistance details accessible.
- ☐ Pack prescribed medicines and hand sanitiser.
- ☐ Allow time for health screening before connecting flights.
- ☐ Keep your phone reachable and respond to official health follow-up.
- ☐ Report illness or possible exposure promptly.

Help with your itinerary

Send us your arrival airport, flight routing and countries visited during the preceding 21 days. Our team can help identify the official requirements you should review.

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Requirements can change at short notice. This advisory supports travel preparation; current government and Port Health instructions take precedence.

Official sources and reference documents

[1] Tanzania Ministry of Health advisory 18 of 17 October 2026

[2] Zanzibar Ministry of Health advisory 13 of 9 October 2026

[3] ECDC outbreak update

[4] CDC Ebola basics

[5] WHO Ebola disease

[6] NIC insurance FAQs

[7] ZIC inbound insurance

[8] Kenya eCitizen insurance

[9] UK government Tanzania entry guidance

Also reviewed: Coastal Air advisory CTL/OPS/TA/221026-01, issued 22 October 2026. Sources checked 23 October 2026.