



# Honduras

## Risk Ratings

- M** MEDIUM MEDICAL RISK for Honduras
- H** HIGH TRAVEL RISK for Honduras
- M** MEDIUM TRAVEL RISK for [Islas de la Bahia department](#)

## Know My Risks

**COVID-19 is a pandemic. All areas are likely to experience an outbreak and disruption.**

**International SOS is monitoring the situation closely.**

Please see our:

[Medical and Security Alerts for Honduras](#)

[COVID-19 information for Honduras](#)

[Dedicated COVID-19 website](#)

There are high levels of opportunistic and violent crime, including bag-snatching, pickpocketing and armed robbery. Short-term 'express' kidnapping and kidnap-for-ransom also present a considerable risk to foreigners.

Despite a notable reduction in the number of murders in 2017 and 2018, homicides resumed an upward trend in 2019, indicating that Honduras still has one of the highest homicide rates in the region. However, most murders occur in neighbourhoods and areas near major cities where foreigners on legitimate business trips are unlikely to visit. Most violence is related to clashes between rival gangs and individuals directly and indirectly affiliated with maras (youth gangs) or the drugs trade.

Travellers to remote border regions, especially along the northern coast, should consider using a local guide because of an inadequate police presence in those areas. Crime levels are lower in Islas de la Bahia department, which is considered generally safer than the rest of the country.

This information is intended as a summary of the travel security environment; however, the risks can change at short notice during a crisis or evolving situation. Please check our travel security alerts to ensure you are informed of the most recent developments.

[STANDING TRAVEL ADVICE](#)

## Alerts

**T** [COVID-19: Abide by country-specific advice as pandemic, associated consequences move into new phases](#)

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## Alerts

**COVID-19: Abide by country-specific advice as pandemic, associated consequences move into new phases**

Created and/or Modified: Friday, July 10, 2020 00:27:20 GMT

**Level:** Advisory

**Location:** Anguilla (UK); Antigua and Barbuda; Argentina; Aruba (Netherlands); Bahamas; Barbados; Belize; Bermuda (UK); Bolivia; Bonaire (Netherlands); Brazil; British Virgin Islands (UK); Canada; Cayman Islands (UK); Chile; Colombia; Costa Rica; Cuba; Curacao (Netherlands); Dominica; Dominican Republic; Ecuador; El Salvador; French Guiana (France); Grenada; Guadeloupe (France); Guatemala; Guyana; Haiti; Honduras; Jamaica; Martinique (France); Mexico; Montserrat (UK); Nicaragua; Panama; Paraguay; Peru; Puerto Rico (US); Saba (Netherlands); St Eustatius (Netherlands); St Kitts and Nevis; St Maarten (Netherlands); St Lucia; St Martin (France); St Vincent and the Grenadines; Suriname; Trinidad and Tobago; Turks and Caicos Islands; United States;

**Uruguay; US Virgin Islands (US); Venezuela****Category:** Travel restriction, COVID-19

A number of countries have relaxed some restrictions that aimed to contain the spread of COVID-19. This includes the relaxation of restrictions on internal movement, reopening of businesses and a resumption of some domestic and international travel. Nevertheless, strict measures remain in place, or are being re-imposed, in some locations where there is increasing case activity.

International SOS is issuing this global alert for all countries and territories. In some locations all travel should continue to be deferred, while for others essential travel can resume after undertaking an individual risk assessment of the COVID-19 situation and entry restrictions, including the potential for sudden changes. Please refer to our dedicated country pages and [alerts](#) for details and location-specific advice.

**Advice***Managers*

- Closely monitor official advice and the extent of COVID-19 transmission and related developments for impacts on staff mobility or associated security risks.
- Review operational requirements such as:
  - Whether it is practical for any relocated staff to return to certain locations
  - Whether it is best for your staff and dependents to remain certain locations or to relocate
  - The viability of contingency plans for a deterioration in the logistical, security and/or medical environment and impact of a re-imposition of local measures on business operations and the workforce in-country with minimal forewarning.
- Ensure country-specific Business Continuity Plans are regularly reviewed and focused on next steps. These include mobility management, site operations and return to work.
- Ensure the strict compliance of your staff with local government containment efforts.
- Check the [COVID-19 Travel Restrictions Page](#) or contact International SOS for quarantine measures in place or transportation status for specific locations prior to approving a trip.
- Consult our country pages for country-specific advice.

*In-country members*

- Closely follow all official directives and abide by them. This includes any requirements to wear masks in public places, and self-isolation or quarantine obligations.
- Regularly re-evaluate whether it is best for you and your family to remain in-country or to relocate. Consider the circumstances that influence your ability to remain in-country. These include:
  - Your ability to work with the restrictions, directives and mitigation measures of the authorities.
  - The medical and security threats likely to be impacted by a COVID-19 outbreak.
- Closely monitor reliable sources for the extent of transmission in your location and information relating to security incidents or changes to internal mobility, including the International SOS country-specific [alerts](#).
- Understand your company's medical and security triggers for changes to in-country posture.
- Prepare for an outbreak in your location:
  - Ensure you have a plan to restrict your movements and social interactions, and if required, to stay home for 14 days or more.
  - Keep yourself in the best possible health. Get the recommended amount of sleep each day, eat a healthy diet, and keep up regular physical activity.
  - Speak to your doctor now about any chronic medical conditions you may have and get them under optimal control.
  - Ensure you have adequate supplies of any necessary equipment and medication.
  - Have your annual flu vaccination.
- Reduce the spread of infection:
  - Consider wearing a face mask when in public. In some locations this is mandatory. See [general information on wearing masks](#).
  - Anyone who has any symptoms even if only mild should stay home and seek medical advice.
  - Cough and sneeze into your elbow, not your hands.
  - Do not shake hands, hug or kiss.
  - Wash your hands frequently. Carry hand sanitiser for use when soap and water are not readily available.
  - Avoid sharing food, drinks and personal items.
  - Avoid touching your face.
  - If you must touch objects that are handled by many people (such as handrails, doorknobs) ensure you do not touch your face.
  - Practice social distancing: Keep 1-2 meters (3-6 feet) away from other people. Avoid crowded places.
- Social Distancing: Some people have COVID-19 without noticeable symptoms. Follow these measures:
  - Consider staying home as much as practical.
  - In public, try to maintain a distance of 1-2 meters (3-6 feet) from others.
  - Use private vehicles if possible.
  - Keep face-to-face interactions brief.
  - Choose outdoor activities rather than indoor.
  - Consider whether gatherings with friends and family should be minimised.
- For those who are sick:
  - Stay at home and call for medical advice. Follow the local procedure for your area.

For further health information and advice, see the current International SOS [medical alerts](#) and the [COVID-19 information](#) within the Pandemic Information Site.

*Inbound travellers*

- **Defer either all or non-essential travel (depending on our country-specific advice).**
- Understand your company's business-specific pandemic and business continuity plans and triggers for changes to in-country operations.
- Discuss all travel with management in accordance with your organisation's travel approval process. Review with your management the necessity of travelling against the potential risks. Consider the following factors:
  - Availability of flights to/from a country.
  - The validity of current visas or residence permits you are holding in light of the latest entry restriction.
  - The risk of a renewed outbreak of COVID-19 and subsequent enforcement of movement restrictions preventing you from leaving/returning home.
  - The risk of travel disruption due to screening and quarantine measures in place in and outside the country.
- Reconfirm flights prior to departure. We do not hold information on specific flights or other modes of transport; contact the relevant service provider or your travel agent.

- Plan flexible itineraries taking into account any residual travel restrictions. Account for additional time required for likely health and temperature screening at airports and other transport hubs. Be mindful of any quarantine and isolation procedures being implemented at point of departure and destination.

#### More detail

An outbreak or resurgence of COVID-19 cases could occur at any time and location, and could escalate rapidly. This could lead to the re-imposition of border closures and localised restrictions, including lockdowns and business closures. Healthcare facilities may become strained or overloaded, limiting the ability to treat all illnesses, including COVID-19. Medical evacuations may be further constrained. From a security perspective, the socio-economic impact of COVID-19 will continue to resonate for some time. Ramifications will be distinct to local context but will likely exacerbate existing security challenges in the location.

International SOS continues to monitor related developments. Our risk assessment is made jointly by medical and security professionals, and accounts for current risk levels, as well as the likely evolution of risk in the coming weeks and months. Daily updated information on COVID-19-related restrictions worldwide is accessible on the [COVID-19 Travel restrictions page](#) of our International SOS Pandemic Information site. We will also continue to provide any necessary updates to significant mobility, logistical, medical and security implications, with corresponding advice, in dedicated country-specific [alerts](#).

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## Vaccinations For Honduras

Hepatitis A Recommended for all travellers and expatriates, [Read more](#)

Hepatitis B Recommended for all travellers and expatriates. [Read more](#)

Rabies Consider for certain travellers, especially: For [Read more](#)

Typhoid fever Recommended for all travellers and expatriates. [Read more](#)

Yellow fever A yellow fever vaccination certificate is [Read more](#)

#### Routine Vaccinations

- All routine vaccinations should be current: these include [Measles-Mumps-Rubella](#), [Polio](#), [Tetanus-Diphtheria-Pertussis](#), and [Varicella](#).
- Annual influenza [vaccination](#).

#### Other Medical Precautions

- [Before you go - See your doctor and dentist and ensure you are in the best health before you leave. Other preparations:](#)
- [Malaria](#)
- [Zika Virus](#)
- [Health Threats](#)

## Alerts

 [COVID-19: Abide by country-specific advice as pandemic, associated consequences move into new phases](#)

[View All Alerts](#)

## Summary

### TRAVEL RISK SUMMARY

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ransom also present a considerable risk to foreigners.

Despite a notable reduction in the number of murders in 2017 and 2018, homicides resumed an upward trend in 2019, indicating that Honduras still has one of the highest homicide rates in the region. However, most murders occur in neighbourhoods and areas near major cities where foreigners on legitimate business trips are unlikely to visit. Most violence is related to clashes between rival gangs and individuals directly and indirectly affiliated with maras (youth gangs) or the drugs trade.

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## STANDING TRAVEL ADVICE

### Advice amid COVID-19-related restrictions

- Defer all travel due to restrictions related to COVID-19.
- See country page for latest developments and advice.

### Other advice

- Seek itinerary-specific advice prior to travel due to the risk of exposure to violent crime. Travel to Islas de la Bahia department can proceed with sensible security precautions.
- Ensure you are fully confident in your security, communications, transport and accommodation arrangements; a secure escort may be necessary in some areas (subject to profile and itinerary).
- If undertaking essential travel to mainland Honduras, particularly the capital Tegucigalpa and San Pedro Sula, ensure adherence to stringent security precautions; these include maintaining a low profile, avoiding low-income districts and other trouble spots, and implementing a thorough and robust journey management plan.
- Rates of crime are high; minimise non-essential movement outside daylight hours and maintain a heightened sense of awareness at all times and in all areas.
- In the event of being accosted by a criminal, assume that your assailant is armed; do not try to negotiate with, antagonise or resist your assailant, as it is common for criminals to leave victims unharmed if they do not resist.
- There is a credible risk of short-term 'express' kidnap. Remain alert to suspicious behaviour, especially in the vicinity of banks, and avoid withdrawing money from ATMs in exposed areas after dark. Kidnap-for-ransom is also a risk, though more so for longer-term visitors and residents. Expatriates should vary routines, choose a modest model of vehicle and maintain vigilance for signs of surveillance.
- Do not travel on foot or use public transport and taxis: use a private vehicle and trusted local driver obtained through your host company or hotel. Do not self-drive unless very familiar with local conditions.
- Ensure you use secure areas for arrivals and departures such as a well-lit hotel lobby or an access-controlled car park.
- Road conditions are variable and road traffic accidents are common; ensure you properly vet drivers and maintenance records of any third party provider.
- Do not undertake overland travel outside daylight hours and keep car windows up and doors locked to mitigate the risk of carjacking. Do not display valuables such as mobile telephones and laptops while in traffic; do not leave any visible valuables in parked vehicles.
- Avoid all demonstrations due to a credible risk of unrest; do not stop to watch or photograph them. Leave an area immediately if a crowd or large group of security forces begins to gather.
- The performance record of domestic airlines is variable; consult travel agents regarding their suitability when making travel plans.

## Personal Risk

### CRIME

Travel to Honduras continues to pose a serious challenge due to the frequency of violent and opportunistic crime. The government lacks adequate resources to tackle the problem, and the capacity of the police and the military is limited. Furthermore, issues such as high rates of youth unemployment, poverty and easy access to firearms have contributed to high incidence of crime.

#### *Opportunistic crime/petty theft*

In metropolitan areas such as the capital Tegucigalpa and the commercial city of San Pedro Sula (Cortés department), petty and opportunistic crime pose the greatest risk. Pedestrians have been targeted by armed robbers; while possible in central business districts during daylight, it is inadvisable to travel on foot. Pickpockets are also known to operate at hotels and airports; travellers should conceal valuable items such as laptops and passports at these locations. Foreigners involved in car accidents or whose vehicles break down in cities can be targeted by petty criminals for robbery.

#### *Violent crime; gang violence*

Violent crime by armed criminals is a serious concern in all areas of the country. The risk of foreigners falling victim to violent crime is higher in urban centres, especially in impoverished neighbourhoods where rival gangs vie for control; however, travellers should generally have little need to enter these areas. Anti-gang operations by the Honduran National Police and the Military Police Public Order Battalion (PMOP) in 2018 have succeeded in pushing a portion of gang members out of the cities. However, this has come at the cost of an increase in violent gang-related crime in rural areas as gang leaders have sought to re-establish operations away from urban areas.

Armed robbery of foreigners has taken place at major tourist destinations including Copán (Copán department) and Roatán Island (Islas de la Bahia department) and in and around the popular north-coast resort town of Tela (Atlántida department). In August 2016, a Salvadoran tourist was killed in the Atlántida department by a criminal band which specifically targeted tourists. Residential break-ins, even in affluent urban areas, also pose a credible threat.

The majority of violence occurs between rival 'maras' or youth gangs – particularly the Mara Salvatrucha (MS-13) and Barrio 18 (18th Street) gangs – connected to the drug trade and will generally not directly target business travellers. However, the incidental risk to bystanders from clashes between rival gangs or with the security forces is considerable. Honduras has one of the highest homicide rates in the world. In 2019, it had a rate of 41.2 homicides per 100,000 residents, the first time the rates had increased since 2012; it was an increase by 7.1%. Although there has been a recent decline, homicide rates remain highly elevated compared to the global norm. Gang violence is a key driver of high murder rates, with the vast majority of homicide victims linked to organised criminal groups.

Roatan and the Bay Islands have lower rates of crime, especially violent crime, than the rest of Honduras and present a relatively benign environment.

### *Carjacking*

Carjacking and highway robbery is a serious concern, particularly on the main highway (CA-5) between San Pedro Sula and Siguatepeque (Comayagua department), with the utmost risk on the stretch between Potrerillos (Cortés department) and Pito Solo in the lake area (Comayagua department). Similar incidents have been reported on the highway between San Pedro Sula (Comayagua department) and Tela (Atlantida department) with the highest risk near the palm tree plantations near El Progreso (Yoro department).

In addition, roads that have witnessed armed attacks include routes from Limones (Colón department) to La Union (Lempira department), from Olancho (Olancho department) via Salama (Olancho department) to Saba (Colón department), from Gualaco to San Esteban (both in Olancho department) and from La Esperanza (Intibucá department) to Gracias (Lempira department). As basic preventative measures, drivers should travel during daylight hours only, with valuables out of sight, and keep doors locked and windows closed.

### *Threat at border areas*

Armed criminals are especially active around the northern coast and border areas with Guatemala, El Salvador and Nicaragua. Narcotics traffickers are active along the north-eastern part of the country's Caribbean coast, especially the departments of Colón and Gracias a Dios, which are known to be transshipment points for illicit drugs. The region is poorly policed and has a limited government presence, which further encourages criminal activity; the region has the highest homicide rate nationwide.

## **TERRORISM**

There are no known terrorist groups operating in Honduras and the threat from terrorism is low.

## **KIDNAPPING**

Kidnapping remains a significant problem throughout Honduras. Foreigners face the greatest risk from short-duration express kidnappings, particularly in Tegucigalpa and San Pedro Sula. An express kidnap is similar to a street mugging, except the victim is often detained for several hours as their bank accounts are emptied and their credit cards stolen. Members should exercise heightened caution when using ATMs; only those in secure locations such as shopping centres, hotel lobbies or banks should be used.

Virtual kidnapping is also a concern. In this type of kidnapping, victims are telephoned, told that a family member has been kidnapped, and are threatened into making ransom payments. In many cases, the criminals do not intend, or are unable, to physically confront the victims. In the event of receiving such a call, members are advised to hang up and dial their nearest Assistance Centre.

## **SOCIAL UNREST**

Demonstrations are common in Honduras, particularly in Tegucigalpa. Protests are often politically motivated, though issues such as education, environmental and labour disputes may also prompt demonstrations. Election periods also carry a risk of isolated clashes between supporters of rival political parties.

Such protests usually take place in department capitals, and near government buildings, including the presidential palace and the education ministry building in Tegucigalpa. Protests often begin peacefully but can quickly degenerate into violence, at which point the security forces are liable to employ tough measures to restore order.

Although such gatherings do not pose any direct risk to foreign nationals, visitors should avoid the vicinity of protests to mitigate the incidental risk of exposure to violence. Protests often turn unruly, and the police have used means such as tear gas, rubber bullets, and water cannon to disperse them. Protests can exacerbate traffic congestion, especially if they involve roadblocks.

Unresolved land disputes between landless peasants and palm plantation owners can trigger sporadic protests by farmers, particularly in the north-eastern Bajo Aguán region (Colón and Yoro departments). Clashes have also been reported between farmers and private security guards hired by owners to protect their plantations. Peasants may violently resist any attempts by the security forces or hired guards to evict them.

While foreigners are unlikely to be directly targeted, the overall increase in violence is likely to pose threats to travellers who may be mistaken as parties in the conflict. Previously, such incidents in Bajo Aguán have affected civilians with no ties to violent groups. The situation is exacerbated by the presence of drug traffickers, who use the region as a transit point for narcotics headed north. Travellers, especially in the agribusiness sector, should take extra precautions in planning a trip to Bajo Aguán, as the authorities have a limited capacity to ensure security in the area.

## **BUSINESSWOMEN**

Foreign businesswomen and other female visitors can expect to be treated respectfully in normal social situations. However, there remains a macho element in society and conservative clothing is recommended.

## **CONFLICT**

Honduras has no conflict with any foreign country. However, the security situation in areas near the Nicaraguan border is affected by criminal gangs. Foreign visitors should not travel at night and must be vigilant at all times.

## **EMERGENCY NUMBERS**

Emergency Numbers	
All emergencies	911
Fire	198

Ambulance services are not recommended. Contact [International SOS](#) for help with your medical situation.

## **Country Stability**

## **POLITICAL SITUATION**

Honduras is a republic. The president is the head of state and is directly elected for a four-year term by popular vote. The unicameral National Congress also serves a four-year term. The two dominant political parties in Honduras are the Liberal Party (PL) and the National Party of Honduras (PNH). Smaller parties include the Christian Democratic Party (PDC); the Innovation and National Unity Party (PINU-SD); and the Democratic Unification Party (PUD).

Roberto Micheletti of the PL replaced Manuel Zelaya, also of the PL, as interim president following a bloodless coup in June 2009. Zelaya was ousted on the day that a controversial referendum on constitutional reform was scheduled to be held; his critics alleged that he was planning to amend the constitution to allow him to stay in office for a second term. His return to the country in September 2009 reignited political tensions. Porfirio 'Pepe' Lobo of the PNH won the November 2009 presidential elections. Zelaya, who was subsequently sent into exile in the Dominican Republic, returned to Honduras in May 2011.

Juan Orlando Hernández of the conservative National Party (PN) won the November 2013 presidential elections defeating Xiomara Castro, the opposition Liberty and Refoundation Party (Libre) candidate. Hernández was officially re-elected as president for a second term in January 2018 after defeating Salvador Nasralla of the Opposition Alliance party, though his inauguration was marred by protests across the country with the opposition alleging electoral fraud during the contested and controversial November 2017 vote. Protests reignited in 2019 following an investigation that alleged that Hernandez had received financial aid from drug trafficking organisations during the 2013 election.

## RULE OF LAW

The country's highest court is the Supreme Court. In practice, the judiciary is not fully independent. Even though the government exercises significant control over its territories, it is often challenged by violent youth gangs, known as 'maras', that control many of the poorer districts in urban centres. Law enforcement agencies have taken some measures to check this, but large parts of the population are still subject to youth-related gang violence. The state's administrative structure covers almost all the territory, except for the sparsely populated rainforest areas and some indigenous enclaves.

The Honduran National Police in 2018 underwent a major de-corruption effort, dismissing forty percent of the force for corruption. The remainder are dedicated and well-trained, but lack adequate manpower, resources, training and professionalism to deal with emergency situations. Corruption unfortunately still remains a lingering concern.

A separate tourist police force has been created and deployed at some tourist destinations such as the north-western town of Tela, La Ceiba (both in Atlántida department), Tegucigalpa, San Pedro Sula and Roatán. Supervisory officers in the tourism police and some junior officers speak English, but the capability of the force is nonetheless constrained by staff shortages.

The police presence is especially low in the narcotics prone departments of Olancho, Colon and Gracias a Dios. A new Public Order Military Police (PMOP) force has been set up in an effort to tackle rampant insecurity. The PMOP has proven itself effective in multiple joint operations with the National Police, and in independent missions within the cities, but its soldiers have not been trained as thoroughly in dealing with the public as the National Police. Two new police units – a shock force unit known as Tigres (Tropa de Inteligencia y Grupos de Respuesta Especial) and the Community Police (PC - a new branch of the national police) have also been established to combat crime.

## CORRUPTION

There is a high level of corruption at all levels of Honduran society. Various anti-corruption measures have been ineffective, primarily because of the judicial system's inefficiency and lack of independence. The police cannot be relied upon to provide security, as they are grossly under-manned, under-equipped, and poorly trained. Police corruption remains a concern, and officers have been involved in crimes such as kidnaps and robberies.

## NATURAL DISASTERS

Honduras can be affected by hurricanes and floods, especially during the rainy season, from June to November. Additionally, the country is vulnerable to droughts and forest fires during the dry season, which lasts roughly from February to May. Mild earthquakes are common. The latest weather-related information in Spanish is available at the Honduran national civil protection website ([COPECO](#)).

## RECENT HISTORY

While the mid-1980s were dominated by military governments, which supported US efforts to quell leftist revolutionary movements in Central America, civilian leaders who came to power later sought to curb the power of the armed forces. In October 1998, Honduras was devastated by Hurricane Mitch, in which approximately 5,000 people were killed and about 1.5m people displaced. Significant repercussions to the economy were also reported.

In 2002, under President Ricardo Maduro Joset of the centre-right National Party of Honduras (PNH), there were concerted efforts to tackle rising crime, which included the deployment of a joint police-military force. During Joset's term of office, Honduras also negotiated and ratified the US-Central American Free Trade Agreement (CAFTA). In the 2005 elections, Liberal Party (PL) candidate José Manuel 'Me' Zelaya was elected to become the country's seventh president. He had campaigned to tackle corruption and combat drug trafficking, while maintaining economic stability. However, he was ousted in a military coup in June 2009, and was replaced by Roberto Micheletti of the PL, who was appointed interim president. The coup was triggered by a controversial constitutional referendum scheduled for the same day, which, according to his critics, would have allowed Zelaya to extend his time in office and run for a second term. Porfirio Lobo of the PNH won the November 2009 presidential elections, while Juan Orlando Hernández of the conservative National Party (PN) won the next presidential poll in November 2013. Hernandez was re-elected for a second term in November 2017 amid controversy and widespread opposition protests alleging electoral fraud.

## Alerts

 [SPECIAL ADVISORY: COVID-19 outbreak impacting health care](#)

 [SPECIAL ADVISORY: COVID-19 outbreak impacting health care](#)

 [SPECIAL ADVISORY: COVID-19 outbreak impacting health care](#)

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## Before You Go

**See your doctor and dentist and ensure you are in the best health before you leave. Other preparations:**

- **Check your routine vaccinations**

Check your **measles** and other routine vaccinations are up to date (polio; varicella; mumps and rubella; tetanus, diphtheria and pertussis, seasonal influenza). See a travel health practitioner 6 to 8 weeks before departure for destination-specific health preparations. You may need additional vaccinations, some of which require several doses, or be recommended malaria medication which may need to be started a week or more before arriving in the malarial country.

- **Documentation:** Arrange a copy of your personal health record to carry with you when you travel. Include a letter from your doctor explaining your need for all medications you are carrying, including any over-the-counter medications, in English and the language of your destination(s). Make sure you have copies of your prescriptions.

- **Medication:** Check the regulations of your destination country regarding importation of your medication, as some drugs may be strictly prohibited (especially narcotics and psychotropics) and may result in severe penalties. Some restrictions are published on the [International Narcotics Control Board](#). Take any medicines you require *in their original packaging*, including any information leaflets, with them clearly labelled with your name (matching your passport name), and your doctor's name. Have enough to cover the trip, and extra in case of delays, however note that many destinations limit quantities of certain drugs to a 30-day supply. Carry medication in your hand luggage, with copies of your prescriptions.

**Vaccinations for Honduras**

Recommendations may vary for short-term visitors. Always consult your travel health advisor or contact International SOS to discuss your specific needs.

<a href="#">Hepatitis A</a>	Recommended for all travellers and expatriates, especially groups at higher risk including: <ul style="list-style-type: none"> <li>• long-term and frequent visitors.</li> <li>• adventurous travellers who travel to more remote locations or stay in areas with poor sanitation.</li> <li>• gay, bisexual, and other men who have sex with men see (see <a href="#">US CDC</a>).</li> <li>• people who use illicit drugs.</li> <li>• those with liver disease.</li> </ul>
<a href="#">Hepatitis B</a>	Recommended for all travellers and expatriates.
<a href="#">Rabies</a>	Consider for certain travellers, especially: <ul style="list-style-type: none"> <li>• For expatriates and long-term visitors.</li> <li>• For children who tend to play with animals and may not admit to being bitten or scratched.</li> <li>• If you are travelling to a location where quality medical care may not be available immediately after being bitten/scratched by an animal. (Unvaccinated people need immunoglobulin within 24 hours of an animal injury, and this medication is scarce in some countries. If you are pre-vaccinated, you do not need this immunoglobulin after an injury.)</li> <li>• If contact with dogs, monkeys or other potentially rabies-carrying animals is likely. Jogging increases your risk of dog bite.</li> </ul>
<a href="#">Typhoid fever</a>	Recommended for all travellers and expatriates.
<a href="#">Yellow fever</a>	A yellow fever vaccination certificate is <b>required</b> for entry for anyone $\geq$ 1 year of age arriving from a <a href="#">country with a risk of yellow fever transmission</a> . <i>(Discuss vaccination with your travel health professional well in advance of your trip. The certificate becomes valid 10 days after vaccination and is valid for the life of the traveller. Note that vaccination requirements may change at any time; check with the relevant embassy or consulate for your destination. Occasionally border authorities request a valid vaccination certificate although it may not be required under the official policy.)</i>

[More on diseases in Honduras](#)

**Malaria**

**Threat from:** Bites and Stings

**Malaria is present in most areas of Honduras including Roatan and other Bay Islands.**

There is no malaria in San Pedro Sula and Tegucigalpa.

Prevention:

- mosquito bite avoidance
- medication: consult your travel health doctor for an individual recommendation. Some authorities recommend preventive medication if visiting the risk areas





Malaria is transmitted by mosquitoes that usually bite from dusk to dawn. Symptoms can develop as early as seven days or as late as several months after exposure. Early malaria symptoms are flu-like and can include fever, sweats/chills, head and body aches, and generally feeling tired and unwell. People also sometimes feel nauseous and vomit or have diarrhoea. Untreated, malaria can cause serious complications like anaemia, seizures, mental confusion, kidney failure and coma. It can be fatal.

Follow the ABCDEs to minimise malarial risk:

- A:** Awareness - Be **Aware** of the risk, the symptoms and malaria prevention.
- B:** Bite Prevention - Avoid being **Bitten** by mosquitoes, especially between dusk and dawn.
- C:** Chemoprophylaxis - If prescribed for you, use **Chemoprophylaxis** (antimalarial medication) to prevent infection and if infected reduce the risk of severe malaria.
- D:** Diagnosis - Immediately seek **Diagnosis** and treatment if a fever develops one week or more after being in a malarial area (up to one year after departure).
- E:** Emergency - Carry an **Emergency** Standby Treatment (EST) kit if available and recommended (this is the kit which contains malaria treatment).

## Zika Virus

**Threat from:** Bites and Stings

Zika may be present in some areas. The first locally-transmitted cases were reported in January 2016 and the country experienced a large outbreak that year with over 30,000 cases. Some Zika associated birth defects have been reported. The disease is considered an ongoing risk. Over 200 cases were reported in 2019 from several regions including Cortes, Municipality of the Central District, Yoro, Santa Barbara, Atlantida, Municipality of San Pedro Sula, Lempira, Olancho and Comayagua.

Zika fever is a viral disease, mostly transmitted to people by mosquito bites, but also from one person to another through sexual contact. Symptoms can be mild and include fever, rash, muscle and joint pains, red eyes (conjunctivitis). However, infection during pregnancy can cause severe complications, including miscarriage and permanent birth defects (congenital Zika syndrome). No specific treatment or vaccine is available.

Prevent infection through mosquito bite avoidance. Prevent sexual transmission through condom use or abstinence. Pregnant women should prevent sexual transmission throughout their pregnancy. People considering pregnancy may be advised to continue to prevent sexual transmission for several months after they have left a risk area. For more information see the article "Zika virus" in the "Disease & Prevention" dropdown on International SOS Location Guides.

## Standard of Care

### Emergency Response

**Always try to call International SOS whenever medical care or advice is required, especially in emergencies.**

Use a private vehicle to reach medical care as the public ambulance services are not recommended.

In Tegucigalpa, private ambulances operated by Rescate Medico Movil are recommended, call 239-9999.



Some private hospitals in major cities can provide emergency ambulance services with doctors on board. Call the hospital directly to arrange transport. If there is any delay, take the patient directly to the nearest selected private hospital.

Emergency Numbers	
Fire	198

### Standard of Health Care

#### Let International SOS assist you.

International SOS will assist you to find appropriate emergency, inpatient or outpatient care, will provide language assistance, may be able to pay your medical expenses and will assist with evacuation when required.

#### Inpatient care

The best medical care in Honduras is available in Tegucigalpa and San Pedro Sula. In these cities, selected private facilities can provide adequate care for the treatment of basic and moderate medical conditions. Serious cases will require evacuation. Some doctors have trained in the United States and speak English.

Only basic medical care is available on the islands of Roatan, Utila and Guanaja. There is a hyperbaric chamber on Roatan Island for diving-related care.

#### OutPatient Care

Selected facilities in major cities provide a wide range of general and specialist outpatient care. Family medicine, internal medicine, paediatrics, obstetrics and gynaecology and most adult specialities are available.

Outpatient care can be accessed through hospital outpatient departments or clinics or through individual practitioners.

#### Paying for Health Care

Payment at the time of service is required. Credit cards are accepted at most private hospitals and some clinics.

Do not defer medical treatment because of financial concerns. Contact International SOS, and if our terms allow, we will make financial arrangements on your behalf.

#### Dental Care

Selected dental facilities in Tegucigalpa provide adequate care for all basic and emergency dental work. Some dentists have trained in the United States. Orthodontic and more complex dental work is not recommended.

A thorough check up and all routine dental treatment should be undertaken prior to travel to Honduras.

#### Blood Supplies

The blood supply in selected hospitals in Honduras is generally safe. Voluntary donors are used however shortages are common. In other facilities, blood is considered unsafe. If blood is required, evacuation to the United States may be necessary in some circumstances.

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. If a blood transfusion is recommended and circumstances permit, seek a second opinion from International SOS or your health advisor.

#### Medication Availability

Most medications are available at pharmacies in Honduras.

Since brand names vary, know the generic (chemical) names of your medications. It is always advisable to bring an adequate supply of prescription and other medications from your home country. However ensure you check the regulations of your destination regarding importation of your medication, as some drugs may be strictly prohibited (especially narcotics and psychotropics) and may result in severe penalties. Some restrictions are published on the [International Narcotics Control Board](#).

## Clinics & Hospitals

#### Medical Providers

No matter where you are, contact International SOS first if you are sick, injured or need medical advice.

Our medical staff will advise you, help you select the correct doctor, hospital or clinic, and make any necessary appointments on your behalf. If our terms allow, we will also make financial arrangements for you.

It is recommended that you contact International SOS before accessing medical care in Honduras

**Hospitals / Clinics**

If you are unable to contact International SOS, the following list of hospitals and clinics is provided in case of medical emergencies.

**Tegucigalpa**

Honduras Medical Center

Category: Hospital  
 Address: Colonia Las Minitas  
 Ave. Juan Lindo  
 Tegucigalpa, Francisco Morazán 11101  
 Telephone: 504 2280-1561

Hospital Viera

Category: Hospital  
 Address: Barrio La Ronda  
 5ta Avenida # 1115  
 front of Alcaldía municip  
 Tegucigalpa, Francisco Morazan 11101  
 Telephone: 504 -2237 3160 / 7136  
 504 2237 0817

504 2262 1243 (appointments only)

**Food & Water****Food and Water Precautions**

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 with soap before eating, or use an alcohol-based hand sanitizer. See the following country-specific recommendations:

**Water and Beverages**

Tap water is unsafe.

- Drink only bottled or boiled water or carbonated drinks.
- 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.

[More on food and water safety](#)

**Health Threats Summary**

Health threats present include:

**Animals:** [Rabies](#)

**Bites and Stings:** [American Trypanosomiasis \(Chagas disease\)](#), [Chikungunya](#), [Dengue fever](#), [Leishmaniasis](#), [Malaria](#), [Zika virus](#)

**Coughing/sneezing:** [\\*COVID-19](#), [Tuberculosis \(TB\)](#)

**Environment:** [Altitude](#)

**Food and/or water:** [Ciguatera](#), [Hepatitis A](#), [Travellers' diarrhoea](#), [Typhoid fever](#)

**Sex/blood/needles:** [HIV](#), [Hepatitis B and C](#), & [STIs](#)

**Health Threats**

^ [\\*COVID-19](#) | Threat from : Coughing/sneezing

This is a rapidly evolving situation. International SOS is monitoring closely - **please see the MEDICAL ALERT on the "View All Alerts" section of this location guide**, and the [COVID-19 pages](#) of the Pandemic Information website.

Towards the end of December 2019, authorities in Wuhan, Hubei province, announced a cluster of cases of pneumonia associated with the Huanan / South China Seafood Wholesale Market, for which a cause had not yet been identified. By January, a new coronavirus was identified as the cause of the illness. Initially called 2019-novel coronavirus (2019-nCoV), the virus was renamed severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2), and the disease it causes is called Coronavirus Disease 2019 (COVID-19). The situation is now a pandemic, and every location is expected to eventually be affected.

Transmission of the virus is from human to human. Although the exact way this happens with COVID-19 is still being investigated, it is probably occurring in the same way as other respiratory infections - through infected respiratory droplets. The infected person expels these when they cough, sneeze, or talk. Others can get the disease via contact (direct or indirect) with these contaminated droplets. Symptoms include fever, cough, sore throat, shortness of breath and breathing difficulty. Less common symptoms include headache, muscle aches and diarrhoea. Around 15% of cases have been severe and some will die. Older people, and people with underlying health conditions appear to be at higher risk for severe disease. There is no specific treatment - "non-steroidal anti-inflammatory drugs (NSAIDs)", such as ibuprofen, which are often available over the counter without prescription, should NOT be used to treat symptoms. They might make the illness worse. Paracetamol / acetaminophen can be used.

There is no vaccine yet, however research and development has commenced. Prevention is through avoiding potential exposure (keeping 1-2 metres away from other people) and employing general hygiene measures (washing hands, not touching your face, keeping surfaces clean).

## Honduras

Imported cases were first reported in mid-March 2020 and local transmission was detected by the end of the month. Cases have been surging in June. See the [Ministry of Health](#) website (*in Spanish*) for COVID-19 information and hotline numbers for the different departments.

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### ^ Altitude | Threat from : Environment

Altitude illness is a potentially fatal condition that can affect people who normally live at a low altitude and travel to a higher altitudes. It can occur from elevations of 1,500 meters onwards, but is more common at elevations above 2,500 meters (8000 feet).

People most at risk are those who have experienced altitude illness before, people who have heart or lung problems and people under the age of 50. There are three different types of altitude illness: Acute Mountain Sickness (AMS), High Altitude Cerebral Edema (HACE) and High Altitude Pulmonary Edema (HAPE). AMS is the most common and mild form of altitude illness. HACE and HAPE are more severe. HACE is a medical emergency and if not treated and managed quickly, can result in coma and death. Management of altitude illnesses involves immediate descent and oxygen treatment. Most people who are affected, even those who develop HACE or HAPE, recover completely if moved to a lower elevation. There are medicines that can be administered by trained medical professionals.

Anyone travelling to high altitude, especially higher than 2,500 meters, should be aware of and recognise the symptoms of altitude illness. See your travel health professional before departure, for individual advice on preventive measures, especially if you have ever suffered altitude sickness in the past, or if you have an underlying medical condition.

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### ^ American Trypanosomiasis (Chagas disease) | Threat from : Bites and Stings

Also known as Chagas disease, American Trypanosomiasis is transmitted by a blood-sucking bug, the triatomine (also known as the "kissing bug"). An infected bug deposits faeces on the victim's skin, often at night. Infection occurs when the faeces or urine are rubbed into a bite, an open cut, the eyes or mouth. Chagas disease can also be transmitted other ways, including through blood or organ donation from infected donors, and contaminated food and drinks.

The initial stages of the infection may go unnoticed or only be mild. Local swelling may appear at the site of infection, and some people get a characteristic purplish swelling around the lids of one eye. Other symptoms include fever, body aches and headaches, diarrhoea, vomiting, breathing difficulty and swollen lymph nodes. Chronic infections may involve the heart, gastrointestinal system or brain, and can be fatal. No vaccine is available. Treatment with anti-parasitic medicines is most effective soon after infection. Prevent infection by avoiding insect bites and choosing safe food and water. Choose well-constructed facilities to sleep indoors and use a bed net.

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### ^ Chikungunya | Threat from : Bites and Stings

People can get chikungunya if they are bitten by a mosquito carrying the virus. About four to seven days later, the infected person develops a sudden fever and severe joint pain. Pain is especially common in the knees, ankles, small joints (especially in hands and feet) and any previously injured area. Other common symptoms are a rash and headache.

There is no specific cure for the disease. Recovery takes several weeks.

There is no vaccine. The only way to prevent chikungunya is to prevent mosquito bites. Wear long sleeves and long pants, and use insect repellents to prevent mosquito bites.

## Honduras

Local transmission was first reported in 2014 which resulted in large outbreaks. The disease is now consistently present in the country.

#### ^ Ciguatera | Threat from : Food and/or water

Ciguatera poisoning is caused by eating fish that is contaminated by a micro algae toxin - ciguatoxin. The toxin becomes more concentrated in large carnivorous reef fish over 2.7kg. The fish most frequently implicated include amberjack, barracuda, grouper, moray eel and sea bass.

Early symptoms usually start 3 to 6 hours after eating contaminated fish, but can be delayed up to 30 hours. They include slowed heart rate, abdominal pain, nausea, vomiting and profuse watery diarrhoea, which generally last for 1-2 days. A range of neurological symptoms may also occur and can last for months, including dizziness, weakness, tingling in hands, feet, tongue and mouth, blurred visions and temperature reversal (where hot things feel cold and cold things feel hot). In extreme cases, patients can suffer respiratory paralysis, coma and very rarely heart failure and death.

There is no specific treatment for ciguatera poisoning.

The toxin does not affect the taste, odour or texture of the fish, and it cannot be destroyed by freezing, cooking or any other method of food preparation. Prevention is by avoiding eating large reef fish (over 2.7kg / 6lbs) and avoiding eating the heads, intestines, liver or roe of all reef fish. Certain foods may need to be avoided after an episode of ciguatera poisoning.

#### ^ Dengue fever | Threat from : Bites and Stings

Dengue, or "break-bone" fever, is a viral disease of the tropics and sub-tropics. It is transmitted by the *Aedes aegypti* and *Aedes albopictus* mosquitoes that bite during the daytime and are found in and around human habitation. Sexual transmission can occur but is rare. Transmission from mother to child is possible during pregnancy or birth. Symptoms include high fever, severe headaches, joint and muscle pain, nausea and vomiting. A rash often follows. The acute illness can last up to ten days, but complete recovery can take two to four weeks.

Occasionally, a potentially fatal form of dengue called severe dengue (previously known as dengue hemorrhagic fever or DHF) occurs. Severe dengue is more likely in infants and pregnant women, as well as for people who have been infected in the past and are infected again with a different strain of dengue. When a pregnant woman is infected there is a risk of pre-term birth, low birth weight and foetal distress. About 2 to 3 out of 100 severe dengue cases are likely to be fatal.

Prevention is through avoiding mosquito bites. Prevention of sexual transmission is through abstinence or using condoms when infected with dengue. A dengue vaccine, Dengvaxia, is available in several countries however it is not recommended for people who have never had dengue infection. It should only be used in people who have previously been infected with dengue. Hence, travellers who have already had the disease or are seropositive and planning to visit areas with high transmission can consider vaccination in consultation with a travel health specialist.

#### Honduras

Dengue fever is a risk throughout the country, especially during the rainy season.

#### ^ Hepatitis A | Threat from : Food and/or water

Hepatitis A is a viral disease that causes liver inflammation. The virus is present in the faeces of an infected person. It spreads through contaminated food and water, and is common in areas with poor sanitation. Person-to-person spread also occurs, when the virus is inadvertently transferred into the mouth, including during sexual activity. People at higher risk of infection include men who have sex with men, illicit drug users and people with liver disease.

Symptoms begin on average 28 days after exposure (range 2 to 8 weeks), and include fever, chills, fatigue, abdominal pain, nausea, vomiting, dark urine and jaundice (yellow colour of the skin and eyes). Many infected people suffer only a mild illness. Most cases recover fully after four or more weeks. However for some, the disease can be severe, and occasionally is fatal. There is no specific treatment and cases are managed through supportive therapy.

Prevention is through vaccination, attention to hygiene, and access to safe food and water.

#### ^ HIV, Hepatitis B and C, & STIs | Threat from : Sex/blood/needles

[HIV/AIDS](#), [hepatitis B](#), and [hepatitis C](#) are spread by contact with bodily fluids (especially blood and semen).

- unprotected sex,
- needle sharing during IV drug use, or
- unsafe blood or medical/dental instruments.

[Genital herpes \(HSV\)](#), [genital warts \(HPV\)](#), [gonorrhoea](#), [chlamydia](#), [syphilis](#) and most other sexually transmitted diseases are spread by genital contact.

Prevention:

- In many countries, hepatitis B is now a routine childhood immunisation and need not be repeated. All non-immune travellers should consider vaccination.
- Always use new condoms (preferably brought from your home country).
- IV drug users should not share needles.
- Avoid having tattoos or piercings done.
- In healthcare settings, make sure that needles and syringes are sterile and not shared between patients.
- Call International SOS or your corporate medical department if you are hospitalised.
- Be aware of your risk when assisting anyone with an injury. Protect yourself from contact with bodily fluids.

- Seek medical attention within 24 hours if you accidentally come into contact with someone else's bodily fluids.

#### ^ **Leishmaniasis** | Threat from : Bites and Stings

[Leishmaniasis](#) is a disease caused by a parasite that can infect humans, dogs, rodents and other small animals. It is transmitted by sandflies that bite mainly between dusk and dawn and can occur in both rural and urban environments. Sandflies breed quickly in unsanitary conditions, and the spread of the disease is exacerbated by war, chronic food shortages and urbanisation activities like deforestation and building of dams and irrigation systems, changes in temperature, heavy rainfall and population movement. The disease can manifest in one of the three forms, cutaneous (is the most common form and causes skin ulcers), mucocutaneous (is a rare form which affects the inner parts of the nose and mouth) or visceral (which is the more severe form and can lead to death). There is no vaccine or drug to prevent leishmaniasis.

#### **Prevention**

The only way to avoid leishmaniasis is to prevent sandfly bites.

- Minimise outdoor activities from dusk to dawn--this is when sand flies are most active.
- Use protective clothing and insect repellent.
- Consider using an insecticide treated bed net with *fine mesh* if there are sandflies in your living quarters. The standard bed nets used to prevent malaria are not effective, as sandflies are about one-third the size of mosquitoes and can fly through the malaria nets.
- Note that sandflies are small and do not make noise while flying. This makes it difficult to determine whether they are in your environment. Their bites cause mild symptoms and might not be noticed.

#### **Honduras**

Cases of leishmaniasis, particularly cutaneous, occur every year and most affected areas include El Paraiso, Olancho, Santa Barbara and Yoro.

#### ^ **Malaria** | Threat from : Bites and Stings

Malaria is transmitted by mosquitoes that usually bite from dusk to dawn. Symptoms can develop as early as seven days or as late as several months after exposure. Early malaria symptoms are flu-like and can include fever, sweats/chills, head and body aches, and generally feeling tired and unwell. People also sometimes feel nauseous and vomit or have diarrhoea. Untreated, malaria can cause serious complications like anaemia, seizures, mental confusion, kidney failure and coma. It can be fatal.

Follow the ABCDEs to minimise malarial risk:

- A:** Awareness - Be **Aware** of the risk, the symptoms and malaria prevention.
- B:** Bite Prevention - Avoid being **Bitten** by mosquitoes, especially between dusk and dawn.
- C:** Chemoprophylaxis - If prescribed for you, use **Chemoprophylaxis** (antimalarial medication) to prevent infection and if infected reduce the risk of severe malaria.
- D:** Diagnosis - Immediately seek **Diagnosis** and treatment if a fever develops one week or more after being in a malarial area (up to one year after departure).
- E:** Emergency - Carry an **Emergency** Standby Treatment (EST) kit if available and recommended (this is the kit which contains malaria treatment).

#### **Honduras**

**Malaria is present in most areas of Honduras including Roatan and other Bay Islands.**

There is no malaria in San Pedro Sula and Tegucigalpa.

Prevention:

- mosquito bite avoidance
- medication: consult your travel health doctor for an individual recommendation. Some authorities recommend preventive medication if visiting the risk areas

## MALARIA RISK



### Malaria Risk

- Higher risk
- Lower risk
- No risk

*This map is intended as a visual aid only and not a definitive source of information about malaria risk.*

Reviewed: 11 May 2019

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### ^ Rabies | Threat from : Animals

Rabies is a viral disease contracted when bitten or scratched by an infected (rabid) animal, often a dog. Once it enters the body, the virus travels along nerves and causes paralysis. As it reaches important organs like the spinal cord and the brain, it causes coma and death.

In countries where rabies is present in animals or bats, ALL animal / bat bites, scratches and licks to broken skin must be treated seriously. Rabies vaccination is very effective in preventing rabies, even after a bite/scratch by a rabid animal.

#### Rabies vaccination

Pre-exposure vaccination is often recommended for expatriates and long-term visitors to destinations where rabies is present. It's especially recommended if quality medical care may not be available after being bitten or scratched by an animal. Pre-exposure treatment can be especially useful for children, since they may not tell their parents that they have been bitten/scratched.

Pre-exposure vaccination makes it easier to treat a bite or scratch. That's important because some types of rabies treatment can be in short supply in many countries, even in cities.

#### If bitten, scratched or licked (on broken skin) by an animal:

- Immediately cleanse the wound with soap and water and a povidone-iodine solution if available.
- Seek medical advice from a qualified source or your assistance company.
- Notify local health authorities immediately. You may need *post-exposure vaccination*, even if you have had pre-exposure vaccination. (THIS CAN BE LIFE SAVING.)

### ^ Travellers' diarrhoea | Threat from : Food and/or water

Travellers' diarrhoea is the most common travel-related illness. It usually occurs within the first week away from home. It is spread through contaminated food and water.

Prevention is through choosing safe food and water, and paying attention to hygiene. Select food that is thoroughly cooked while fresh and served hot. Avoid undercooked or raw meat, fish or shellfish. Avoid salad and raw vegetables unless you can wash them with clean (treated) water and you peel them yourself.

Unless you are certain that the tap water is drinkable - choose bottled water and beverages, avoid ice.

### ^ Tuberculosis (TB) | Threat from : Coughing/sneezing

**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. This means they have spent days or weeks – not just a few hours – sharing the same air space with an infected person (e.g. living in the same house). People who work or live in institutions such as nursing homes or correctional facilities are also at higher risk.

Active TB causes a variety of symptoms that are sometimes vague, but often include cough, fever, night sweats, unintended weight loss and lethargy. Latent (inactive) TB causes no symptoms. Most strains of TB can be treated with antimicrobial drugs. Up to four different types of medicines may be used together to treat a patient. If left untreated, active TB can be life-threatening.

Some forms of TB have become resistant to drugs (MDR TB), and some forms are *extensively* resistant to drugs (XDR TB). These diseases are hard to treat. People sometimes contract MDR or XDR TB through direct contact with a person who is already infected. Or, in other cases, people with more traditional TB infections develop a drug-resistant strains. This can happen if anti-TB medication is used inappropriately or stopped too soon.

Many countries where TB is common will routinely give the Bacillus Calmette-Guerin (BCG) vaccine against tuberculosis to babies or children. The BCG vaccine protects these children against severe TB. If you live in an area with higher rates of TB infection, you may also consider vaccinating children up to 16 years old if you plan to live there for 3 months or more.

Travellers and expatriates may be able to reduce their chance of contracting TB by limiting the amount of time they spend in crowded places. Avoiding people who are coughing also minimises risk. Consider TB screening of local staff who live with you – especially if you have young children in your household.

## Honduras

Honduras falls in the "low-moderate incidence" range for tuberculosis as per the World Health Organization (WHO), with between 40 to 49 new cases per 100,000 population diagnosed each year. BCG vaccination is given at one year of age and is included in the country's immunisation schedule.

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

### ^ Typhoid fever | Threat from : Food and/or water

**Typhoid fever** is 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.

Symptoms usually begin one to three weeks after exposure. Although typhoid fever is often called a diarrhoeal disease, some patients do not have diarrhoea. Persistent, high fever is typical. Other early symptoms are flu-like: body aches and pains, weakness, loss of appetite and a continuous dull headache. A rash with pink spots may appear on the chest and abdomen of some patients. In severe cases, perforation of the bowel can cause severe bleeding or infection in the abdomen, which can be fatal.

Typhoid is treated with antibiotics. However there is a growing problem of antibiotic resistance. "Extensively drug-resistant" (XDR) typhoid is present in some locations and does not respond to many of the antibiotics which are usually used against typhoid, making preventive measures even more important.

### ^ Zika virus | Threat from : Bites and Stings

Zika fever is a viral disease, mostly transmitted to people by mosquito bites, but also from one person to another through sexual contact. Symptoms can be mild and include fever, rash, muscle and joint pains, red eyes (conjunctivitis). However, infection during pregnancy can cause severe complications, including miscarriage and permanent birth defects (congenital Zika syndrome). No specific treatment or vaccine is available.

Prevent infection through mosquito bite avoidance. Prevent sexual transmission through condom use or abstinence. Pregnant women should prevent sexual transmission throughout their pregnancy. People considering pregnancy may be advised to continue to prevent sexual transmission for several months after they have left a risk area. For more information see the article "Zika virus" in the "Disease & Prevention" dropdown on International SOS Location Guides.

## Honduras

Zika may be present in some areas. The first locally-transmitted cases were reported in January 2016 and the country experienced a large outbreak that year with over 30,000 cases. Some Zika associated birth defects have been reported. The disease is considered an ongoing risk. Over 200 cases were reported in 2019 from several regions including Cortes, Municipality of the Central District, Yoro, Santa Barbara, Atlantida, Municipality of San Pedro Sula, Lempira, Olancho and Comayagua.

## Getting There

### METHOD OF ARRIVAL

#### By air

There are two main international airports: Toncontín International (TGU) serving the capital Tegucigalpa and Ramón Villeda Morales International (SAP – also known as San Pedro Sula International) serving San Pedro Sula. Juan Manuel Gálvez International Airport (also known as Roatán Airport (RTB)) is situated near Coxen Hole on Roatán, the main island in the Bay Islands chain, and is one of the most modern airports in Central America. Golosón International Airport (LCE), also known as La Ceiba International Airport, located on the western side of the eponymous city, operates few international flights.

A new airport, Palmerola International, is due to begin operations in 2020 (after construction delays meant it missed its planned opening in 2019) and will replace Toncontin as the main airport serving the capital. Severe weather conditions, including heavy rainfall, can cause considerable disruption to flights.



Airlines have variable security standards. You may wish to consult the European Commission's [website](#) for a list of airlines banned within the EU and the US Federal Aviation Administration's [website](#) for a database of aviation accidents and statistics.

### By land

Overland travel can be undertaken from Guatemala (the three borders crossings are El Florido, Agua Caliente and Corinto), El Salvador (the two border crossings are El Poy and El Amatillo) and Nicaragua (the three crossings are Las Manos, Guasaule and El Espino). Several Central American coach operators run regular services to destinations across Central America. However, road conditions are variable and criminal activity poses risks to travellers. Additionally, border crossings may close early in the evening, and travel should therefore be undertaken during daylight hours.

### Entry & Departure Requirements

Passport and visa requirements are subject to change and vary depending on the length of stay and visa type (business or tourist). Check with your travel advisor, embassy or consulate in your home country. Passports must be valid for at least six months from the date of entry.

	Passport Required?	Visa Required?	Return Ticket Required
Australia	Yes	No	Yes
United Kingdom	Yes	No	Yes
Canada	Yes	No	Yes
Europe	Yes	No	Yes
United States	Yes	No	Yes

### Visas

Nationals referred to in the chart above and citizens of Japan do not require a visa for stays up to 90 days. According to the Central American Border Control Agreement (CA-4) signed between Guatemala, Honduras, Nicaragua and El Salvador, upon arriving in any of the CA-4 countries, personnel can travel to the other three member states and stay for up to 90 days without undergoing any entry and exit formalities. This period begins at the first point of entry in to any of the CA-4 countries. Fines are applied for travellers who exceed this 90-day limit, though a request for a 30-day extension can be made before the 90 days limit expires. Nationals of remaining countries should check for their visa requirements with the nearest Honduran diplomatic mission.

### Entry/ Exit Requirements

All travellers are required to be in possession of a passport valid for a minimum period of six months beyond the intended date of departure. Foreigners departing by air are required to submit a copy of their immigration document received at the entry point.

### Procedures

Visa and passport checks can be stringent – travellers should allow for delays. Baggage receipts must be shown at Ramón Villeda Morales Airport (SAP) before baggage can be removed from the airport.

### Departure Tax

- A tax of \$40 is payable at the airport
- This is to be paid in cash, either in US dollars or lempiras; cheques are not accepted.

## Getting Around

### BY AIR

Air travel is the safest and most convenient form of long-distance internal travel. Daily flights link Tegucigalpa to San Pedro Sula and La Ceiba, as well as airfields at smaller towns that cater mainly for air taxis and chartered aircraft. Le Ceiba and San Pedro Sula are both linked to the island of Roatán, though heavy tourist traffic means that flights are often fully booked well in advance.

Smoke and haze from forest fires can severely disrupt services to Toncontín. Many flights are re-routed to San Pedro Sula. [Islaña Airlines](#) is the main domestic carrier, operating daily flights between Tegucigalpa and other cities.

### BY ROAD

Driving can be very dangerous in Honduras because of poor road conditions and visitors should consider hiring a professional driver. In addition, inadequate signage, poor street lighting and wandering livestock cause further difficulties, especially on the stretch of road connecting Tegucigalpa to Choluteca and El Progreso to La Ceiba.

Major cities are connected by an inconsistently maintained two-lane system of paved roads, while many secondary routes in Honduras are unpaved. Personnel intending to self-drive should exercise caution as local driving standards are low and many drivers do not use headlights at night. Drivers should be particularly careful while travelling on isolated stretches of road and passing on mountainous curves.

Landslides, flooding and associated travel disruption are common during the rainy season (May to November). Hurricanes have caused significant damage to road infrastructure, including destroying many bridges, and many stretches of highway are still under repair.

Visitors should avoid travelling at night, even on main roads, because of the risk of criminal hold-ups and carjacking. Armed gangs sometimes set up roadblocks, including on main roads, to seize money and other valuables. Personnel should take appropriate measures to mitigate the risk of such crime. Passengers should keep vehicle doors locked and windows rolled to within two inches of the top. Travellers should not use luxury models, but vehicles should have sufficient communications systems.

Car hire companies are widely available, though only internationally recognised firms should be used. All documentation should be in order to fulfill local legal requirements. Hired cars cannot be driven across international borders. Visitors require an international driving permit. Traffic drives on the right.

In an event of an accident, motorists are required to contact the Honduran Transit Authority (Transito) using the national emergency number 911. The law requires motorists and their vehicles to remain at the accident site until a Transit Authority officer arrives.

Motorists should be cautious about unmarked landmines located on the Honduras-Nicaragua border, particularly in the Río Coco region, the departments of Choluteca and El Paraiso, and near the Atlantic coast. Drivers should keep to established de-mined routes at all times.

#### **BY TAXI**

Taxis are available. Travellers should negotiate the fare before setting out as most taxis are not metered. Foreigners should use only official taxis booked through a hotel or a reputable taxi company. Passengers should note the driver's name and license number. Travellers should not allow the driver to pick up other passengers during the journey. Travellers should also ensure that vehicles used have tinted windows.

#### **BY TRAIN**

Trains are basic, slow, unreliable and unsuitable for business travellers.

#### **BY OTHER MEANS**

Privately owned local bus lines run well-patronised services between most large towns. Advance reservations are usually necessary. Public buses, on the other hand, are overcrowded, poorly maintained and have been targeted in robberies, and should therefore be avoided by foreigners.

## **Language & Money**

### **LANGUAGE**

Spanish is the official language. Many officials and businesspeople speak good English. English is also widely spoken on the Bay Islands and the Caribbean coast, albeit with some local peculiarities and a heavy accent.

### **MONEY**

The national currency is the lempira (HNL). US dollars or traveller's cheques in dollars are preferred and widely used. Major credit cards are accepted in hotels and restaurants. Currency can be exchanged at banks and hotels in major cities. ATMs are available in major cities and towns. Visitors should use ATMs located inside banks, hotels and shopping centres to mitigate the potential for crime.

## **Cultural Tips**

### **General Tips**

- Hondurans are generally welcoming, though a small minority resent US influence in their country. Issues related to US foreign policy, particularly in Central America, are best avoided wherever possible.
- People usually greet one another with a handshake, which is often rather loose compared with other cultures.
- It is highly likely that you will be invited to a meal. Although gifts are not required, it is a polite way to thank the hosting family for their hospitality.
- Because preferential treatment is given to the elderly and to those with a higher status, do not be offended if someone behind you in line is served before you.
- Like most Latin Americans, Hondurans speak at a much closer distance than Westerners may be accustomed to at home. Backing away from someone may be taken as an insult.
- Public displays of affection by same-sex couples should be avoided outside Tegucigalpa.

### **Business Tips**

- The virtues of trust and reliability are highly valued in Honduras, and developing personal relationships is a very important part of conducting business.
- Business tends to operate at a slow pace.
- Like most Latin Americans, Hondurans greatly value a sense of personal honor. It is important that you never publicly criticize or embarrass your business counterpart.
- Hondurans are likely to give you the answer that they think you want to hear, to be polite. Try to use open-ended questions.
- There should be someone on your negotiation team that ranks as high, if not higher, than the highest ranking official on their team.
- The exchange of business cards is common. Make sure you have cards printed in both Spanish and English.
- Dark suits may be conspicuous, especially in San Pedro Sula and other parts of the tropical lowlands. A jacket and tie, or more casual wear, is acceptable.
- Officials are generally accessible.
- Appointments should be sought in advance and confirmed on the day of the meeting.
- Letters of introduction or recommendation are helpful.
- It is advisable to check the language to be used and if necessary arrange for an interpreter.
- Official and business contacts will not expect gifts, but offers of hospitality in hotels or restaurants may be appropriate.

### **Businesswomen**

Foreign businesswomen and other female visitors can expect to be treated respectfully in normal social situations. However, there remains a macho element in society and conservative clothing is recommended.

### **Tipping**

Tipping in hotels and restaurants should total 10-15% of the bill, though some establishments add this amount to the bill as a service charge. Tips are not necessary for taxi drivers, unless the same driver is used for a series of journeys.

### Working Week

- Working week: Monday-Friday
- Government offices are open from 08.00-12.00 and 14.00-17.00 on weekdays, and 08.00-11.00 on Saturdays.

## Phone & Power

### Honduras Telecommunications

Emergency Numbers	
Fire	198
Dialing Codes	
Country Code	504
IDD Prefix (International Direct Dialing)	00
NDD Prefix (National Direct Dialing)	0

### Telephone Information

The telecommunications network is adequate, particularly when using the facilities in hotels or offices. Major mobile providers in Honduras include Tigo, Hondutel and Claro.

The postal system is reasonably reliable for domestic and international deliveries, though delays can occur. Courier services are recommended for important business documents; both Federal Express and DHL operate in the country.

### Information Security

Honduras has one of the lowest figures of internet penetration in the Americas region. As a result, it has minimal governmental infrastructure or policy initiatives in place that are meant to combat cybercrime. Efforts to create a national political framework have been accused of co-opting concerns about cybersecurity to limit free expression among opponents of President Juan Orlando Hernández. As such, meaningful policy steps that address cybersecurity have yet to be taken.

While Honduras has enacted some legislation regarding the protection of privacy and personal data, most people are unaware of cybersecurity threats and are generally distrustful of online services as a result of both political and social instability. Despite the relatively lacking cyber infrastructure, cyber threats do exist. The most common incidents are those related to the dispersal of ransomware, phishing scams and internet-based identity theft. Hardware-based threats – including card-skimming at ATMs – also remain a threat. Travellers should only use ATMs inside a bank branch or hotel lobby, which has more rigorous security measures in place. Travellers to Honduras should continue to monitor all cybersecurity related developments, and take standard precautions for risk mitigation.

### Advice

#### Before travel

- Minimise the number of devices you bring in-country and avoid carrying sensitive data with you.
- Ensure anti-virus software is up-to-date prior to travel and conduct a thorough check of all devices after a trip.
- Ensure all devices you bring in-country are well secured, with strong passwords; ensure all storage devices have full disk encryption.
- Consult with your organisation's IT and security departments for any company-specific requirements and procedures.

#### During travel

- Avoid using public Wi-Fi networks at airports or transport hubs. These networks are always insecure and, in some instances, created and controlled by cybercriminal groups. Instead, consider using a virtual private network (VPN) service to increase mobile security. Always familiarise yourself with the legal status of any VPN or application in your destination country prior to travel.
- Log out of any social media accounts or potentially sensitive apps prior to your arrival in country. Avoid posting on social media when in country or sharing details of your location with those who do not need to know.
- Remain vigilant and observe for any obvious signs of tampering when using point-of-sale systems that are external or unmonitored such as at a fuel station or street-facing ATM.
- Keep devices on your person as much as possible. If unattended, ensure devices are powered down. If using hotel safes, secure them with a secondary personally lockable device.

#### Upon return

- Consider changing your account, device and administrator passwords upon returning home if you have a reason to believe that your device was tampered with or exposed during travel.
- Use the 'forget network' setting upon your return if your devices automatically connected to any public W-Fi networks.
- Vigilantly monitor your financial statements and accounts during and after travel. If your financial information was compromised, it can take several weeks before fraudulent purchases are attempted.

### Honduras Electricity

#### Voltage and Frequency

### Additional Electrical Information

Voltage: 110 volts  
Frequency: 60 Hz

These are the most common plug types used:



## Geography & Weather

[Weather data provided by weather.com](http://www.weather.com)

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### Climate

The climate is tropical in the lowland and coastal areas, and cooler in the more mountainous northern areas. The rainy season is May to November. The wettest months are generally August and September. Mean temperatures in Tegucigalpa are 20°C (67°F) in January and 23°C (73°F) in July. San Pedro Sula is considerably hotter and more humid. The northern coastal region is affected by tropical storms and hurricanes between June and September.

### GEOGRAPHY

The Republic of Honduras is situated in Central America and is bordered to the west by Guatemala, to the south-west by El Salvador and to the south-east by Nicaragua. It has a small opening in the south to the Pacific Ocean via the Gulf of Fonseca, a long coastline along the Caribbean Sea in the east and the Gulf of Honduras in the north. It is the second-largest country in Central America (after Nicaragua). Honduras has three distinct topographical regions: an interior highland area, and Pacific and Caribbean lowlands. The Bay Islands, including Roatán, are located off the northern coast and are host to a growing tourist industry. The country has abundant water resources, with the most important river being the Ulua. Honduras is divided into 18 departments. Tegucigalpa is the capital and the largest city, while San Pedro Sula is the country's business hub.

## Embassies & Consulates

### Embassies

Canada Embassy

Tegucigalpa

Centro Financiero Banexpo, 3rd Floor, Boulevard San Juan Bosco, Colonia Payaquí; Tegucigalpa

Tegucigalpa

Honduras

Telephone: +504 232 4551

Fascimilie: +504 232 7767

Email: [tgipa@international.gc.ca](mailto:tgipa@international.gc.ca)

France Embassy

Tegucigalpa

337 Avenida Juan Lindo, Colonia Palmira; Tegucigalpa

Tegucigalpa

Honduras

Telephone: +504 2366800/5583

Fascimilie: +504 2368051

Email: [info@ambafrance-hn.org](mailto:info@ambafrance-hn.org)

website: <http://www.ambafrance-hn.org>

Germany Embassy

Tegucigalpa

Avenida República Dominicana #925, Callejón Siria, Colonia Lomas de Guijarro; Tegucigalpa

Tegucigalpa

Honduras  
Telephone: +504 2323161 /62  
Fascimilie: +504 2399018  
Email: [info@tegucigalpa.diplo.de](mailto:info@tegucigalpa.diplo.de)  
website: <http://www.tegucigalpa.diplo.de>

Italy Embassy  
Tegucigalpa  
Lomas del Guijarro Sur, 4th floor, Ed. Plaza Azul; Tegucigalpa

Tegucigalpa  
Honduras  
Telephone: +504 2395062/790  
Fascimilie: +504 2395737  
Email: [ambasciata.tegucigalpa@esteri.it](mailto:ambasciata.tegucigalpa@esteri.it)

Japan Embassy  
Tegucigalpa  
Calzada Rep. Paraguay, Colonia San Carlos, Paraguay; Tegucigalpa

Tegucigalpa  
Honduras  
Telephone: +504 2365511/2628  
Fascimilie: +504 2366100  
website: <http://www.hn.emb-japan.go.jp/spanish-contents/index-spanish.htm>

Spain Embassy  
Tegucigalpa  
Calle Santander 801, Colonia Matamoros; Tegucigalpa

Tegucigalpa  
Honduras  
Telephone: +504 2366875/65  
Fascimilie: +504 2368682  
Email: [emb.tegucigalpa@mae.es](mailto:emb.tegucigalpa@mae.es)

Switzerland Consulate  
Tegucigalpa  
Avenida República de México, Casa No. 2402, Colonia Palmira; Tegucigalpa

Tegucigalpa  
Honduras  
Telephone: +504 2369098  
Fascimilie: +504 2369289  
Email: [tegucigalpa@honorarvertretung.ch](mailto:tegucigalpa@honorarvertretung.ch)  
website: <http://www.eda.admin.ch/eda/en/home/rebs/zameri/vhnd/afohon.html>

United Kingdom Embassy  
Tegucigalpa  
Colonia La Reforma, Calle No.2402; Tegucigalpa

Tegucigalpa  
Honduras  
Telephone: +504 2376577  
Fascimilie: +504 2383361  
Email: [L.Casco-Fortin-HonCon@fconet.fco.gov.uk](mailto:L.Casco-Fortin-HonCon@fconet.fco.gov.uk)

United States Embassy  
Tegucigalpa  
Avenida La Paz; Tegucigalpa

Tegucigalpa  
Honduras  
Telephone: +504 2369320  
Facsimilie: +504 2369037  
website: <http://honduras.usembassy.gov>

## Calendar

### 2020

- 15 Sep** Independence Day
- 03 Oct** Francisco Morazán Day
- 12 Oct** Columbus Day
- 21 Oct** Armed Forces' Day

**25 Dec** Christmas Day  
In some countries, if this holiday falls on a Saturday or Sunday, a public holiday is declared for the following Monday.

### 2021

- 01 Jan** New Year's Day  
In many countries, if this holiday falls on a Saturday or Sunday, a public holiday is declared for the following Monday.
- 14 Apr** Americas Day

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