



To any health related consultation call our toll free  
number INFOSALUD 0-800-10828

[www.minsa.gob.pe](http://www.minsa.gob.pe)

REPUBLICA  
DEL PERU



HEALTHY PASSPORT

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

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

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

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

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

## PASSPORT

PASSPORT N°

SURNAMAMES

## GIVEN NAMES

SEX

NATIONALITY

PLACE OF BIRTH

DATE OF BIRTH

DATE OF ISSUE

DATE OF EXPIRY

BLOOD GROUP

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HOLDER'S SIGNATURE

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## EASY MEASURES FOR A HEALTHY VISIT

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

### REGARDING FOOD

- Drink bottled or boiled water.
- Eat only fresh fruits and vegetables that have been thoroughly cooked.
- Eat in clean, healthy establishments.
- Adapt incrementally to regional ethnic foods of our country.

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

### REGARDING MOSQUITOES

Dengue is spread over several cities, but most of the year occurs in Iquitos, Tarapoto, Pucallpa, Puerto Maldonado, Jaen, Piura, and Bagua.

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

In Peru there has been imported cases of Chikungunya, but there are conditions for autochthonous transmission (own local transmission). That is why we ask you to remember the following recommendations.

- Use bug repellents for applying on exposed skin.
- If you are using sun blocker, apply it after bug repellent.
- Use preferably cotton bright clothes, long sleeves, and long pants.
- Sleep under a mosquito net protection. There is no risk of malaria in Lima, and the tourist areas of the highlands of Cusco-Machu Picchu and Titicaca Lake.
- Avoid swimming in rivers or lakes after 17:00 hours.
- If fever, yellowing of the skin, malaise, chills, excessive sweating, abdominal, joint, muscle pain, headache, nausea and vomiting, go to the nearest health facility as soon as possible for immediate medical evaluation.
- If traveling to areas from the jungle you should apply the vaccine against yellow fever, 10 days before the trip. It is contraindicated in people with immune disorders, in children under 6 months old and pregnant women during the first trimester of pregnancy.

## **CONTRIBUTE TO PREVENTING THE ARRIVAL OF ÉBOLA TO PERU**

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

- Check your temperature twice a day for 21 days after their last contact.
- If you develop fever, headache, muscle aches, sore throat, diarrhea, vomiting, stomach pain, rash, or redness, please report immediately to the health care establishment closest to you. Report to the medical personnel (staff) about your trip and place of origin.
- If you have symptoms, avoid direct contact with family or friends to confirm the diagnosis in a health facility.

## **MEASLES**

- It is recommended that everyone have a minimal dose of anti measles vaccine.
- If more skin rash have fever and seek prompt medical care.
- From these symptoms will try to avoid contact with other people for 7 days after rash onset
- If you have cough cover your mouth with disposable paper and discard in the trash can.
- Avoid having close exposure to someone with a cough.

## **POLIOMYELITIS**

- If you have the diarrhea or knows of a 15-year-old minor child that it has muscular weakness or the loss of sensation in the low members, immediately to look for the medical assistance during his permanency in the country.
- To assure that all the 5-year-old minor children should have his vaccine against the polio according to vaccination schedule of your country.
- Follow foot recommendation care.
- Follow hygiene recommendation care.

## **CHOLERA**

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

- Go to a health facility for medical care and test-taking.
- Report on countries visited before coming to Peru.
- Follow the recommendations regarding food.

## CONTRIBUTE FOR PREVENTING THE SPREAD OF INFLUENZA AND OTHER RESPIRATORY VIRUSES

Pay close attention to your respiratory symptoms.

If you present flu-like symptoms like fever, cough, difficulty for breathing, malaise, runny nose please report immediately to the nearest health care establishment. Report to the medical personnel (staff) about your trip and place of origin, and where you've been. They will provide you with medical support.

### PLEASE REMEMBER:

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

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

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

## REGARDING ALTITUDE SICKNESS (SOROCHES)

When visiting high altitude zones\* we recommend:

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

- Avoiding smoking or drinking alcoholic beverages.
- Consider acetazolamide prophylaxis.

\*Average height 2,743 to 5,751 (the city of Cusco is at 3,500 meters altitude).

## ADVENTURE TRAVEL AND ECO-TOURISM

Take into account infectious disease prevention measures like appropriate immunizations, and medical treatment recommended for each potential hazard. Consult with our Department of International Health to the Airport (phone: 01-575-1745 / 01-456-3438 or call INFOSALUD: 0800-10828, the toll-free line for the MoH or EPIFONO: 952948115, or SAMU: 106

## REGARDING LENGTHY AIR TRAVEL

We recommend:

- Exercising your legs whenever possible. Take short walks up and down the aisle to stimulate blood flow.
- Using loose, comfortable clothing. Avoid elastic socks below the knee, on the thighs, or waist.
- Standing and stretching your arms and legs frequently, taking short walks as frequently as possible.
- Avoiding crossing your legs to prevent obstructing blood flow.
- Drinking water abundantly to prevent dehydration.
- Avoiding alcoholic beverages and coffee. Both contribute to dehydration.
- Avoiding use of sleep medication during your trip.

## IMMUNIZATIONS FOR INTERNATIONAL TRAVELERS



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

## **DIRECTORY OF PROMINENT HEALTH CARE ESTABLISHMENTS**

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

### **LIMA CITY - LIMA**

- **Department of International Health - Jorge Chavez International Airport**  
Phone: 01-575-1745 / 01-456-3438
- **Hospital Nacional Arzobispo Loayza- Lima**  
Phone: 01-614-4646  
Emergency Phone: Link 6702 / 2210
- **Hospital Nacional 2 de Mayo**  
Phone: 01-328-0131 / 01-328-0028  
Emergency Phone: 01-328-1424
- **Hospital Casimiro Ulloa**  
Phone: 01-204-0900  
Emergency Phone: 266

- **Hospital Edgardo Rebagliati**  
Phone: 01-265-4901/ 01-265-4955
- **Hospital Guillermo Almenara**  
Phone: 01-324-2983

### **AREQUIPA CITY - AREQUIPA**

- **Hospital Goyoneche**  
Phone: 054-223-501 / 054-231-313
- **Hospital Honorio Delgado**  
Phone: 054-219-702 / 054-231-818 /054-225-907
- **Red Asistencial Arequipa (ESSALUD)**  
Phone: 054-380-370

### **CUSCO CITY - CUSCO**

- **Hospital de Apoyo Departamental de Cusco**  
Phone: 084-227-661/084-223-691
- **Hospital Antonio Lorena**  
Phone: 084-226-511
- **Red Asistencial Cusco (ESSALUD)**  
Phone: 084-228-428/084-582-890

### **TRUJILLO CITY - LA LIBERTAD**

- **Hospital Regional Docente Trujillo**  
Phone: 044-233-112 / 044-231-581
- **Hospital Belén de Trujillo**  
Phone: 044-480-200 / 044-244-261
- **Red Asistencial La Libertad (ESSALUD)**  
Phone: 044-216-119

### CHICLAYO CITY - LAMBAYEQUE

- **Hospital Provincial Docente Belén**  
Phone: 074-283-481
- **Hospital Docente "Las Mercedes"**  
Phone: 074-238-232 / 074-237-021
- **Red Asistencial Lambayeque (ESSALUD)**  
Phone: 074-237-776 / 074-238-959

### IQUITOS CITY - LORETO

- **Hospital de Apoyo Iquitos "Cesar Garayar Garcia"**  
Phone: 065-263-749 / 065-267-655
- **Hospital Regional de Loreto**  
Phone: 065-252-733 / 065-252-737
- **Red Asistencial Loreto (ESSALUD)**  
Phone: 065-250-270/065-255-732

### PIURA CITY - TACNA

- **Hospital Regional Cayetano Heredia**  
Phone: 073-342-420
- **Red Asistencial Piura (ESSALUD)**  
Phone: 073-342-260

### PUNO CITY - PUNO

- **Hospital Regional de Puno**  
Phone: 051-369-696 / 051-368-236
- **Hospital "Carlos Monge Medrano" de Juliaca**  
Phone: 051-321-901 / 051-328-015
- **Red Asistencial Juliaca (ESSALUD)**

Phone: 051-327-336

- **Red Asistencial Puno (ESSALUD)**  
Phone: 051-352-661 / 051-367-385

### TACNA CITY - TACNA

- **Hospital Departamental de Apoyo Hipólito Unánue de Tacna**  
Phone: 052-583-730
- **Red Asistencial Tacna (ESSALUD)**  
Phone: 052-246-505

### TUMBES CITY - TUMBES

- **Hospital de Apoyo "José Alfredo Mendoza Olavarría" - JAMO**  
Phone: 072-524-775
- **Red Asistencial Tumbes (ESSALUD)**  
Phone: 072-524-058 / 072-524-898

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