



## PANAMA

### Health and Medical Care Summary



#### Health Overview

Most of the health issues Volunteers might experience in Panama are similar to those in the U.S. such as colds, diarrhea, skin infections, headaches, minor injuries, and emotional stress. However, living in Panama can make these problems more frequent or harder to manage because of local conditions.

#### Common Health Concerns

The most common medical and/or behavioral health conditions reported by PCVs in Panama in 2025 were:

1. Diarrhea
2. Urinary tract infection/bladder infection
3. Vaginitis
4. Back pain
5. Joint pain

Because malaria is present in Panama, Volunteers must take anti-malarial medication.

#### Peace Corps Health Support

Once a Volunteer arrives in their country of service, Peace Corps will provide all necessary and appropriate health care, including after hours and emergency care. The Peace Corps provides:

- All mandatory immunizations
- Medical supplies
- Medications

#### Access to Medical Care

Health care is provided primarily through Peace Corps Medical Officers (PCMOs), who are clinical professionals stationed at each Peace Corps post. Each post maintains a health unit that is staffed by two or more PCMOs, and Volunteers can be seen in-person or remotely for routine care.

Treatment at an international regional medical hub, another appropriate international destination, or the U.S. can occur when:

- Specialty care cannot be provided locally.
- A medical emergency occurs and treatment is not available locally.

## Access to Behavioral Health Care

Volunteer experience can be quite challenging. To support Volunteers, the Peace Corps provides:

- Learning about flexibility, adaptation, personal coping skills, and access to online well-being resources throughout service.
- Well-being coaching from ICF-certified coaches with Peace Corps experience.
- Interpersonal support from PCMOs and/or counseling from in-country providers, if available.
- Behavioral telehealth services from Peace Corps psychologists, when appropriate.