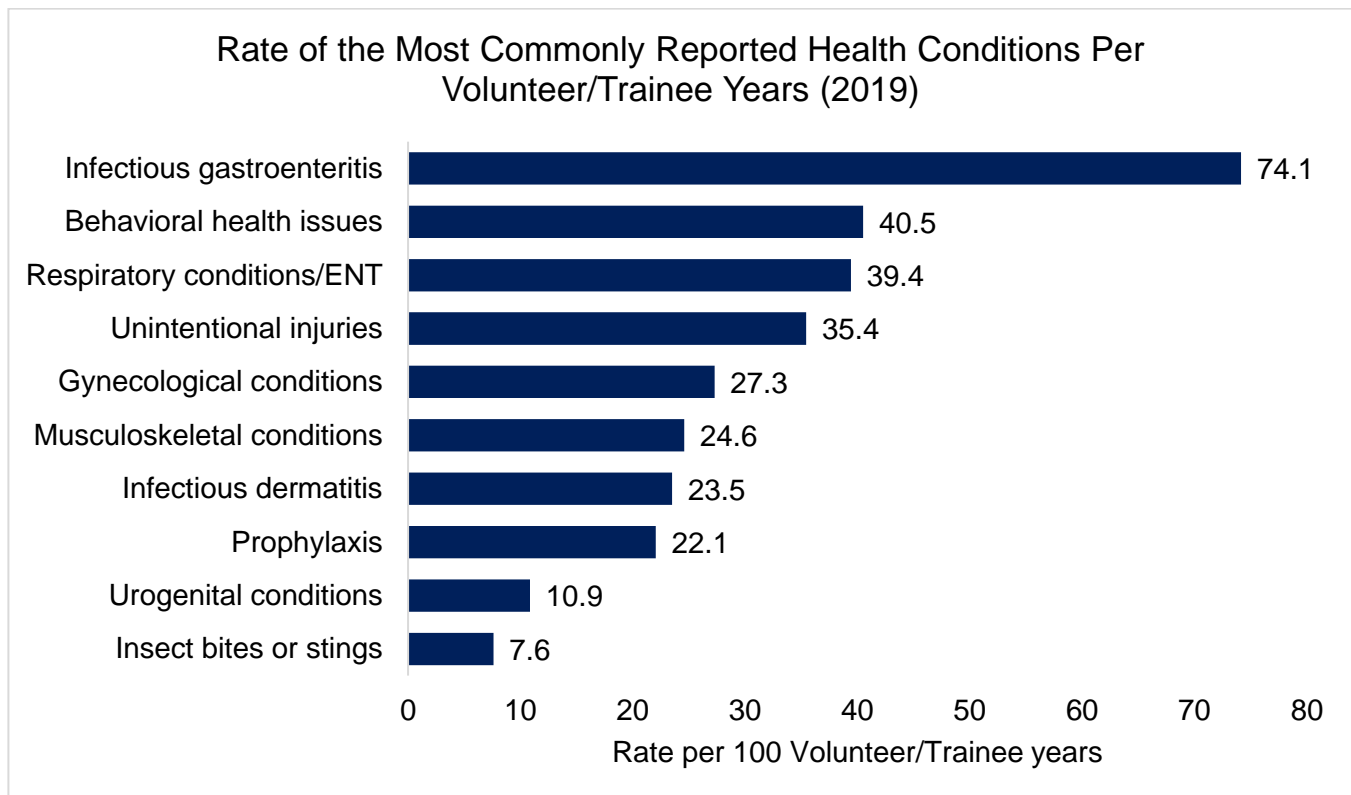




Summary of Health Issues

Most of the medical problems seen in Zambia are also found in the United States, such as colds, diarrhea, skin infections, headaches, minor injuries, sexually transmitted infections, adjustment disorders, and emotional problems. For Volunteers, these problems may be more frequent or compounded by life in Zambia because local factors raise the risk of or exacerbate the severity of certain illnesses.

The medical problems specific to Zambia are Hepatitis A and B, typhoid, rabies, cholera, diarrhea, skin infections, dental problems, headaches, respiratory infections, minor injuries, HIV/AIDS, and STIs. Health problems also can result from local environmental factors, such as dust, humidity, insects, and disease-producing microorganisms. Because malaria is endemic in Zambia, Volunteers are required to take anti-malarial medications.



* The rate is the number of reported cases per population at risk adjusted for the length of stay in a given time period. Volunteer-trainee years are the number of Volunteers and trainees adjusted for the length of service of each Volunteer during the year. If one Volunteer served for the entire 12 months of the year, this Volunteer is counted as one Volunteer-trainee year. If 12 Volunteers served one month each, these Volunteers are counted as one Volunteer-trainee year

COVID-19 Information

The Peace Corps is committed to protecting the health and safety of our Volunteers, host country staff, and host communities. To that end, Invitees and Volunteers must obtain the COVID-19 vaccine as a requirement for medical clearance for service and Invitees, Trainees, and Volunteers will receive more specific guidance on COVID-19 precautions from Peace Corps personnel as they move through preparation, travel, training, and service.

Extent and Types of Medical Services Provided

Once a Volunteer arrives in their country of service, Peace Corps medical officers will provide all necessary and appropriate healthcare, including afterhours and emergency care. The Peace Corps provides all mandatory immunizations, medical supplies, medications, and full health-care coverage while in service, including, if necessary, air ambulance to a regional medical hub or the U.S. for treatment. After arrival in Zambia, Peace Corps provides, and applicants are required to have, an annual flu shot, to take daily or weekly medication to prevent malaria, and to receive mandatory immunizations.

Volunteers are often placed in remote locations that do not have health care facilities that meet U.S. standards for handling serious illness or injury. While Peace Corps Medical Officers coordinate health care for all Volunteers in country, Volunteers can reduce some risks by following health care guidance and taking proper precautions.