



Health Check Ireland

Check the vaccines and medicines list and visit your doctor at least a month before your trip to get vaccines or medicines you may need.

All travelers

You should be up to date on routine vaccinations while traveling to any destination. Some vaccines may also be required for travel.

[Routine vaccines](#) Make sure you are up-to-date on routine vaccines before every trip. These vaccines include measles-mumps-rubella (MMR) vaccine, diphtheria-tetanus-pertussis vaccine, varicella (chickenpox) vaccine, polio vaccine, and your yearly flu shot.

Some travelers

Ask your doctor what vaccines and medicines you need based on where you are going, how long you are staying, what you will be doing, and if you are traveling from a country other than the US.

[Hepatitis A](#) Hepatitis A outbreaks occur throughout the world and sometimes in countries with a low risk for hepatitis A (including the US). You can get hepatitis A through contaminated food or water in Ireland, so talk to your doctor to see if the hepatitis A vaccine is right for you.

[Hepatitis B](#) You can get hepatitis B through sexual contact, contaminated needles, and blood products, so CDC recommends this vaccine if you might have sex with a new partner, get a tattoo or piercing, or have any medical procedures.

[Rabies](#) Rabies is present in bats in Ireland. However, it is not a major risk to most travelers. CDC recommends rabies vaccine for only these groups:

- Travelers involved in outdoor and other activities in remote areas that put them at risk for bat bites (such as adventure travel and caving).
- People who will be working with or around bats (such as wildlife professionals and researchers).

Key

- Get vaccinated
- Eat and drink safely
- Keep away from animals
- Reduce your exposure to germs
- Avoid sharing body fluids
- Avoid non-sterile medical or cosmetic equipment

Stay Healthy and Safe

Learn actions you can take to stay healthy and safe on your trip. Vaccines cannot protect you from many diseases in Ireland, so your behaviors are important.

Eat and drink safely - Food and water standards in Ireland are similar to those in the United States. Most travelers do not need to take special food or water precautions beyond what they normally do at home. However, travelers to rural areas of Ireland should be aware that water quality issues with unregulated drinking water sources such as private wells have been reported. Travelers visiting rural or remote areas of Ireland should consider asking about the sources of their drinking water and should take [special precautions](#) to ensure the safety of their drinking water if it is from an unregulated or unknown source.

Prevent bug bites - Although Ireland is an industrialized country, bug bites here can still spread diseases. Just as you would in the United States, try to avoid bug bites while spending time outside or in wooded areas.

What can I do to prevent bug bites?

- Cover exposed skin by wearing long-sleeved shirts, long pants, and hats.
- Use an appropriate insect repellent (see below).
- Consider using permethrin-treated clothing and gear if spending a lot of time outside. Do **not** use permethrin directly on skin.

What type of insect repellent should I use?

- **FOR PROTECTION AGAINST TICKS AND MOSQUITOES:** Use a repellent that contains 20% or more **DEET** for protection that lasts up to several hours.
- **FOR PROTECTION AGAINST MOSQUITOES ONLY:** Products with one of the following active ingredients can also help prevent mosquito bites. Higher percentages of active ingredient provide longer protection.

- [DEET](#)
- **Picaridin** (also known as KBR 3023, Bayrepel, and icaridin)
- **Oil of lemon eucalyptus (OLE)** or **PMD**
- **IR3535**
- Always use insect repellent as directed.

What should I do if I am bitten by bugs?

- Avoid scratching bug bites, and apply hydrocortisone cream or calamine lotion to reduce the itching.
- Check your entire body for ticks after outdoor activity. Be sure to [remove ticks](#) properly.

What can I do to avoid bed bugs?

Although bed bugs do not carry disease, they are an annoyance. See our [information page about avoiding bug bites](#) for some easy tips to avoid them. For more information on bed bugs, see [Bed Bugs](#).

For more detailed information on avoiding bug bites, see [Avoid Bug Bites](#).

Stay safe outdoors - If your travel plans in Ireland include outdoor activities, take these steps to stay safe and healthy during your trip:

- Stay alert to changing weather conditions and adjust your plans if conditions become unsafe.
- Prepare for activities by wearing the right clothes and packing protective items, such as bug spray, sunscreen, and a basic first aid kit.
- Consider learning basic first aid and CPR before travel. Bring a [travel health kit](#) with items appropriate for your activities.
- Heat-related illness, such as heat stroke, can be deadly. Eat and drink regularly, wear loose and lightweight clothing, and limit physical activity in the heat of the day.
 - If you are outside for many hours in the heat, eat salty snacks and drink water to stay hydrated and replace salt lost through sweating.
- [Protect yourself from UV radiation](#): use sunscreen with an SPF of at least 15, wear protective clothing, and seek shade during the hottest time of day (10 a.m.–4 p.m.).
- Be especially careful during summer months and at high elevation. Because sunlight reflects off snow, sand, and water, sun exposure may be increased during activities like skiing, swimming, and sailing.
- Very cold temperatures can be dangerous. Dress in layers and cover heads, hands, and feet properly if you are visiting a cold location.

Stay safe around water

- Swim only in designated swimming areas. Obey lifeguards and warning flags on beaches.
- Do not dive into shallow water.

- Avoid swallowing water when swimming. Untreated water can carry germs that make you sick.
- Practice safe boating—follow all boating safety laws, do not drink alcohol if you are driving a boat, and always wear a life jacket.

Keep away from animals - Most animals avoid people, but they may attack if they feel threatened, are protecting their young or territory, or if they are injured or ill. Animal bites and scratches can lead to serious diseases such as rabies.

Follow these tips to protect yourself:

- Do not touch or feed *any* animals you do not know.
- Do not allow animals to lick open wounds, and do not get animal saliva in your eyes or mouth.
- Avoid rodents and their urine and feces.
- Traveling pets should be supervised closely and not allowed to come in contact with local animals.
- If you wake in a room with a bat, seek medical care immediately. Bat bites may be hard to see.

All animals can pose a threat, but be extra careful around dogs, bats, monkeys, sea animals such as jellyfish, and snakes. If you are bitten or scratched by an animal, immediately:

- **Wash** the wound with soap and clean water.
- **Go** to a doctor right away.
- **Tell** your doctor about your injury when you get back to the United States.

Reduce your exposure to germs - Follow these tips to avoid getting sick or spreading illness to others while traveling:

- Wash your hands often, especially before eating.
- If soap and water aren't available, clean hands with hand sanitizer (containing at least 60% alcohol).
- Don't touch your eyes, nose, or mouth. If you need to touch your face, make sure your hands are clean.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- Try to avoid contact with people who are sick.
- If you are sick, stay home or in your hotel room, unless you need medical care.

Avoid sharing body fluids - Diseases can be spread through body fluids, such as saliva, blood, vomit, and semen.

Protect yourself:

- Use latex condoms correctly.
- Do not inject drugs.
- Limit alcohol consumption. People take more risks when intoxicated.
- Do not share needles or any devices that can break the skin. That includes needles for tattoos, piercings, and acupuncture.
- If you receive medical or dental care, make sure the equipment is disinfected or sanitized.

Know how to get medical care while traveling - Plan for how you will get health care during your trip, should the need arise:

- Carry a list of [local doctors and hospitals](#) at your destination.
- Review your health insurance plan to determine what medical services it would cover during your trip. Consider purchasing travel health and medical evacuation insurance for things your regular insurance will not cover.
- Carry a card that identifies, in the local language, your blood type, chronic conditions or serious allergies, and the generic names of any medicines you take.
- Bring copies of your prescriptions for medicine and for eye glasses and contact lenses.
- Some prescription drugs may be illegal in other countries. Call [Ireland's embassy](#) to verify that all of your prescription(s) are legal to bring with you.
- Bring all the medicines (including over-the-counter medicines) you think you might need during your trip, including extra in case of travel delays. Ask your doctor to help you get prescriptions filled early if you need to.

Many foreign hospitals and clinics are accredited by the Joint Commission International. A list of accredited facilities is available at their website (www.jointcommissioninternational.org).

Select safe transportation - Motor vehicle crashes are the #1 killer of healthy US citizens in foreign countries.

Walking

Be smart when you are traveling on foot.

- Use sidewalks and marked crosswalks.
- Pay attention to the traffic around you, especially in crowded areas.
- Remember, people on foot do not always have the right of way in other countries.

Riding/Driving

Choose a safe vehicle.

- Choose official taxis or public transportation, such as trains and buses.
- Make sure there are seatbelts.
- Avoid overcrowded, overloaded, top-heavy buses and minivans.
- Avoid riding on motorcycles or motorbikes, especially motorbike taxis. (Many crashes are caused by inexperienced motorbike drivers.)
- Choose newer vehicles—they may have more safety features, such as airbags, and be more reliable.
- Choose larger vehicles, which may provide more protection in crashes.

Think about the driver.

- Do not drive after drinking alcohol or ride with someone who has been drinking.
- Consider hiring a licensed, trained driver familiar with the area.
- Arrange payment before departing.

Follow basic safety tips.

- Wear a seatbelt at all times.
- Sit in the back seat of cars and taxis.
- When on motorbikes or bicycles, always wear a helmet. (Bring a helmet from home, if needed.)
- Do not use a cell phone or text while driving (illegal in many countries).
- Travel during daylight hours only, especially in rural areas.
- If you choose to drive a vehicle in Ireland, learn the local traffic laws and have the proper paperwork.
- Get any driving permits and insurance you may need. Get an International Driving Permit (IDP). Carry the IDP and a US-issued driver's license at all times.
- Check with your auto insurance policy's international coverage, and get more coverage if needed. Make sure you have liability insurance.

Flying

- Avoid using local, unscheduled aircraft.
- If possible, fly on larger planes (more than 30 seats); larger airplanes are more likely to have regular safety inspections.
- Try to schedule flights during daylight hours and in good weather.

Helpful Resources

[Road Safety Overseas](#) (Information from the US Department of State): Includes tips on driving in other countries, International Driving Permits, auto insurance, and other resources.

The [Association for International Road Travel](#) has country-specific [Road Travel Reports](#) available for most countries for a minimal fee.

Traffic flows on the left side of the road in Ireland.

- Always pay close attention to the flow of traffic, especially when crossing the street.
- LOOK RIGHT for approaching traffic.

Maintain personal security - Use the same common sense traveling overseas that you would at home, and always stay alert and aware of your surroundings.

Before you leave

- Research your destination(s), including local laws, customs, and culture.
- Monitor travel [warnings and alerts](#) and read travel [tips](#) from the US Department of State.
- Enroll in the [Smart Traveler Enrollment Program \(STEP\)](#).
- Leave a copy of your itinerary, contact information, credit cards, and passport with someone at home.
- Pack as light as possible, and leave at home any item you could not replace.

While at your destination(s)

- Carry contact information for the nearest [US embassy or consulate](#).
- Carry a photocopy of your passport and entry stamp; leave the actual passport securely in your hotel.
- Follow all local laws and social customs.
- Do not wear expensive clothing or jewelry.
- Always keep hotel doors locked, and store valuables in secure areas.
- If possible, choose hotel rooms between the 2nd and 6th floors.

Healthy Travel Packing List

Use the [Healthy Travel Packing List for Ireland](#) for a list of health-related items to consider packing for your trip. Talk to your doctor about which items are most important for you.

Why does CDC recommend packing these health-related items?

It's best to be prepared to prevent and treat common illnesses and injuries. Some supplies and medicines may be difficult to find at your destination, may have different names, or may have different ingredients than what you normally use.

Travel Health Notices

There are no notices currently in effect for Ireland.

After Your Trip

If you are not feeling well after your trip, you may need to see a doctor. If you need help finding a travel medicine specialist, see [Find a Clinic](#). Be sure to tell your doctor about your

travel, including where you went and what you did on your trip. Also tell your doctor if you were bitten or scratched by an animal while traveling.

For more information on what to do if you are sick after your trip, see [Getting Sick after Travel](#).