

*What to know about your health and safety.*

<https://wwwnc.cdc.gov/travel/destinations/traveler/none/south-africa>

*Really, this is what you need to look at.*

*What do we do? Keep all of our routine vaccinations up to date, where sunscreen, mosquito repellent and where long pants with socks and long sleeve shirts. We are considering malaria medication, but have never taken it. That doesn't mean you should or shouldn't. Check with your doctor.*

*COVID 19- check with your airline, the CDC and the US embassy about recommendations.*

*STEP- Smart Travel Enrollment Program from the state department.*

*It's free to enroll! Just do it.*

<https://step.state.gov/STEPMobile/Help/Help#:~:text=The%20Smart%20Traveler%20Enrollment%20Program,assist%20you%20in%20an%20emergency.>

*Uber is generally safe in the cities. I don't recommend traveling alone at night. Ask the front desk about safety if you are leaving the hotel at night.*

*Passport- need two blank pages that face each other for visas.*

*Visas issued upon arrival for US Citizens.*