Hi everyone,

I’m Yoran Grant-Greene, the Country Director for the Centers for Disease Control and Prevention (CDC) office here in Haiti. Bonne année! I hope you all are staying safe and healthy, especially right now as the Omicron variant continues to create a new spike in cases globally, including in the U.S. and Haiti.

Fortunately, we all have the tools to fight Omicron. Get vaccinated and boosted, wear a mask, and wash your hands frequently with soap and water or alcohol-based hand sanitizer. If you have a fever, cough, or other symptoms, get tested! You can find all the CDC guidelines and recommendations here.

I’m so proud of the work CDC and the U.S. government is doing in Haiti! In partnership with COVAX, the United States just delivered almost 40,000 Pfizer COVID-19 vaccine doses to the Haitian people. This is in addition to previous U.S. donations of over 100,000 doses of Moderna and Johnson & Johnson. We work together with the Ministry of Public Health and Population to protect Haitian communities and help control the COVID-19 pandemic. Remember, you can get vaccinated in all 10 departments in Haiti.

Don’t forget to stay up-to-date with the latest COVID-19 information in Haiti and the requirements to fly to the United States. For example, regardless of citizenship or vaccination status, everyone must have a negative COVID-19 test one day before boarding their flight. The CDC has a handy assessment you can use to find out what applies for each traveler, including children, for a customized response to board a flight to the United States.

Please continue to stay safe,

Dr. Yoran Grant-Greene
CDC Haiti
This month, we’re answering all of your questions regarding medical insurance for U.S. citizens overseas.

**Q:** Does the U.S. government cover my medical costs when I’m overseas?

**A:** The U.S. government does not provide medical insurance for U.S. citizens overseas. We do not pay medical bills. You should purchase insurance before you travel. Please remember that in general, Medicare and Medicaid do not cover medical costs overseas.

**Q:** What does medical evacuation insurance cover?

**A:** Medical evacuation insurance pays for medical care and emergency transportation. If you are traveling to a remote destination or to a place where care is not likely to be up to U.S. standards, consider buying medical evacuation insurance.

**Q:** What does travel health insurance cover?

**A:** Travel health insurance pays for emergency and/or routine medical services overseas. If you have health insurance in the United States, find out if it covers emergencies that happen abroad. More information is on the State Department page, “Your Health Abroad.”

**Q:** What does trip cancellation insurance cover?

**A:** Trip cancellation insurance covers your financial investment in your trip, such as the cost of flights, cruises, or train tickets. This may not cover any medical care you need overseas, so you may need a separate travel health insurance policy.

**Q:** What things should I consider when deciding on my travel insurance?

**A:** Travel insurance varies widely. Carefully read the terms of an insurance policy to make sure it fits your needs. For example, does it cover emergency medical care, medical transport back to the U.S., a 24-hour contact line, sufficient financial coverage, the regions you’re traveling to, the duration of your travel, pre-existing conditions, or the activities you plan on engaging in?

Useful Links
- Your Health Abroad
- CDC Insurance Page
- Medical Assistance
National Human Trafficking Prevention

President Joseph R. Biden Jr. proclaimed January 2022 as National Human Trafficking Prevention Month. The White House said, “Since human trafficking disproportionately impacts racial and ethnic minorities, women and girls, LGBTQI+ individuals, vulnerable migrants, and other historically marginalized and underserved communities, our mission to combat human trafficking must always be connected to our broader efforts to advance equity and justice across our society.”

The U.S. National Human Trafficking Hotline is +1-888-373-7888. You can call this number to report a tip or ask for help.

January 12, 2010 Earthquake

The U.S. Embassy extends its sympathies to the Haitian people who suffered the loss of loved ones. Those of us who survived the event will never forget the bravery, patience, and solidarity all Haitians showed to each other at that very difficult time. May the thoughts and memories of your loved ones offer you some comfort on this dreadful day.
Health Resources & COVID-19

COVID-19

For updated information about COVID-19 in Haiti, please visit the Embassy website. You’ll find information about:

- Where to get vaccinated
- Where to get tested
- Entry/exit requirements
- Quarantine guidelines

Haiti—Level 4: Very High Level of COVID-19

The CDC has issued a Level 4 health advisory for Haiti. Avoid travel to Haiti. If you must travel to Haiti, make sure you are fully vaccinated.

General Health Guidance

- Make sure you are current on your vaccines, including tetanus and rabies.
- Know where doctors and the closest emergency room are in your area. Please visit the Embassy website for a list of hospitals and medical professionals in Haiti.
- Always keep basic medications and supplies on hand. Invest in a quality first aid kit and keep one in your car and at home.
- Always have medical insurance, including medevac insurance. If you need to be medically evacuated out of Haiti, you should contact a medevac company or an air ambulance service. Visit the Embassy website for a list of Air Ambulance Services.

Useful Links

- Embassy COVID-19 Page
- Travel Requirements
- Air Ambulance Services
- Hospitals in Haiti
Haiti—Level 4: Do Not Travel

The U.S. Department of State has renewed the highest level "Level 4: Do Not Travel" travel advisory for Haiti due to kidnapping, crime, civil unrest, and COVID-19.

If you are in Haiti:

- Sign-up for the Smart Traveler Enrollment Program (STEP) to receive important information from the Embassy about safety conditions in Haiti, and help the Embassy contact you in case of emergency. Enroll here: step.state.gov
- Remember that demonstrations, tire burning, and roadblocks are frequent, unpredictable, and can turn violent at any time. Emergency response, including ambulance service, is limited or non-existent.
- Always carry your cellphone and ensure it is charged before you travel. Ensure you have important numbers programmed into your phone. Consider using code names for family or friends.
- Avoid demonstrations and crowds. If you encounter a roadblock, turn around and get to a safe area.
- Arrange airport transfers and hotels in advance, or have your host meet you upon arrival.
- Travel by vehicle to minimize walking in public, and travel in groups of at least two people whenever possible.
- Always keep vehicle doors and windows locked with valuables out of sight.
- Exercise caution and alertness, especially when driving through markets and other traffic-congested areas.

- Do not travel in areas unfamiliar to you and be aware that navigation apps are highly unreliable in Haiti.
- Do not physically resist any robbery or kidnapping attempt.
- Always make sure your vehicle is in good driving condition.
- Travel at times when traffic is expected to be lighter; avoid travel after dark in Port au Prince.
- Ensure adequate spacing between vehicles to provide options for evading a potentially dangerous situation.
- Patronize shops or restaurants that provide secure, enclosed, and well-lit parking.
- Always inform someone, such as a family member or friend, of where you are going and what time you expect to return.
- Minimize broadly publishing your travel plans on social media.
This newsletter is published by the Consular Section of the U.S. Embassy in Port au Prince. Please pass this newsletter along to other interested people. If you would like to receive your own copy directly, sign up through the Smart Traveler Enrollment Program (STEP). Comments and suggestions regarding this newsletter are welcomed at acspap@state.gov.