BRAZIL BIRDING
EXPERTS

HEALTH PROTOCOLS

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Sunset on a BBE tour. Photo: Felipe Arantes

HEALTH PROTOCOLS FOR BBE TOURS

Feeling well in the field

At Brazil Birding Experts, we believe that a great birding experience starts with everyone feeling well and comfortable in the field.

Traveling long distances, spending extended time outdoors, and sharing vehicles and accommodations naturally increase exposure to common illnesses such as colds or flu.

The guidelines below are designed to support a safe, respectful, and enjoyable experience for all participants, guides, drivers, and local partners.



Red-legged Seriema (*Cariama cristata*).
Photo: Felipe Arantes

General Health Guidelines

MASKS

Routine mask use is not required on our tours. However, local regulations must always be respected, and in specific circumstances the tour leader may request the use of a mask for the well-being of the group. In such cases, participants are expected to follow the guide's instructions.

RESPIRATORY SYMPTOMS

If you experience symptoms of a respiratory illness (such as fever, cough, sore throat, congestion, or body aches), please inform your guide as soon as possible, so you can get the right care early. As a courtesy to the group, you may be asked to wear a mask when in close proximity to others.

ADJUSTING ACTIVITIES

The tour leader has the authority to recommend temporary adjustments to activities if a participant is unwell, including limiting close contact or resting for one or more days. In very rare cases, continuing the tour may not be possible if participation poses a risk to the group.

NO ROUTINE TESTING

We do not require routine medical testing. Decisions will be based on symptoms, common sense, and the well-being of everyone involved.

Before Your Trip

- We strongly encourage participants to arrive in good health and to take reasonable precautions during the two weeks before travel, especially when flying internationally or passing through crowded airports.
- Simple measures such as good hand hygiene and optional mask use in high-risk environments can help protect your trip investment and the group experience.

Recommended Vaccinations for Travel to Brazil

Vaccination needs may vary depending on personal health history, specific destinations, and the nature of the itinerary. We recommend consulting your physician or a travel clinic well in advance of departure.

None of the vaccinations below are mandatory to join our tours, but they are commonly recommended for travelers to Brazil, particularly on nature-focused, field-based itineraries.

SEASONAL INFLUENZA (FLU)

Strongly recommended for international travel and group tours, as respiratory infections are common during long flights and shared activities.

COVID-19

Keeping vaccinations up to date may help reduce the risk of severe illness during travel.

YELLOW FEVER

Recommended for many regions of Brazil, including the Amazon, Pantanal, Cerrado, and parts of the Atlantic Forest. Some countries may require proof of vaccination when you return from Brazil, depending on your itinerary. Keep a digital or printed copy of your certificate with you.

HEPATITIS A

Recommended for travelers to all regions of Brazil, as the virus can be transmitted through food or water.

HEPATITIS B

Recommended for all regions of Brazil, particularly for travelers on extended trips or those who may require medical care.

TETANUS, DIPHTHERIA, PERTUSSIS (TDAP)

Make sure your routine booster is up to date before travel.

TYPHOID

May be recommended for remote or rural areas, particularly in the Amazon region, depending on your itinerary and length of stay.

This list is provided for general guidance only. Your personal physician or travel clinic is the best source of advice tailored to your individual health profile and travel plans.



Orange-bellied Antwren (*Terenura sicki*). Photo: Ciro Albano

Everyday Field Health

A few habits that keep most tours trouble-free:

WATER	Never drink tap water. Your guide provides safe drinking water throughout the tour.
INSECTS	Bring a good repellent (DEET or Picaridin). Ticks and chiggers occur in some grassy areas and transitional forests. Your guide will warn you before we enter them, and an anti-itch cream is worth packing.
SUN, HEAT AND ALTITUDE	We pace each day to the conditions, and a hat, sunscreen and steady hydration are your part of the deal.
MEDICATION	Bring any personal medication you may need for the whole trip, plus a small reserve, and keep it in your carry-on, never in checked luggage.
TELL US IN ADVANCE	Our Registration Form includes a health questionnaire. Please fill it in carefully and let us know about every condition, allergy, medication or dietary need your guide should be aware of. It stays confidential and helps us look after you.

During the Tour

- Please maintain good hygiene practices in the field, including regular hand washing or use of hand sanitizer.
- If you feel unwell at any point during the tour, tell your guide right away. The sooner we know, the sooner you can get the right care, which gives you the best chance of a quick recovery and keeps a minor problem from getting worse. It also helps us minimize disruption to the group.
- Our guides, local operators, and office team will always do their best to provide assistance and practical support should a health issue arise.

Travel Insurance

We strongly recommend purchasing comprehensive travel insurance, including coverage for medical emergencies, trip interruption, and cancellation due to illness.

- If a participant is unable to continue the tour due to illness, all associated costs (such as accommodation, transportation, or medical care) remain the participant's responsibility. Unfortunately, we cannot offer refunds for missed tour days.
- Our local partners, office staff, and guides will provide assistance whenever possible and to the best of our ability.

QUESTIONS BEFORE YOU TRAVEL?

Our office team is happy to help with any health question about your tour. Write to contact@brazilbirdingexperts.com. You can also read our Tour Policies and Terms and Conditions at brazilbirdingexperts.com.

Brazil Birding Experts: authentic, enjoyable, and memorable birding across Brazil's regions, promoting conservation and supporting the development of local business.