On March 10, 2017, the Centers for Disease Control (CDC) updated its recommendations for travelers to areas with a risk of Zika virus transmission. The latest [CDC interactive map](https://www.cdc.gov/zika/travel-risk-map.html) of all the countries the CDC considers risk areas for Zika virus infection has the latest information for travelers, including travelers to Uganda.

We recommend that U.S. citizens and their family members who are pregnant or are planning pregnancy review the Zika information available at the [CDC Zika Virus](https://www.cdc.gov/zika/) web site and consult a physician about their specific situations.

**For further information:**

See the [State Department's website](https://travel.state.gov) where you can find the [Worldwide Caution](https://travel.state.gov/content/travel/en/travel-alerts/worldwide-cution.html), Travel Warnings, Travel Alerts, and [Uganda Country Specific Information](https://travel.state.gov/content/travel/en/travel指导下/destinations/africa/uganda.html).

Enroll in the [Smart Traveler Enrollment Program (STEP)](https://step.state.gov/) to receive security messages and make it easier to locate you in an emergency.

Contact the [U.S. Embassy in Kampala](https://www.usembassy.gov/), located at Plot 1577 Ggaba Road, P.O. Box 7007, at tel.+(256)(0) 414-306-001 and +(256)(0)312-306-001, 7:30 a.m. to 4:45 p.m. Monday - Thursday and 7:30 a.m. to 12:30 p.m. on Friday, or by email at KampalaUSCitizen@state.gov. For after-hours emergencies, please call +(256)(0) 414-306-001 and +(256)(0)312-306-001.

Call 1-888-407-4747 toll-free in the United States and Canada or 1-202-501-4444 from other countries from 8:00 a.m. to 8:00 p.m. Eastern Standard Time, Monday through Friday (except U.S. federal holidays).

Follow us on [Twitter](https://twitter.com) and [Facebook](https://www.facebook.com).