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**From:** Dave Johnson <[REDACTED]@[REDACTED].m>  
**Sent:** Tuesday, March 14, 2017 2:56 PM  
**To:** G Charsley (Adler ANB)  
**Cc:** Zane; Ian Fitzpatrick; Myla Baker US; krausandreas [REDACTED]; Melissa Smallwood; jason.timm [REDACTED]  
**Subject:** MedAire Medical & Travel Information for Nassau

The attached Medical / Travel information was downloaded from the MedAire website & may be of interest prior to visiting Nassau

DAVE JOHNSON  
email [REDACTED]

Begin forwarded message:

From: [REDACTED]  
Date: March 14, 2017 at 9:58:00 AM =DT  
To: [REDACTED]  
Reply-To: [REDACTED]

MedAire Travel & Security Information for Nassau \_\_\_\_\_

Bahamas

Security Advice  
STANDARD TRAVEL SECURITY ADVICE

\* Maintain a low profile. Dress as inconspicuously as possible and avoid ostentatious displays of wealth. Avoid displaying money, wearing jewellery or carrying valuables such as laptop computers or cameras. When walking in the street, keep your bags and briefcases away from passing traffic.

- \* Always carry some form of communication equipment, such as a cellular phone programmed with numbers that would be useful in an emergency (police, embassy, international SOS Assistance Centre, etc).
- \* Understand the basic geography of your destination, and ensure you familiarise yourselves with key routes: avoid high-crime or low-income areas if possible. If you find yourself disorientated, be discreet when consulting a map – or ask for directions from someone in a public, client-facing role, such as a shop assistant or police officer.
- \* Avoid disputes, demonstrations, political rallies and commotions on the street. Do not stay to watch or photograph them.
- \* Carry cash in more than one pocket, and keep a small amount in a top pocket to hand over to a criminal who confronts you. A dummy wallet – with a small amount of local currency, an expired credit card and some useless receipts – can be useful to satisfy a mugger.
- \* Where possible, obtain small denominations of currency and keep the bulk of cash and cards in a money belt, which should only be accessed in private places.
- \* Ignore verbal 'bait' from passers-by – do not get into an argument – and avoid eye contact with strangers. If you suspect that you are being followed, enter any busy public place and call for help.
- \* Maintain a high level of information security. Do not give out personal information. Do not discuss your plans with strangers. Do not carry unnecessary amounts of information, either in hard copy or on laptops, removable drives etc.
- \* Memorise important local phrases (yes, no, how much, stop here etc).
- \* Be alert to your surroundings: if possible, understand the pattern of life, and be alert for – and ready to respond to changes.
- \* Limit your alcohol intake: it is likely to reduce your level of awareness and judgment.
- \* Do not accept food or drinks from strangers. Always keep your food and drink in sight in entertainment venues.

#### ADDITIONAL ADVICE FOR WOMEN TRAVELLERS

- \* Call for advice from our security specialists if you have any concerns about the risks you might face in a given destination.
- \* Observe and respect local clothing customs. Dress modestly to avoid drawing attention.
- \* In some countries, a lone female traveller is a source of curiosity: you may be stared at if travelling alone. As a precaution, avoid eye contact with strangers, especially on the street and on public transport. If travelling alone, restrict evening entertainment to business-class hotels or membership clubs.
- \* A wedding ring – even a fake one – can reduce levels of unwanted male attention.
- \* Decline politely but firmly any invitations which make you feel uncomfortable, even if faced by amicable pressure to accept.
- \* Ignore suggestive comments.
- \* Some hotels offer women-only floors; ask about them when you book your room. Ensure your hotel only allows guest access to accommodation floors. You might want to consider using a door wedge and/or portable alarm for extra security.
- \* Check the available transport options at your destination, and if there are any additional precautions advised for women – such as not using a taxi alone, or where to sit on a bus.

#### ADDITIONAL ADVICE FOR LGBT TRAVELLERS

Homosexuality is illegal in many countries. Additionally, social attitudes in many countries can result in harassment of lesbian, gay, bisexual and transgender (LGBT) groups; harassment is also frequently reported in countries where same-sex relationships are illegal.

The following steps can be taken to minimise the likelihood of encountering social, legal or physical consequences arising from your sexual orientation:

\* Keep a low profile: LGBT travellers generally face harassment =r legal censure only if they draw attention to their sexuality. In =igher risk locations, LGBT travellers should avoid drawing attention to =hemselves through public displays of affection or expressing opinions =n LGBT issues in public. If LGBT employees receive unusual attention or =re victims of abuse, they should leave the area and go back to their =otel or office.

\* Follow the law: Travellers should =lways comply with local laws, including in countries where LGBT =ctivity is illegal.

\* Be vigilant: LGBT travellers =hould exercise higher levels of vigilance in areas with a higher =ikelihood of physical assault. They should remain alert to their =urroundings and check for signs of being followed.

## Americas

Homosexuality is =egal in most countries of the region, though violent verbal or physical =ttacks on LGBT individuals occur in some Central and South American =ations, and it is best to avoid public displays of affection as a =ecurity precaution.

Homosexuality is illegal in some =aribbean nations, including Jamaica and Trinidad and Tobago; verbal and =hysical attacks on LGBT individuals occur regularly.

## Africa

Homosexuality is illegal in the =ollowing countries: Mauritania, Nigeria, Somalia and Sudan; punishment =an include the death penalty. Harassment of LGBT individuals is =ommon.

Homosexuality is also illegal, and imprisonment =nd some harassment of LGBT individuals may be experienced, in the =ollowing countries: Algeria, Angola, Botswana, Burundi, Cameroon, =omoros, Egypt, Eritrea, Ethiopia, the Gambia, Ghana, Guinea, Kenya, =iberia, Libya, Malawi, Morocco, Namibia, Senegal, Seychelles, Sierra =eone, South Sudan, Swaziland, Tanzania, Togo, Tunisia, Uganda, Zambia =nd Zimbabwe.

## Asia

Homosexuality is illegal in Afghanistan, Bangladesh, Bhutan, =runei, India, Kiribati, Malaysia, the Maldives, Myanmar, Nauru, =akistan, Papua New Guinea, Samoa, Singapore, Solomon Islands, Sri =anka, Tonga, and parts of Indonesia.

In Afghanistan, =omosexuality is punishable by death. In Brunei, Pakistan, Malaysia, and =he Maldives an LGBT individual could face Sharia law punishments such =s whipping, imprisonment, or death by stoning; more commonly, =unishment involves fines and jail.

In Bangladesh, =hutan, India, Kiribati, Myanmar, Nauru, Papua New Guinea, Samoa, =ingapore, Solomon Islands, Sri Lanka and Tonga homosexuality is =unishable by fines and extended imprisonment.

Laws =gainst homosexuality are only sporadically enforced in Bangladesh, =hutan, India, Kiribati, Myanmar, Nauru, Papua New Guinea, Samoa, =ingapore, Sri Lanka, and Tonga. However LGBT individuals are vulnerable =o police harassment.

Homosexuality is legal in most =arts of Indonesia. Laws against homosexuality in Aceh and South Sumatra =rovinces apply to Muslims, but not non-Muslims.

## Europe

Homosexuality is legal in most countries of the area. =omosexuality is legal in Russia but there are laws against its =xpression, including fines for people giving information about =omosexuality to minors. In the Balkans, there were

several instances of attacks during events organised by the LGBT community (e.g. annual gay pride marches). Violent verbal or physical attacks on LGBT individuals occur in the region and it is best to avoid public displays of affection as a security precaution.

#### Central Asia

Male homosexuality is illegal in Turkmenistan and Uzbekistan, where the sentence can be up to two and three years imprisonment respectively.

#### Middle East

Homosexuality is illegal in most countries. Homosexuality is punishable by death in Iran, Saudi Arabia and Sudan, and could be punished by prison sentences, deportation or other significant punitive measures in many other countries. Same-sex relationships are legal in Israel and Jordan, though harassment can occur in both countries.

#### Risk Ratings

MEDIUM MEDICAL RISK for Bahamas

LOW TRAVEL RISK for Bahamas

#### Risk Summary

Crime rates in the Bahamas have increased significantly in recent years, particularly in Nassau. Security risks on the outlying islands of the Bahamian archipelago, known as the Family or Out Islands, are significantly lower than for Nassau (New Providence) and Freeport (Grand Bahama). Violent crime and murder have traditionally occurred in the lower-income areas of Nassau and Freeport; the southern neighbourhoods of Nassau are particularly dangerous. However, criminal activity has spread into upmarket residential and tourist areas. Despite the increase in violent crime, the problem largely affects local residents. The principal risks for business travellers remain petty theft and street crime. The islands face a significant risk from hurricanes and tropical storms between June and November.

This information is intended as a summary of the travel security environment; however, the risks can change at short notice during a crisis or evolving situation. Please check our travel security alerts to ensure you are informed of the most recent developments.

#### STANDING TRAVEL ADVICE

##### Alerts

Ongoing Zika transmission

Spike in gang violence highlights need to exercise precautions against crime risks

[View All Alerts](#)

##### Vaccinations For Bahamas

Hepatitis A	Recommended for all travellers and expatriates.
<a href="#">Read more</a>	
Hepatitis B	Recommended for most travellers and expatriates,
<a href="#">Read more</a>	
Typhoid fever	Recommended for adventurous and long-term
<a href="#">Read more</a>	
Yellow fever	Vaccination is required for travellers ≥ 1 year
<a href="#">Read more</a>	

## Routine vaccinations

\* All routine vaccinations should be current: these include Measles-Mumps-Rubella, Polio, Tetanus-Diphtheria-Pertussis, and Varicella.

\* Influenza occurs in the northern and southern hemisphere winters and year-round in the tropics. Consider an annual vaccination.

## Other Medical precautions

\* Before you go - See your doctor and dentist and ensure you are in the best health before you leave.

## Other preparations:

\* Malaria

\* Health Threats

## Summary

### TRAVEL RISK SUMMARY

Crime rates in the Bahamas have increased significantly in recent years, particularly in Nassau. Security risks on the outlying islands of the Bahamian archipelago, known as the Family or Out Islands, are significantly lower than for Nassau (New Providence) and Freeport (Grand Bahama). Violent crime and murder have traditionally occurred in the lower-income areas of Nassau and Freeport; the southern neighbourhoods of Nassau are particularly dangerous. However, criminal activity has spread into market residential and tourist areas. Despite the increase in violent crime, the problem largely affects local residents. The principal risks for business travellers remain petty theft and street crime. The islands face a significant risk from hurricanes and tropical storms between June and November.

This information is intended as a summary of the travel security environment; however, the risks can change at short notice during a crisis or evolving situation. Please check our travel security alerts to ensure you are informed of the most recent developments.

### STANDING TRAVEL ADVICE

\* Travel to the Bahamas can continue with basic security precautions.

\* Avoid isolated areas of the islands after dark.

\* Take basic security precautions against petty and street crime.

### Personal risk

### CRIME

Petty and opportunistic crimes are the main risks facing foreign visitors, though there has also been an increase since 2015 of armed crime. Crime rates, both petty and violent, are high on the island of New Providence, including in the capital Nassau and surrounding areas. Credit and debit card fraud is a serious concern; travellers should check their bank statements frequently and use ATMs at secure locations.

On New Providence there have been reports of thieves placing items on roads to block vehicles and subsequently rob the passengers. There have also been cases of criminals deliberately hitting a victim's car from behind to cause an accident; when the cars stop, the criminals approach the occupants and rob them.

Although the majority of violent crime affects local nationals and occurs in areas that foreigners are unlikely to frequent, there have been armed robberies of and assaults on foreigners on New Providence, including in the Cable Beach area. Armed robberies have also been reported at gas stations, fast-food restaurants, convenience stores and banks.

Criminals in the Bahamas have been known to carry knives and guns. Generally, thieves will not use these weapons unless they are provoked. There have been cases in where a resisting victim was assaulted. Visitors should avoid confronting assailants and comply with their instructions to mitigate the risk of assault during a robbery attempt.

Foreigners' residences in the Bahamas are periodically burgled, even within gated communities. Residential break-ins and thefts also take place on the islands of Abaco and Bimini. There have been reports of assaults during robberies, as well as in the vicinity of hotels.

Drug-related crimes, including mugging by organised criminal gangs, are a major concern on many islands, though they do not pose a direct threat to travellers. Government officials attribute the rapid increase in drug-related crime to the struggle between local gangs for control of strategic territories throughout the New Providence region: however, most drug-related violence is restricted to lower income areas which business travellers are unlikely to need to visit.

Since 2015, there has been a rise in sexual assaults in Nassau. Many of these assaults have taken place within tourist areas, personnel residences, hotel rooms, casinos, outside hotels, and on cruise ships. Some victims were drugged before being assaulted. Women should maintain increased vigilance, especially after nightfall and in isolated areas and deserted stretches of beach, to mitigate the risk of sexual assault.

#### TERRORISM

There is a low risk of terrorist attack.

#### SOCIAL UNREST

Protests are rare and generally peaceful. Industrial strikes seldom disrupt public services.

#### BUSINESSWOMEN

Women are unlikely to face any challenges while conducting business. North American business practices heavily influence the business environment; women are well represented in many professions.

#### EMERGENCY NUMBERS

Emergency Numbers

Fire 911/919

Police 911/919

Ambulance services are not recommended. Contact International SOS for help with your medical situation.

Clinics & hospitals

Medical providers

No matter where you are, contact International SOS first if you are sick, injured or need medical advice.

Our medical staff will advise you, help you select the correct doctor, hospital or clinic, and make any necessary appointments on your behalf. If our terms allow, we will also make financial arrangements for you.

It is recommended that you contact International SOS before accessing medical care in Bahamas

#### Hospitals / Clinics

If you are unable to contact International SOS, the following list of hospitals and clinics is provided in case of medical emergencies.

#### Nassau

Doctors Hospital

Category: Hospital

Address: Shirley St. and Collins Ave

#### Nassau, NA

Telephone: 1 242 302 610

1 242 302-4600

1 242 22 8411

#### Health threats

These pages display diseases in approximate order of risk

Travelers' diarrhea | Threat from : Food and/or water

Travellers' diarrhoea usually occurs within the first week away from home. It affects between 20 and 50 percent of all international travelers, especially people visiting high-risk destinations such as developing nations in Latin America, Africa and the Middle East.

More on Travelers' diarrhea and its presence in Bahamas

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Dengue fever | Threat from : Insect bites

Dengue, or "break-bone" fever, is a viral disease of the tropics and sub-tropics. It is transmitted by the Aedes aegypti mosquito that bites during the daytime and is found in and around human habitation. Symptoms include high fever, severe headaches, joint and muscle pain. A rash often follows. The acute illness can last up to ten days, but complete recovery can take two to four weeks.

More on Dengue fever and its presence in Bahamas

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### Chikungunya | Threat from : Insect bites

People can get chikungunya if they are bitten by a mosquito carrying the virus. About four to seven days later, the infected person develops a sudden fever and severe joint pain. Pain is especially common in the knees, ankles, small joints (especially in hands and feet) and any previously injured area. Other common symptoms are a rash and headache.

[More on Chikungunya and its presence in Bahamas](#)

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### Typhoid fever | Threat from : Food and/or water

Typhoid fever is a serious infection caused by a type of salmonella bacteria spread by contaminated food or water. Choosing safe food and water will greatly reduce the risk of developing the disease.

[More on Typhoid fever](#)

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### Hepatitis A | Threat from : Food and/or water

Hepatitis A is a viral disease that affects the liver. It is transmitted person-to-person and by contaminated food and water, especially in areas with poor sanitation and overcrowding.

[More on Hepatitis A](#)

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### More diseases associated with Bahamas

1 | 2

Getting around

BY AIR

National carrier Bahamasair provides connections between Nassau and Freeport, in addition to several other domestic services. SkyBahamas operates scheduled flights throughout the Bahamas, as well as charter flights to locations elsewhere in the Caribbean.

## BY ROAD

Driving is on the left. Roads are often narrow, winding and in poor condition especially in rural areas. Pedestrian traffic, reckless driving, potholes and vehicular congestion can make driving difficult. Roads are often inundated in major urban centres such as Nassau and Freeport during the Caribbean hurricane season (June-November).

International companies such as Avis and Hertz offer car-hire services. Travellers intending to self-drive need to carry an international driver's permit or their national driving licence; a Bahamian driver's licence is required for foreigners staying for a period of more than three months. It is mandatory to wear seat belts. Roadside assistance is available. Visitors involved in accidents should wait for the police and not move their vehicles, though police assistance can take time.

## BY TAXI

Taxis are plentiful and inexpensive, and can be booked via telephone or hailed on the street. Metered rates vary by island and surcharges often apply for more than two passengers and extra luggage. Visitors should negotiate a price before departure, and ensure that the driver uses the meter. Many taxis only accept cash. Unlicensed taxis should be avoided.

## BY TRAIN

Nassau serves as the hub for a well-developed, wide-reaching and efficient train network.

## BY OTHER MEANS

Bus services are available in Nassau and Grand Bahama. These operate regularly and cover most of the destinations. Travellers are advised to carry currency in small denominations to avoid difficulties in receiving change. Ferry services are also available.

## Embassies & Consulates

### Embassies

China Embassy

Nassau

Shirley Street East, PO Box: SS-6389; Nassau

Nassau

Bahamas

Telephone: +1 42 3931415

Fascimilie: +1 242 930733

Email: chinaemb\_bs@mfa.gov.cn

website: <http://bs.china-embassy.org/chn/>

Netherlands Embassy

Nassau

Gladstone Rd. North within the Bahamas Waste Office; Nassau

Nassau  
Bahamas  
Telephone: +1 242 =616398  
Fascimilie: +1 242 =616842  
Email: netherld@mail.bahamas.net.bs  
=/tr>  
Norway Consulate

The Symonette Group of Companies Nelson Road P.O. Box CB =2043; Nassau

Bahamas  
Telephone: +1 242 =24-0372  
Fascimilie: +1 242 =27-3184  
Email: norway@symonettegroup.com  
Sweden Consulate  
Nassau  
1 Bay Shore Close, West Bay Str; =assau

Nassau  
Bahamas  
Telephone: +1 =42 326 2817  
Fascimilie: +1 242 3262 =862  
Email: nassau.swecons@ldccs.cc  
=tr class="">website: www.swedenabroad.com  
Switzerland Consulate  
Nassau  
Lyford Cay, Resolute Road P.O. Box N-7776; =assau

Nassau  
Bahamas  
Telephone: +1 =42 362 5539  
Fascimilie: +1 242 362 =539  
Email: nassau@honrep.ch  
website: www.eda.admin.ch  
United States Embassy  
Nassau  
42 Queen Street; Nassau

Nassau  
Bahamas  
Telephone: +1 =42 3221181  
Fascimilie: +1 242 356 =174

Email: [embnas@state.gov](mailto:embnas@state.gov)  
website: <https://bs.usembassy.gov/>  
Calendar

2017

14 Apr Good Friday

02 Jun Randol Fawkes Labour Day

In the Bahamas, Labour Day is named after the man who is credited with founding the country's trade union movement

05 Jun Whit Monday

10 Jul Independence Day

01 Aug Emancipation Day

This holiday celebrates the emancipation of slaves in the British colonies in 1834.

10 Oct National Heroes Day

Formerly called 'Discovery Day' or 'Columbus Day', this has been dedicated since 2013 to honouring Bahamian national heroes.

25 Dec Christmas Day

In some countries, if this holiday falls on a Saturday or Sunday, a public holiday is declared for the following Monday.

26 Dec Boxing Day

In many countries, if this holiday falls on a Saturday or Sunday, a public holiday is observed on the following Monday or Tuesday respectively.

2018

01 Jan New Year's Day

In many countries, if this holiday falls on a Saturday or Sunday, a public holiday is declared for the following Monday.

10 Jan Majority Rule Day

Commemorating the day in 1967 that the Bahamas became self-governing.

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