



DESTINATION REPORT

UNITED ARAB EMIRATES

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GENERAL OVERVIEW

The United Arab Emirates (UAE) was once partially controlled by the United Kingdom and was known as the Trucial States. In 1971, the six Emirates united to form an independent country and the following year, a seventh Emirate joined the original six. Today, the seven states of Abu Dhabi, Ajman, Dubai, Fujairah, Ras al-Khaimah, Sharjah, and Umm al-Quwain make up the United Arab Emirates. Each Emirate has a monarch and a President to represent its interests.

The UAE is a wealthy country with a historical economic reliance on its vast natural oil reserves. Recently, the government has been working on economic diversification reforms to assist in stabilizing the economy. Largely due to the country's wealth, the UAE has experienced almost no civil unrest in the wake of the 2011 Arab Spring.

Of the nation's 5 million people, 96 percent identify as Muslims. The official language of the UAE is Arabic, though Persian, English, Hindi, and Urdu are also widely spoken.

The Emirates are located in the Middle East, and border Oman, Saudi Arabia, the Persian Gulf, and the Gulf of Oman. Much of the country is desert, with few mountains in the east. Summers are very hot and dry, and winters are usually warm.

SECURITY ASSESSMENT

Security Risk Rating

Moderate

Security Risk Overview

There is a low risk of terrorism and civil unrest, but the threat of regional instability cannot be discounted. Levels of crime are also low.

Emirati legal systems are strict and may appear unusual to Western visitors. Many laws are heavily influenced by Islam, though they may vary between individual Emirates.

Terrorism

Though there has never been a major terrorist attack in the UAE, there is a potential for attacks in the Persian Gulf area due to heightened terrorist activity in the region, particularly by al-Qaeda in the Arabian Peninsula (AQAP) and the Islamic State (IS). Potential operations may target Western individuals and interests, and could include kidnappings, bombings, infrastructure- or transportation-targeted attacks, and other forms of violent assault. Security forces have claimed to have dismantled terrorist cells in the past.

On 5 June 2017, the UAE-along with Saudi Arabia, Bahrain, and Egypt, among others-severed diplomatic ties with Qatar. These countries cited Doha's sponsorship of terrorism and extremism as the basis of their decision. Consequently, the UAE and its allies ordered the closure of their borders, airspace, and seaports to Qatar.

Civil Unrest

Political protests require prior approval from the government and are extremely rare. While the 2011 Arab Spring did not seriously impact the UAE, events in the larger Middle East do affect the opinion of the general Emirati public, and the possibility of demonstrations occurring cannot be ruled out.

Personal Security

Levels of crime in the UAE are low. Most of these crimes take place in low-income neighborhoods inhabited by laborers. Although most of these crimes are petty and opportunistic in nature, there have been reports of assault, including sexual assault, against foreigners. The perpetrators of these crimes are often non-confrontational and non-violent, though may become violent if victims resist.

Crimes of a sexual nature-including harassment and assault-are common and law enforcement is generally ineffective in investigating and prosecuting these crimes. Sexual relations outside of marriage are considered to be a crime in the UAE, and victims of sexual assault can be punished for these crimes.

Although rare, female travelers have been verbally abused and physically assaulted. Women are encouraged to travel in groups and avoid traveling after dark.

Local laws and customs are heavily influenced by Islam, though they may vary between each Emirate. Modest dress and behavior should be observed. Public displays of affection before marriage may incur heavy penalties. Same-sex relations are illegal and punishable by death under

Sharia law, although this is loosely enforced. Cross-dressing is also criminalized. It is illegal to possess alcohol without a liquor permit from the Ministry of Interior. Religious proselytizing is prohibited in the UAE and any action that can be interpreted as proselytizing may incur criminal charges. Drug offenses often carry severe sentences including the death penalty. Individuals have been arrested for posting information on social media websites that local authorities deemed as insulting or a disturbance to the order of the UAE.

Photography is prohibited for aircraft, government buildings, military installations, foreign diplomatic missions; and other sensitive civilian sites. Photographing people, particularly women, without permission can also result in arrest.

The Abu Musa island and the Tunbs islands are disputed between Iran and the UAE; individuals fishing or boating in this area off the coast have been detained by Iranian authorities in the past for territorial violations.

Sandstorms regularly occur during the summer season between June and September. The sandstorms can cause travel disruptions, including air travel, due to reduced visibility and may last for several days.

Law Enforcement

Police response in the UAE varies by location. In major cities, response time is generally prompt, but can be slow and inadequate in more rural areas. Police officials may not speak English. Officers have been known to arbitrarily arrest, detain, and mistreat prisoners. Laws are typically based on Islamic law, and travelers may find some punishments unusual.

Prisons conditions are fair. Overcrowding can be an issue, and male prisons are often in better condition than those for females. Lengthy pretrial detention periods as well as judicial corruption and intervention hinder the justice system.

Transportation

Air: The UAE is rated Category 1 by the International Aviation Safety Assessment Program (IASA). A Category 1 rating means that the country's civil aviation authority has been assessed by FAA inspectors and has been found to license and oversee air carriers in accordance with ICAO aviation safety standards.

Public Transport: Major cities have extensive public transportation systems, including buses, ferries, taxis, and underground railway systems. Quality of transportation is generally high, but is often dependent on the Emirate. Transportation between cities is sometimes limited.

Car: Driving can be hazardous due to poor local driving practices and environmental conditions. The UAE has a high rate of road accidents. Roads are well maintained but drifting sand can become a hazard. Roadside assistance is available throughout the country.

Individuals who are involved in a vehicle accident must stay at the scene of the accident until police arrive; if another party is injured in the accident, the driver may be detained until the other party is discharged from the hospital.

For short-term stay, visitors can drive in the UAE with a home country driver's license. However, an International Driving Permit may be required in some emirates. Traffic moves on the right side of the road.

Taxi: Taxis are widely available in the UAE and are metered. There have been reports of harassment

in taxicabs, especially of female travelers. Pink taxis are available for female passengers and are driven by females. In Abu Dhabi, gold, green, and white taxis are unlicensed.

The ride-hailing service Uber is available in Dubai.

Train: A modern, inter-Emirate rail system is currently under construction in the UAE.

Scams, Fraud, Corruption, and Extortion

There are no large-scale concerns related to scams, fraud, corruption, or extortion in the UAE. Common scams against foreigners, regardless of destination, include dating and marriage scams, false employment opportunities, and virtual kidnapping for ransom. Avoid giving out personal information at all costs, especially bank or credit card numbers.

Corruption of government employees has been reported in the UAE and it has been reported that these officials may expect, request, or demand illegitimate payments from foreigners for real or imaginary violations of local law. Travelers are advised to exercise caution when dealing with these officials.

Security Advice

Be prepared. Make an effort to understand your destination environment before you travel: identify the possible threats and prevailing situation, understand your own vulnerabilities and take action to mitigate the risks.

Maintain a low profile and good situational awareness. Ensure you travel with reliable communications equipment, test your mobile (cellular) telephone upon arrival at your destination and keep it fully charged. Make note of emergency telephone numbers, including the police, fire department, ambulance, and embassy or consulate.

Avoid all protests and demonstrations to minimize the risk of exposure to incidental violence. Travelers should walk away or wait inside a shop or restaurant if it is not possible to leave the area. Plan alternate routes to circumvent potential protest locations. Seek the assistance of a local host, or travel with a local driver, where possible.

To minimize the risk of becoming a victim of petty theft, travelers should maintain caution and exercise situational awareness at all times. Avoid overt displays of wealth. If confronted by a criminal, do nothing to antagonize the situation. Carry a "dummy" wallet if possible, and carry a passport photocopy at all times.

Carry handbags on the opposite side from passing traffic to reduce the risk of thieves on motorcycles trying to snatch them.

Avoid walking unless you are confident of the security situation. Do not walk by yourself at night in secluded or troublesome areas of the city. Do not take shortcuts away from main roads, which tend to be busy and provide a safer environment.

National holidays and public festivals tend to attract large crowds in some countries. Such public gatherings, despite a typically enhanced security presence, create a potential venue for disorder or violence. In addition, large crowds may well impede local transportation systems.

Do not buy counterfeit or any goods in violation of copyright laws. Doing so may be a violation of local laws and can carry hefty fines or even prison time.

Reduce risk of injury from car crashes by always wearing a seatbelt. Some countries have heavy

finer for not wearing a seatbelt. Avoid drinking and driving. Be sure to travel with all appropriate documentation, including passport and visa photocopies. Individuals who intend on driving should be in possession of their International Driving Permit (IDP), vehicle registration, and proof of insurance at all times.

Travelers are subject to the laws of the UAE, even if they are not citizens of the UAE. Travelers can also be prosecuted for violating their home country's laws while in a foreign country. Travelers should be aware of the laws and customs of the country they are traveling to in order to avoid prosecution.

HEALTH ASSESSMENT

Health Risk Rating

Moderate

Travel Health Advice

Routine vaccines for preventable diseases, such as measles/mumps/rubella (MMR) vaccine, diphtheria/pertussis/tetanus (DPT) vaccine, chickenpox (or varicella), poliovirus vaccine, etc. are recommended for all travelers.

Protect against insect bites and insect-borne diseases, such as tick-borne encephalitis or malaria, by using insect repellent and wearing long pants, long sleeve shirts, boots, and hats if possible. See more detailed insect precautions below.

Prevent foodborne illnesses by avoiding undercooked foods and unpasteurized dairy products and washing hands, especially before eating. See more detailed food and beverage precautions below.

A comprehensive pre-travel health consultation with a travel health care provider is recommended for all travelers in order to optimize their health while traveling and to individualize their disease prevention strategies to best mitigate the health risks of any destination.

The Centers for Disease Control and Prevention (CDC) reported a Middle East Respiratory Syndrome Coronavirus (MERS-CoV) outbreak in several countries in the Arabian Peninsula. Information regarding MERS-CoV is detailed below. Consult with a travel health care provider to determine whether you should take additional precautions.

There are confirmed cases of the novel coronavirus (COVID-19) in this country, and/or authorities have undertaken restrictive prevention measures. The situation is fluid. Numbers of cases, governmental restrictions, and travel services are subject to rapid change. To obtain Global Rescue's latest worldwide COVID-19 update, please contact a sales representative at (+1) 617-459-4200 or memberservices@globalrescue.com.

Immunizations - Required for Entry

The following vaccines are required for travelers entering the country. Some vaccines may only be required for travelers arriving from specific destinations, or those who have previously traveled to specific destinations within a given time period. Travelers are advised to consult with their travel healthcare provider for traveler-specific requirements.

Immunization	Notes
None	There are no required immunizations for entry into United Arab Emirates.

Immunizations - General

The following immunizations are recommended for travel to all destinations.

Immunization	Notes
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Routine	Routine vaccines for preventable diseases, such as measles/mumps/rubella (MMR) vaccine, diphtheria/pertussis/tetanus (DPT) vaccine, chickenpox (or varicella), poliovirus vaccine, etc. are recommended for all travelers.
Hepatitis B	<p>Hepatitis B is spread through contact with infected blood, sexual relations, and contact with contaminated needles.</p> <p>There are several pre-exposure vaccination options available: PEDIARIX (pediatric formulation containing DTaP, HepA/B, and polio vaccines), TWINRIX (3 dose HepA/HepB combination series), ENGERIX-B, RECOMBIVAX HB (3 doses); Heplisav-B (2 doses). The full course of injections is recommended prior to travel. Unvaccinated travelers who have been exposed to HBV should seek medical attention immediately. They should receive a dose of Hep B vaccine within 24 hours of the exposure, and may benefit from treatment with Hep B immunoglobulin as well.</p>
Influenza	<p>All types of Influenza are spread between humans by respiratory droplets through sneezing, coughing, and touching objects contaminated with the virus.</p> <p>There are 2 types of pre-exposure vaccinations available: Inactivated Influenza Vaccine (IIV), and Live Intranasal Influenza Vaccine (LAIV). IIV is injected into the upper arm or thigh, and LAIV is administered as a nasal spray. Components of the vaccine change yearly, depending on anticipated circulating strains of the virus, which vary by hemisphere. Vaccination is recommended annually for all persons at least 6 months of age, prior to transmission season.</p>

Immunizations - Recommended for this Country

The following are vaccine preventable diseases present in this country. Some travelers may be at an increased risk of exposure to specific diseases. Travelers are advised to consult with their travel healthcare provider for traveler- and itinerary- specific recommendations.

Immunization	Notes
Hepatitis A Virus (HAV)	<p>The Hepatitis A virus is primarily transmitted through contaminated water and food such as shellfish and uncooked vegetables or fruit prepared by infected food handlers. It is also transmitted through person-to-person contact via fecal-oral exposure, or spread through sexual relations, blood transfusions, and needles.</p> <p>Several pre-exposure vaccination options are available: HAVRIX, VAQTA, TWINRIX (3-dose HepA/HepB combination series), and AVAXIM. The vaccine requires 2 doses, separated by a minimum of 6 months. Ideally, the traveler should complete both doses at least 2 weeks prior to travel. However, if there is insufficient lead time to travel, the first injection should be administered before departure and a booster after 6 months. Once both doses are completed, immunity is considered lifelong.</p>

Typhoid Fever	<p>Typhoid is a bacterial infection spread through the ingestion of contaminated food or water.</p> <p>Vaccination should be completed 1-2 weeks before travel, depending on the form of the vaccine given. Two forms of the vaccine are available: an inactivated shot (1 dose), and a live oral vaccine (4 capsules given over 8 days). Booster doses of vaccine are needed for ongoing protection. The interval will vary depending on the form of the vaccine and the traveler's country of vaccination. Vaccination recommendations vary by country, activities, and specific itinerary. Consult a travel health professional for individual advice.</p>
Hepatitis B Virus (HBV)	<p>Hepatitis B is spread through contact with infected blood, sexual relations, and contact with contaminated needles.</p> <p>There are several pre-exposure vaccination options available: PEDIARIX (pediatric formulation containing DTaP, HepA/B, and polio vaccines), TWINRIX (3 dose HepA/HepB combination series), ENGERIX-B, RECOMBIVAX HB (3 doses); Heplisav-B (2 doses). The full course of injections is recommended prior to travel. Unvaccinated travelers who have been exposed to HBV should seek medical attention immediately. They should receive a dose of Hep B vaccine within 24 hours of the exposure, and may benefit from treatment with Hep B immunoglobulin as well. Vaccination is routine in the US and many other countries. Previously unvaccinated travelers should consider vaccination for travel to areas with high risk of HBV infection, or if they anticipate needing medical/dental care abroad, being exposed to needles, or engaging in sexual activity.</p>
Influenza Virus (Flu)	<p>Classic, or seasonal, influenza, is a highly contagious respiratory infection, caused by 2 types of virus: A and B. All types of Influenza are spread between humans by respiratory droplets through sneezing, coughing, and touching objects contaminated with the virus.</p> <p>There are 2 types of pre-exposure vaccinations available: Inactivated Influenza Vaccine (IIV), and Live Intranasal Influenza Vaccine (LAIV). IIV is injected into the upper arm or thigh, and LAIV is administered as a nasal spray. Components of the vaccine change yearly, depending on anticipated circulating strains of the virus, which vary by hemisphere. Vaccination is recommended annually for all persons at least 6 months of age, prior to transmission season.</p>
Rabies	<p>Rabies is spread through the bite or scratch of an infected animal. All mammals are susceptible, but dogs and other wildlife (particularly bats) are the most common vectors.</p> <p>A 3-dose pre-exposure rabies vaccine is recommended for long-term travelers and expatriates visiting remote areas. It is also recommended for travelers involved in adventure or outdoor activities in remote areas who could be exposed to bats, dogs, and other mammals and those who might be in direct contact with animals, including in urban areas. Children are at higher risk and have a lower threshold for pre-exposure vaccination. The first dose of the vaccine should be administered at least 21 days before travel.</p>

Health Risks

The following are health risks present in the country. Some of these health risks are widespread, while others may only affect travelers in specific areas or those engaging in specific activities. Travelers are advised to consult with their travel healthcare provider for traveler- and itinerary-specific recommendations.

Health Risks	Notes
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<p>Air Pollution</p>	<p>Air pollution refers to the potentially hazardous mix of particulate matter, chemicals, and other materials that infiltrates the air and causes acute symptoms and chronic conditions. Acute symptoms include itching of the eyes, nose, and throat, as well as wheezing, coughing, shortness of breath, chest pain, headaches, nausea, and upper respiratory infections (bronchitis and pneumonia). Air pollution is increasing in low- and middle- income countries and has become a major concern for travelers.</p> <p>Travelers with chronic lung conditions such as asthma or chronic obstructive pulmonary disease COPD should consult with their physicians prior to travel to areas with poor air quality, and these populations should reduce outdoor exertion. Elderly travelers and infants are also more at risk for respiratory consequences of exposure to air pollution. All travelers should comply with air pollution advisories. Levels of air pollution will vary by city and region; check current levels prior to travel to appropriately target preventive measures.</p>
<p>Cutaneous Larva Migrants (CLM)</p>	<p>CLM is one of many soil-transmitted helminthic (parasitic worm) infections that can affect humans worldwide. It is caused by hookworm larvae that penetrate and migrate through the skin. Symptoms include intense itching, with red linear or serpiginous lesions anywhere on the body that has had contact with soil. This rash can last from several weeks to a year.</p> <p>CLM results from skin penetration by infective larvae of the hookworm. The hookworm eggs are deposited in the soil or sand from the feces of infected dogs and cats, and hatch into larvae. Any direct contact between skin and soil can lead to infection, and the larvae can penetrate swimwear and towels. Travelers are at risk walking barefoot or lying on moist sand or soil in endemic areas.</p> <p>There is no vaccine to prevent against cutaneous larva migrans. Travelers are advised to avoid walking barefoot on beaches or other soil, wash feet after contact with sand, and to always sit on a protective surface to avoid contact between skin and sand or soil. CLM can be treated with anti-helminthic medication and symptomatic care. Seek medical attention if CLM is suspected.</p>
<p>Leishmaniasis</p>	<p>Leishmaniasis is a parasitic disease caused by several species of Leishmania protozoa. Three clinical syndromes result, depending on causative species: cutaneous, mucosal, and visceral (the most severe). Travelers most often are affected by the cutaneous form, usually with ulcerating skin lesions and swollen glands, and experience self-limited disease.</p> <p>Leishmaniasis is spread through the bite of an infected sandfly. Risk of acquiring the disease is higher among adventure travelers, eco-tourists, missionaries, military personnel, construction workers, and those working outdoors at night or sleeping outdoors.</p> <p>There is no vaccine to prevent Leishmaniasis. Follow insect precautions (see below), and avoid nighttime outdoor activities if possible. Most sandflies bite from dusk to dawn, but in the Western hemisphere, sandflies bite both day and night. Be aware that the mesh on any protective netting must be of a finer weave than the norm for prevention of mosquito bites. For netting to be effective against sandflies, it must have at least 18 holes per linear inch (2.54 cm). Impregnated nets and screens are most effective. Treatment decisions are multifactorial and can include local wound care and medications.</p>

<p>Sexually Transmitted Infections (STIs)</p>	<p>STIs are a concern for travelers worldwide, and are likely underreported as a travel-related infection. STIs are caused by viruses, bacteria, and parasites, the same potential pathogens as are present in the traveler's home environment. However, certain infections like chancroid, LGV, and Granuloma inguinale are more common in less industrialized countries, and other areas of the world have higher incidence of HIV and Hepatitis B and C than others. Symptoms vary widely depending on the specific infection, and can include both local and systemic symptoms.</p> <p>STIs are spread between humans by unprotected sexual contact (oral, anal, or vaginal), and skin-to-skin genital contact. Some STIs can also be transmitted through exposure to blood and other bodily fluids. Travelers are at higher risk if engaging in sex with sex workers, traveling for sex tourism, or certain higher risk behaviors. Healthcare workers are at higher risk for certain blood-borne infections.</p> <p>Preventive measures focus on decreasing exposure to STI pathogens. Adhere strictly to safe sex practices: use a condom correctly and consistently, or abstain from intercourse, and use an external condom or dental dam for oral exposures. Travelers should pack external and/or internal condoms, as the quality of condoms available in some areas is not reliable. Avoid behavior that increases the risk of contracting an STI such as casual sex with a stranger or a sex worker. Drinking heavily or taking mind-altering drugs will impair judgement and inhibitions during a sexual encounter, increasing the risk of making unsafe choices. Seek medical attention promptly if an STI is suspected.</p>
<p>Travelers' Diarrhea</p>	<p>Travelers' diarrhea (TD) is the most common health problem for travelers, affecting up to 70% of travelers going to developing countries. TD is caused primarily by pathogenic bacteria and less commonly by protozoa or enteric viruses. Symptoms include diarrhea, fever, abdominal pain, nausea, and vomiting. More severe forms of TD include dysentery and diarrhea with blood and mucus present.</p> <p>TD is transmitted to humans by the ingestion of contaminated food and water. Individuals at higher risk for TD or adverse consequences include adventurous eaters, immunocompromised persons, persons with inflammatory bowel disease or diabetes, and those taking medications that decrease gastric acidity. There is no vaccine to prevent TD. Following food and beverage precautions may reduce the likelihood of illness (see below). Travelers should carry loperamide for self-treatment of diarrhea and azithromycin to add if diarrhea is severe.</p>
<p>Middle East Respiratory Syndrome Coronavirus (MERS-CoV)</p>	<p>MERS is an acute respiratory syndrome caused by a coronavirus. Symptoms include fever, cough, and difficulty breathing. Kidney failure can occur in severe cases. MERS has a case fatality of more than 30%.</p> <p>The virus is transmitted through exposure to respiratory secretions and body fluids of infected camels. Human-to-human transmission also occurs, especially in hospital settings via direct contact with contaminated surfaces. Risk to travelers is low. Healthcare workers in contact with MERS patients, and those who are immunosuppressed or chronically ill, are at higher risk.</p> <p>There is no vaccine currently available and no specific treatment for the virus. Travelers should avoid physical contact with wild or farm animals and camels, and consumption of camel products (unpasteurized milk, urine, and improperly cooked meat). Practice good personal and hand hygiene. There is no specific treatment for MERS. Seek medical attention promptly if you suspect infection with the MERS virus.</p>

<p>Brucellosis</p>	<p>Brucellosis is a bacterial disease that primarily affects domestic and wild animals, but can be transmitted to humans through contact with skin, conjunctiva, GI, and respiratory tracts. Brucellosis is a systemic infection and usually presents with fever, joint and muscle aches, weakness and fatigue, headache, and loss of appetite. A myriad of other more focal symptoms can also occur.</p> <p>In travelers, brucellosis is most commonly acquired through the ingestion of unpasteurized dairy products. Others at potential risk include those with close contact with infected animals or their tissues, including hunters.</p> <p>There is no vaccine available to immunize humans against brucellosis. Travelers should avoid consumption of unpasteurized dairy products, including fresh goat cheese and other goat products, and use rubber gloves if it is necessary to handle animal tissue or viscera. Brucellosis can be treated with antibiotics. Seek medical attention for potential illness.</p>
<p>Marine Hazards</p>	<p>Marine hazards are varied and include exposures to challenging tides and currents, hazards of watersports and boating, as well as contact with plants and animals that can injure humans. Most commonly seen in travelers are envenomation or stings from jellyfish, sea urchins, certain corals, stonefish, sting rays, and sea urchins.</p> <p>Travelers should seek out and heed posted warnings and refrain from bathing or other aquatic activities at unmarked, unpatrolled beaches.</p>
<p>Snakebites</p>	<p>Snakebites are an important cause of morbidity and mortality for rural populations in tropical and subtropical areas. Risk of snakebites exists in areas with dense vegetation or rock formation, and snakes are more active in warm weather. Despite this prevalence in resident populations, travelers rarely experience snakebites. Symptoms of snakebites depend on the degree of envenomation, which varies based on species of snake, the volume of venom injected (many bites from venomous snakes are dry), and the weight and size of the victim.</p> <p>Avoid close contact with snakes and do not attempt to handle them. Back away if a snake is disturbed and wait for it to move away. When hiking or trekking in a high risk country, travelers should wear boots and long pants, avoid tall grass if possible, walk slowly, and use a stick ahead to beat the vegetation. Do not reach into holes or cracks between rocks. Sleep under a bed net when camping. Use a flashlight if walking after dark. Seek medical attention immediately after any snakebite. Immediate first aid includes keeping the victim calm and quiet, and immobilizing the limb involved.</p>
<p>Medication Restrictions</p>	<p>Many countries strictly regulate the importation of medications, both prescription and over-the-counter. Some medications are banned in certain countries. This country is one that may have strict medication regulations for entry. It is recommended to consult with the country's consulate or ministry of health, as well as your travel health provider, for more specific information.</p>

Crimean-Congo Hemorrhagic Fever (CCHF)

CCHF is caused by a bunyavirus and is a zoonotic disease. Many infected individuals are asymptomatic. Those who become ill may present with fever, fever, sore muscles, dizziness, neck pain and stiffness, backache, headache, sore eyes and photophobia, mood swings, and aggression. The disease progresses to bleeding and bruising in mucus membranes and skin, and then in internal organs. CCHF can be fatal.

CCHF is spread through tick bites and through contact with infected animals or animal tissue. Activities that increase risk for CCHF include outdoor activities in endemic areas (camping, hiking, etc.), or contact with livestock. In general, risk to travelers is low.

There is no vaccine to prevent against CCHF. Those engaging in outdoor activities in endemic areas should observe insect precautions with particular attention to preventing tick bites (see Insect Precautions below). Visitors working with livestock or other animals in endemic areas should wear gloves or other barriers to keep their skin from coming into contact with infected animals, as they often serve as hosts for ticks. Special protective clothing is indicated for healthcare workers caring for patients with CCHF. Seek medical advice immediately if CCHF is suspected. Some patients may benefit from antiviral treatment, and more severely affected patients will need intensive supportive care.

Medical Facilities and Services

High quality medical services are available in and around major cities, such as Abu Dhabi, Al Ain, and Dubai, but it may be difficult to access quality services in more rural areas. Doctors may require payment up front and/or in cash. Bring adequate amounts of necessary prescription medication for the intended stay, but be aware that medications are strictly regulated in the United Arab Emirates.

Food and Water Safety

Water in the United Arab Emirates is generally potable, but the use of bottled or otherwise purified water is advised due to local strains of bacteria that may cause gastroenteritis.

Avoid eating raw or undercooked meat, poultry, seafood, or eggs. Avoid eating unwashed or unpeeled fruits/vegetables, fruits/vegetables that have been washed with contaminated water, unpasteurized dairy products, and bush or game meat. Avoid eating food that is not properly refrigerated or cooled, or that has been left standing and uncovered. Avoid eating leafy or uncooked vegetables and salads.

Only drink water that has been filtered or boiled, or has come in a sealed bottle. Avoid drinking any well water unless you can verify its quality. Do not drink beverages that contain ice unless you can confirm that the ice is from purified water. Do not drink unpasteurized milk or juice, or anything mixed with contaminated water. Hot coffee or tea is usually safe to drink.

Wash hands with soap or use an alcohol-based hand sanitizer prior to eating. Do not use tap water to brush teeth unless you can verify the quality of the water. Avoid sharing beverages or utensils with others.

Insect Precautions

Use insect repellent: DEET 20 - 30% or Picaridin 20% on exposed skin. Re-apply per manufacturer's directions.

Avoid scented soaps, hair products, deodorants, perfumes, and shaving products.

Wear long sleeves and pants tucked into socks. Wear neutral colors (beige, light gray). Always wear shoes, both indoors and outdoors.

Treat outer clothing with permethrin.

Remove any containers holding water, both inside and outside any building.

Avoid insect exposure using additional various methods depending on the insect:

- For nighttime flying insects, sleep under bed nets, preferably insecticide impregnated.
- For ticks, hike in the middle of the trail and avoid tall grasses and shrubs, use a tarp when sitting on grass, perform regular tick checks on your body and clothing.
- For other insect vectors, avoid direct contact with animals, and avoid overcrowded, unsanitary conditions to reduce risk of exposure to body lice, mites, fleas, and rodents.

DESTINATION DETAILS

Time Zones

From 1 January to 31 December, Gulf Standard Time (GST): GMT +4 hours
The USE does not observe Daylight Saving Time

Currency

Emirati dirham (AED)

Credit Cards

Major credit cards, such as American Express, Diners Club, MasterCard and Visa, are widely accepted throughout the country. However, many transactions, particularly in rural areas or with smaller vendors, require hard currency. Travelers should always notify their bank of their travel plans to avoid having their account frozen.

ATMs

ATMs are widely available throughout the UAE, particularly in large cities. Travelers should check with their bank before their trip about any fees that might be charged with ATM use.

Banking Hours

From Sunday to Wednesday 08:00 - 13:00 and Thursday 08:00 - 12:00.
Banks close on Fridays.
Hours may vary with bank and location.

Major Holidays

Services and transportation may be affected on/around the following holidays:

Date	Holiday
01 January 2021	New Year's Day
11-15 May 2021	Eid al-Fitr
19 July 2021	Arafat (Hajj) Day
20-22 July 2021	Eid al-Adha
10 August 2021	Al-Hijra
30 November 2021	The Commemoration Day
02-03 December 2021	National Day

NOTE: There are no elections scheduled to take place in 2021.

Voltage Information

220 V, 50 Hz -- Plug Types C, D, G

International Airports

Airport Name	Airport Code	Airport Location
Abu Dhabi International Airport	AUH	Abu Dhabi
Al Ain International Airport	AAN	Al Ain
Dubai International Airport	DXB	Dubai
Dubai World Central - Al Maktoum International Airport	DWC	Dubai
Ras Al Khaimah International Airport	RKT	Ras al-Khaimah
Sharjah International Airport	SHJ	Sharjah

ENTRY & EXIT REQUIREMENTS

The following information is for citizens of the United States. If you are a citizen of a country other than the United States, contact an embassy or consulate for up-to-date requirements. For additional questions regarding entry/exit requirements, contact Global Rescue at (+1) (617) 459-4200.

A passport valid for at least six months and a visa are required for travel to the UAE. Free tourist visas, valid for up to 30 days, may be obtained upon arrival. For stays longer than 30 days, a visa must be obtained before arrival. An onward/return ticket and proof of sufficient funds are also required for entry. Those who are unable to provide the required documents may be refused entry.

Paperwork for work or residence in the UAE must be obtained prior to travel. These types of permits will require a medical exam that includes an HIV/AIDS test. This test must be performed in the UAE; individuals found to be HIV/AIDS positive may be deported.

Travelers are required to pay a departure tax of approximately AED 35 if departing the country by land.

Dual US-Emirati citizens should be aware that the government of the UAE will only recognize their Emirati citizenship, and may confiscate other passports held.

Some customs regulations differ between the various Emirates. Travelers should check with their Emirate of entrance and exit for potential discrepancies.

On 4 June 2017, UAE authorities announced the suspension of diplomatic relations with Qatar. As a result, all air and sea points of entry between UAE and Qatar were closed as of 6 June 2017. However, on 8 August 2017, the UAE along with Bahrain agreed to open up new flight corridors over international waters for Qatar's flag carrier Qatar Airways, according to the International Civil Aviation Organization (ICAO).

Additionally, Qatari nationals cannot enter the UAE or cross its points of entry. Qatari residents and visitors in the UAE were given 14 days to leave the country for precautionary security reasons. UAE nationals are likewise banned from traveling to or staying in Qatar or transiting through its territories.

IMPORT RESTRICTIONS

The following items are prohibited:

- firearms and ammunition, explosives, body armor, handcuffs, and other military equipment;
- illegal drugs (including poppy seeds);
- pornographic material;
- counterfeit goods/currency;
- Israeli-marked goods/currency;
- electronic cigarettes;
- gambling materials;
- ivory;
- three-layered nylon fishing nets;
- radioactive material;
- laser pointers;

- cultural artefacts and other objects of cultural importance;
- homemade foodstuff;
- electronic cigarettes; and,
- any materials which contradict Islamic teachings.

The following items are permitted for travelers over 18 years old:

- 400 cigarettes;
- 50 cigars;
- 500 grams of tobacco;
- four liters of alcohol;
- 48 cans of beer (no more than 355 milliliters per can); and,
- gifts valued up to AED 3,000.

The following restrictions apply:

- live animals must be accompanied by a health certificate;
- a permit from CITES is required for endangered species and products thereof;
- technical equipment including satellite phones, recording devices, radio transmitters, cameras, and binoculars require an import license; and,
- any currency exceeding the equivalent of AED 40,000 must be declared.

NOTE: *Travelers should check with their Emirate of entrance due to different import regulations on items such as alcoholic beverages, medications, fruits, pets, and vegetables. The US State Department recommends that travelers do not transport any material that may be used for military purposes, as Emirati laws concerning these items are detailed and strict. Large amounts of valuables or currency must be declared upon arrival.*

EXPORT RESTRICTIONS

The following items are prohibited:

- firearms and ammunition, and explosives;
- illegal drugs (including poppy seeds);
- pornographic material;
- counterfeit goods/currency;
- fish;
- sheep; and,
- items of cultural or historical importance.

The following restrictions apply: Large amounts of valuables or currency must be declared and have proof of purchase. Other export restrictions are specific to Emirate of exit.

IMPORTANT NUMBERS

Intl. Country Code	+971
Fire	997
Police	999
Ambulance	998

Contact Information for Select Embassies

US Embassy in Abu Dhabi

Embassies District, Plot 38, Sector W59-02
Street No. 4, Abu Dhabi
Telephone: (+971) 2-414-2200
Emergency Telephone (only in Dubai): (+971) 4-309-4000

British Embassy in Abu Dhabi

Khalid bin Al Waleed Street (Street 22)
Abu Dhabi
Telephone: (+971) 2-610-1100

Australian Embassy in Abu Dhabi

8 th Floor, Al Muhairy Centre, Sheikh Zayed the First Street
Abu Dhabi
Telephone: (+971) 2-401-7500

For other embassies, contact Global Rescue at (+1) (617) 459-4200.