## 9. <u>ELECTRICITY</u>

The Electricity supply in Kenya is 240 Volts with frequency of 50 Hertz and the electricity plugs are 13 Amp, with the square pin used in most premises.

## **10. HEALTH INFORMATION FOR TRAVELERS TO KENYA**

Before visiting Kenya, you may need requisite vaccinations and medications for vaccine-preventable diseases and other diseases you might be at risk of at your destination. Note that your doctor or health-care provider will determine what you will need, depending on factors such as your health and immunization history, areas of the country you will be visiting, and planned activities.

For utmost benefit, it is advisable to visit a health-care provider at least 4–6 weeks before your trip, to allow time for your vaccines to take effect and to start on medication to prevent malaria, if required. Even if you have less than 4 weeks before you leave, it's recommended that you consult a health-care provider for needed vaccines, anti-malaria drugs and other medications and information on how to protect yourself from illness and injury while traveling.

## VISITORS ARE ADVISED TO HAVE YELLOW FEVER VACCINATION.

## **HOST COUNTRY CONTACTS:**

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