



Ghana

Relocation Guide



Ghana

Overview

The Republic of Ghana is a developing country situated in West Africa. A well-administered country by regional standards, Ghana is often seen as a model for political and economic reform in Africa. Cocoa exports are an essential part of the economy, being the world's second-largest producer and Africa's biggest gold miner after South Africa. Ghana is also the first black African nation in the region to achieve independence from British colonial power.

Since the end of military rule in 1992, the country has largely been a bastion of stability in the region and has often been cited as a model for political reform on the continent. Ghana has enjoyed sustained economic growth fuelled by its wealth of natural resources, including diamonds, timber and manganese, in addition to gold and cocoa, as well as the financial and tourism sectors.

The discovery of significant oil reserves off Ghana's southwest coast has provided an additional source of revenue. The discovery of major offshore oil reserves was announced in June 2007, encouraging expectations of a major economic boost. Production officially began at the end of 2010. The government actively promotes foreign investment, although corruption, while less prevalent than many other African countries, is present and is an impediment to business interests and economic growth.

Ghana's infrastructure is adequate in major urban areas such as the capital city of Accra, Kumasi and Tamale, and the main arterial routes are in reasonable condition, although infrastructure remains underdeveloped in many rural parts of the country.

Geography

Ghana is located in Western Africa, ordered by Cote d'Ivoire (Ivory Coast) to the west, Burkina Faso to the north, Togo to the east and the Gulf of Guinea to the south.

Climate

Ghana has a tropical equatorial climate, which means that it's hot year-round with seasonal rains. In the humid southern coastal region, the rainy seasons are from April to June, and the dry months are during September and October. Throughout the year, maximum temperatures reach around 30°C (86°F) and drop a few degrees

during the brief respite between rainy seasons. The humidity is constantly high at about 80%.

In the central region, the rains are heavier and last longer. In the hotter and drier north, there is one rainy season lasting from April to October. Midday temperatures rarely fall below 30°C (86°F) and rise to 35°C (95°F) and higher during December to March, when the rasping *harmattan* wind blows in from the Sahara.

Public Holidays

Below is a list of public holidays in Ghana. Schools and businesses are closed on public holidays and bank holidays. Some businesses may choose to follow Saturday opening hours if a holiday falls on a Saturday.

New Year's Day	1 Jan*
Constitution Day	7 Jan
Independence Day	6 Mar*
Good Friday	Mar-Apr [†]
Easter Monday	Mar-Apr [†]
May Day	1 May*
Id ul Fitr	Mar-Jul [†]
Founder's Day	4 Aug*
Eid al-Adha	Jun-Sep [†]
Kwame Nkrumah Memorial Day	21 Sep*
Farmers' Day	Dec [†]
Christmas Day	25 Dec*
Boxing Day	26 Dec*

* If a holiday falls on a Sunday, it will be observed on the following Monday.

Official Name:	Republic of Ghana
Capital City:	Accra
Demonym:	Ghanaian
Language(s):	English (Official)
Area:	238,533 km ² / 92,497 mi ²
Population:	27,043,093
Population Density:	101.5/km ² (262.9/mi ²)
Government:	Unitary Presidential Constitutional Republic
Religion(s):	Christianity, Islam
Currency:	Ghana cedi (GHS)
Calling Code:	+233
Timezone:	GMT (UTC+0)

† Actual dates are subject to change year to year.

Banking Information

Normal banking hours are Monday to Friday from 8:00 AM to 4:00 PM.

Opening a Bank Account

The following items are required to open an individual or personal bank account in Ghana:

- Customer's ID
- Two (2) passport size pictures
- Utility Bill (proof of resident address)
- Residence and work permit (for expatriates)
- Complete individual/personal bank account opening forms

Currency

The currency in the country is Ghana **cedi** (GHS). The country uses notes and coins. The notes are in the Cedi denominations of GHS1 – GHS50 (i.e. GHS1, GHS2, GHS5, GHS10 & GHS50) and the coins are in the **pesewas** denominations of 1p to 50p (i.e. 1p, 5p, 10p, 20p & 50p).

Credit Cards and ATMs

Credit and debit cards are all available at every bank. Visa credit cards are widely accepted. However, credit card use is relatively rare outside the international hotels due to potential security risk.

Cost of Living

Taxation

Income Tax

The Corporate Tax Rate in Ghana is at 25%, while a Pay As You Earn (PAYE) Personal Income Tax requires residents to pay income tax at graduated rates in four equal installments based on income.

Value Added Tax (VAT)

A Value Added Tax (VAT) is applied on the value added to goods and services and the National Health Insurance Levy (NHIL) is a levy on goods and services supplied in or imported into Ghana. The Levy is charged at a rate of two and one half per cent (15%) on the VAT-exclusive selling price of the goods and services rendered, making the total VAT at 17.5% (VAT – 15%, NHIL – 2.5%).

Goods and Services Tax (GST)

3%

Property Tax

13.33%

Accommodation

Accommodation in the country comes in the form of hotels, houses and apartment units available (both furnished and unfurnished) for rent. Hotels and apartments are recommended for short-term visits, while housing units and apartments are ideal for long-term stays.

Business Etiquette

Greetings are very important in Ghana, so always spend time during the greeting process. Show interest in the family, their health and social life. Do not be surprised if business is not discussed at all during the first meeting(s). A handshake is the most common way to greet foreigners.

Hierarchy and the respect a higher social status commands are very important, and not addressing higher-ups and elders in the appropriate manner are a ready source of social faux pas in Ghana. When in doubt, make a point of asking the first colleague you are introduced to about the proper ways of addressing people around you.

In Ghana, the concept of “face,” (i.e. honour, dignity, a good reputation) is taken very seriously. “Losing face” is horrible to a Ghanaian and should not be taken lightly. As the individual is subordinate to the family in Ghanaian culture, loss of face will also directly affect the next of kin. If you have somehow maneuvered your way into a situation where your counterpart could lose face, you will realise it by the silence that will fill the room, the common reaction in situations like these. Try not to break or fill the silence. The conversation style in Ghana is rather indirect in an attempt to save face.

It is important to recognise the concept of time in Ghana is much more flexible than other more





rigid and loaded work schedules. Flexibility is vital here, as punctuality is not seen as overly important for some. You should always try to leave a time buffer between meetings to be able to react to any eventualities. However, as flexible as the local understanding of time may be, it is important to always schedule appointments ahead.

Business Dress

Ghanaians are fairly formal when it comes to dressing for meetings, due to the British influence. First impressions matter, and common code of dress for both men and women is formal for business. For more casual business settings, men typically wear khaki pants or trousers with a polo shirt or a casual, button down short-sleeve shirt. Loafers, sandals and some canvas shoes are acceptable, depending on the work environment. For women, cowl neck, button down blouses and sometimes t-shirts are worn with slacks or a skirt. Dresses are also worn at knee length or longer. Flat shoes, sandals and wedge sandals are common. Conservative colours are acceptable for all.

Social Etiquette

When greeting a group of people, introduce yourself from right to left and with your right hand. Always follow this order, regardless of the age, gender or status of the people you are greeting. Always use your right hand to give and receive items, as well as when eating. It may be helpful to learn to say some common phrases. For example, "Thank you" (*may da say*) and "How are you" (*wo ho te sane*) in Twi. Knowing just a couple words of the local language makes a huge impact. Never make derogatory remarks about any religious, political or ethnic group or behavior. Ghana is tolerant and respectful of all its diverse tribes, religions and customs.

When in rural areas and small villages, a visit to the local chief is the first stop you should make. While in the presence of the chief, remove your hat, keep your hands out of your pockets and do not cross your legs. When invited to greet the chief, approach just short of where they are seated and bow slightly. Do not offer your hand unless the chief invites you for a handshake. Always be sure to bring a small gift.

Social Dress

Social dress is influenced by setting as well as weather. Most people wear jeans, khaki pants and cargo shorts. T-shirts, button down shirts and polos are common. Social dress is similar to casual business dress, but slightly more informal. Tattered jeans, camisoles, graphic t-shirts and slippers are usually for shopping in the market or going off to the beach.

Public Safety

Most visits to Ghana are trouble-free, provided sensible precautions are taken. However, there are incidents of crime, including violent crime. You should avoid carrying large sums of money or valuables and be very wary when drawing cash from any of the ATM's in central Accra. Incidents of fraud involving the misuse of credit cards have been reported. You should exercise vigilance, particularly after dark. If possible, you should avoid travelling alone in taxis after dark because of attempted robberies. If it's your first time in the country, it's advisable to learn how to move around and get to places or to have someone show you around the city.

Personal Safety

Always make sure your valuable documents like passport and ATM cards are kept somewhere safe. Homosexuality is illegal in Ghana and as a result, there is no open gay scene in Accra. Many Ghanaians do not accept that homosexuality even exists, and therefore, same sex couples should exercise discretion in public and when making hotel bookings. It is prohibited to take photographs of military installations, airports or other sensitive sites even where it's not clearly marked. Photographers should always seek permission to photograph a building where there are guards on duty. If there is no guard or signage, caution should still be exercised. Beware of being scammed by phony officials who try to charge fees for tourists to photograph places of interest.

Emergency Contact Information

Below are some useful telephone numbers in Ghana:

Police Emergency: 191 / 18555

Ghana Police Headquarters:
+233 302 773 900

Ambulance: 193

Fire: 192 / 999 / 193

Health

There are both public and private health care facilities in the country. The private-owned healthcare facilities are more of international standards.

Hospitals and Clinics

Public Hospitals

The public- or government-owned healthcare institutions are Korle-Bu Teaching Hospital, 37 Military Hospital and The Ghana Regional Hospital (mostly know as Ridge Hospital).

Private Hospitals

A few of the Private-owned healthcare facilities include Nyaho Medical Clinic, West African Rescue Association (WARA), Airport Women's Hospital, Resolve Medical Clinic and Lister Hospital. These are all of international standard and the most recommended health care facilities, offering the best health care in Ghana.

Medical Insurance

There are institutions that offer medical insurance coverage for both individuals and corporate entities.

Vaccinations

Check with your medical practitioner on what vaccines are required before your travel. Due to your medical history, you may require more than one dose, or you may need boosters for childhood vaccines. Check the latest travel advice and travel bulletins for your destination before you depart, and while travelling, so you can ensure you have the latest information.



Common diseases contracted by travelers include those which are the result of eating or drinking contaminated food or water, or not practicing safe sex, plus many mosquito or tick-borne diseases endemic to tropical areas. Be sure to take measures to avoid being bitten such as wearing light-colored clothing that covers your arms and legs, regularly applying an appropriate insect repellent and staying in mosquito-proof accommodation or using bed nets.

Special Precautions

Inoculation regulations can change at short notice. Please take medical advice in the case of doubt. Where “**Sometimes**” appears in the table below, precautions may be required, depending on the season and region visited.

Vaccination	Recommended
Diphtheria	Sometimes
Hepatitis A	Yes
Hepatitis B	Yes
Japanese B encephalitis	No
Malaria	Yes*
Measles, Mumps, Rubella	Yes
Rabies	Sometimes
Tetanus	Yes
Tuberculosis	Yes
Typhoid	Yes
Yellow Fever	Yes**

* The risk of malaria varies according to area, check before travel.

** A yellow fever vaccination certificate is required from travellers over nine (9) months of age. You will not be able to enter Angola unless you have a valid Yellow Fever Certificate.

Education & Childcare

There are a lot of childcare and education options available, including international standard options, Montessori, Creche and pre-school. There are also colleges, polytechnics, public and private universities. There are both private and public education systems. Private education systems include international, Montessori and some preparatory schools. Public education systems are government owned schools. Childcare systems run from creche to pre-school.

Public Transport & Driving

Buses and taxis are the most common forms of public transportation in Ghana.

Taxis & Cars

All taxis have orange corners. Some are comfortable, with law-abiding drivers and air conditioning for an extra fee. Passing taxis that you flag on the street are referred to as “dropping” taxis, and they will take you directly to your destination. There are also dropping taxis that wait for passengers at various locations, but taking a parked dropping taxi is always more expensive than flagging a taxi that is driving by. When a taxi stops,



greet the driver through the open car window and ask how they are doing. After a proper greeting, tell them where you are going and confirm they know the destination. When told to "get in," reply with, "How much?" Always negotiate with the taxi driver before you get into the taxi. Otherwise you will pay double the rate or more. If a taxi driver believes you are a tourist, they will automatically assume you are rich and demand a high rate. Generally, it is suggested to offer half of whatever price is quoted and work together to find a happy medium. If you do not get a good rate, move on and hail another taxi. The issue affecting the rate in cities is traffic, not distance.

It is important to note that not all drivers are licenced. Use judgement on the condition and appearance of the vehicle and the operator before using any mode of transportation. Insurance and registration stickers are displayed in the front windscreen of all vehicles in Ghana, allowing easy verification that the vehicle is current. Uber is also operational within the country.

Buses

Buses provide the best balance of safety, expense, speed and comfort, especially when traveling between major towns. Many have air conditioning. Buses will charge an extra fee for luggage. You may

disembark at any point along the way, but the full fare for the bus's destination will be required. There are several bus options in Ghana.

STC

The recently privatized State Transport Company (STC) has a scheduled bus service that runs along nearly all paved roads in Ghana. Tickets book in advance, so buy your tickets early rather than going to the bus station expecting to be on the next departing bus. Air-conditioned buses sell out faster, sometimes days in advance.

V.I.P.

V.I.P. is another company that operates buses along major routes. They have a newer fleet and more flexible schedules. V.I.P. busses only will depart for their destination once the bus is full.

Metro Mass

Metro Mass is another main carrier between cities, running on more flexible schedules. They operate along major roads, but also along routes not serviced by other bus companies. These buses are slower and less expensive, but usually provide the same level of safety and comfort as STC. STC and V.I.P. will only pick passengers from stations, while Metro Mass will pick passengers

anywhere along the route, if seats are available. Therefore, they are slower and make more stops.

Tro Tro

A tro tro is a privately-owned minibuss share taxi that travels along fixed routes, leaving when filled to capacity. Tro tros are a shell of a vehicle, usually a minivan, that holds 16-24 people, crammed as tightly as possible. Tro tros travel every bit of road in Ghana, making them a valuable link in the transportation system for smaller town and villages. You can flag down a tro tro anywhere along the road, or take one from a station. Since tro tros normally wait at their station until full before departing, it is sometimes difficult to find an empty seat on a passing tro tro early in the mornings.

Taking tro tros from a station is best. When taking a tro tro on a less traveled route, inquire the day before about the departure time. On well-traveled routes, you can be assured that a tro tro will be full and departing soon. Far fewer tro tros run on Sundays. Fares are very low and because the rates are set by the government.

Trains/Rail

There is currently no passenger rail service anywhere in Ghana that can be recommended to guests. The twice daily commuter service between Accra and Nsawam is currently suspended and the Accra-Tema route is still in service.

Driving

You need to attain a driver's licence from the Drivers & Vehicle License Authority Department (DVLA) in order to be able to drive in the country.

Air Travel

Airports

Kotoka International Airport (KIA)

Kotoka International Airport (KIA) is the only international airport in Ghana. It is located in the capital city of Accra. All international airlines that operate to and from Ghana, arrive and depart from KIA. Upon

arrival at KIA, you will queue at Immigration for inspection of your passport. For your convenience, there is a money change kiosk in the arrival hall, just before the baggage claim. The airport operates scheduled airlines, domestic airlines and cargo airlines. The airport facilitates aircrafts, passengers, cargo and mail movement.

Airport Customs

Prohibited Imports

The import of certain endangered species of plants, live animals and their products is prohibited or restricted under CITES. Some prohibited imports include narcotics, mercuric medicated soap, toxic waste, contaminated goods, certain tobacco products, certain agricultural materials and other goods prohibited by local law.

Local Ghanaian Cedi and foreign currencies up to USD 10,000 or its equivalent must be declared to Customs. Passengers are required to declare the amounts to Customs and fill the BOG Foreign Exchange Declaration Form (FXDF) at the port of entry (or departure). Amounts exceeding USD 10,000 will be seized.

Prohibited Exports

- Illegal drugs
- Weapons, Explosives and Ammunition – unless permission has been obtained
- Knives and deadly weapons
- Counterfeit money
- Pornographic material
- Diseased animals and animal carcasses
- Plants and seeds – unless permission has been obtained
- Foreign soil

Departure Tax

No airport tax is levied on passengers upon embarkation at the airport.

Lost Luggage

If you happen to lose your baggage on arrival at your destination airport,



tell the airline immediately and get suitable compensation. Agree on an amount you can spend on essential items that you will need and give them an address to deliver the luggage to when they find it.

It is wise to make a copy of your passport details and any other important papers or vaccination certificates that you are carrying with you when you travel. Leave them in a safe place in the office or copy to an Internet based e-mail account. Make sure someone at home either a partner or friend knows how to access it in case of an emergency. You will need photo identification for air travel.

Communications & Technology

Telephone/Mobile Phone

In 2010, two fixed-line and six mobile phone companies were authorised to operate in Ghana. Authorised telecommunications companies include Mobile Telecommunications Networks (MTN), Vodafone Ghana, which purchased Telecom Ghana, Tigo, which replaced Mobitel (Millicom International Cellular), Bharti Airtel and Zain, which acquired Western Telesystems Ltd (Westel), Glo Mobile Ghana Limited and Expresso Telecom, which acquired Kasapa Telecom.

Internet

Availability and access of Internet or Wi-Fi within the country is not a problem as all the telecom companies provide Internet services through modems. Vodafone Ghana is the only telecom company that provides fixed landlines and Internet through the fixed line, which can be acquired for both individual and corporate use. Wi-Fi connection at any location requires a password, which is often given for a fee.

Electricity

Voltage in Ghana is 220/240 volts and the standard frequency is 50 Hz. (110/120 volts in North America). The power sockets are of type D and G. Some appliances never need a converter. If the label states "INPUT: 100-240V, 50/60 Hz" the appliance can be used in all corners of the world. To be sure, check the label on the appliance. This is common for chargers of tablets/laptops, photo cameras, cell phones, toothbrushes, etc. Most laptop power adapters can convert voltage from 110-240 volts to power your computer.

Things to Do

Special Attractions

Below is a list of a few special attractions in Ghana:

- The renowned Elmina and St George's Castle in the Central Region



- The views at Kakum National Park in the Central Region
- The vast Lake Volta in the Volta Region
- The beautiful Kintampo Falls in the Northern Region of Ashanti
- The wildlife at Mole National Park in the Northern Region
- The sacred Paga Crocodile Pond in the Northern Region
- The water village of Nzulezu in the Western Region

Outdoor Activities

There are a lot of outdoor activities that one can enjoy while in the country. There are beaches where many people visit for popular activities such as water sports, surfing, windsurfing and kitesurfing. There are also several parks to visit for hiking and sightseeing, along with eco tours, climbing tours, bike tours and plenty more.

Night Life

Ghana is a place with a lot of night life and hidden gems, as well as a wide range of bars and night clubs, from hipster and arts venues or just cool places to watch sports and relax. Just a few interesting places each venue has its own uniqueness include Skybar 25, Firefly, Bellaroma Pub, Silverbird cinemas (Accra & West Hill Malls), Tantra Pub and Jazz Tone Club.

Shopping

There are a variety of shopping centers in the country, including

shopping malls (Accra Mall, Achimota Mall, Junction, West Hills Mall, etc.), many include groceries, clothes, electrical gadgets, food courts and coffee shops. Local stores and art centers are available for souvenirs, art pieces, traditional dresses sown in Ghana prints and plenty more unique finds. Along with everything special to Ghana, there are also casual food markets and retail shops.

Dining & Restaurants

The country has a variety of restaurants ranging from local Ghanaian cuisine to other delicacies including Chinese, Japanese, Italian, Indian, French and many others that serve both continental and local dishes. Common local dishes include seafood, vegetables and rice. If you see fish being grilled on the streets of Accra, it will likely be tilapia, a delicacy among Ghanaians. Soups are also a very popular dish, such as a light goat soup, palmtree soup and green soup.

National Dishes & Drinks

National Dishes

- **Banku:** A Southern mix of fermented corn and cassava dough with hot peppers, diced tomatoes and onions, often served with grilled tilapia fish
- **Jollof Rice:** A pot dish of rice prepared with tomato sauce, turning the rice orange, and served with meat or fish
- **Fufu:** A mixture of boiled cassava and plantains pounded into a soft, sticky paste accompanied by aromatic, spicy tomato soup
- **Kenkey:** Another corn-based staple similar to banku,

consisting of boiled balls of fermented corn dough wrapped with dry corn leaves and served with hot pepper sauce, fried crabs, octopus or fish

National Drinks

- **Palm Wine:** A sweet, cloudy white drink produced from the sap of palm trees that is non-alcoholic, but can be fermented to become a sour, alcoholic wine
- **Ogogoro:** A strong, local gin that is produced from Palm Wine
- **Local African beer:** Typically brewed from millet, corn and sorghum (or guinea corn) - arguably one of the most popular and widely consumed local alcoholic beverage in Africa.
- **Banana Beer:** Made from the fermentation of mashed ripe bananas mixed with maize and sorghum or millet flour

Dining Customs

Since most of the local food is eaten by hand, always make sure to wash your hands before touching any food. When eating with a group of people, wait for everyone to be ready before you dip your hand or start eating. Ghanaians always like praying before eating. Always eat with your right hand.

Tipping

Tipping is common and very much allowed in the country. There is no specific amount required therefore you can tip as and when you feel to give a tip.

Alcohol

The minimum age to drink alcohol in Ghana is 18. Drinking alcohol and driving is prohibited in the country. If caught you will be prosecuted, fined or jailed by a court of law.

Advice on Food Safety

It is important to ensure that one is familiar with food they purchase outside. It is advisable to politely ask the ingredients of certain foods one is trying for the first time to avoid any allergies to certain ingredients or food poisoning, particularly with local dishes. Always make sure that where you're buying food it is clean and sanitary, especially on the street.

Travel Tips

Be Prepared

Generally, overseas travellers are more likely to be injured through unintentional injuries than to be struck down by exotic infectious diseases. In fact, accidents and traffic collisions are the most frequent cause of death among travellers, so ensure you have good insurance and if you are hiring a vehicle, ensure it is in good working order. It will be beneficial to have some vehicle maintenance knowledge if you are planning on travelling to the more remote areas of the world, where a breakdown in harsh conditions can cost your life.

Taking Medicines with you

Book a checkup at your doctor or dentist, before you leave. If you wear glasses or contacts lenses, bring an extra pair of glasses and your prescription. Persons taking prescription medications should make sure they have an adequate supply for the trip, and/or bring their prescription, making sure it includes the medication trade name, manufacturer's name, generic name, and dosage. Prepare a simple medical kit of over-the-counter medications (aspirin, ibuprofen, antihistamine, antiseptic, diarrhea medication), bandages, thermometer, sunscreen, and insect repellent.

When travelling overseas with medicine, (including over-the-counter or private prescription) it is important that you talk to your doctor and discuss the amount of medicine you will need to take. Carry a letter from your doctor detailing what the medicine is, how much you will be taking, and stating that it is for your own personal use. Leave the medicine in its original packaging so

it is clearly labelled with your own name and dosage instructions. If you have to inject your medication, inform your airline before you travel and, if necessary, arrange a letter from your doctor explaining why you need to carry them.

Copy your Documents

In the unfortunate event of your luggage going missing, or your passport / wallet is stolen or lost, it is a good idea to have copies that can help you with re-issues. Take two colour photocopies each of your passport, plus visa stamps and documents, driving licence, important prescriptions or other ID documents. Make 2 sets of the documents and keep these copies separate from your main luggage, preferably in 2 separate bags. It is also a good idea to copy scanned or photocopied documents to an Internet based e-mail account. Make sure someone at home knows how to access it in case of an emergency.

Coping with Jet Lag

Factor the effects of jet lag into your itinerary. In order to cope with jet lag, you should get a good deal of sleep before your journey. It is also important to rest as much as possible during your flight. Planning to arrive at your destination as near to the time when you normally go to sleep will also help with the adjustment. If you are able to plan your itinerary allow time on arrival for adjustment or plan meetings at similar times to back home.

Some people advise changing their watches to destination time when they get onto the plane. While this helps many people, for those who are on regular medication, such as diabetics, watches should remain on home time until you are able to

adjust your medication to local times on arrival at your destination or as suggested by your health advisor. On arrival at your destination get active as soon as possible, as exercise has been proven to improve productivity. Adjust your meals and activities to local time as soon as you can. Exposure to light is also a good way of naturally allowing your body to adjust. If you need to take a short nap, do. It will help refresh you, but don't forget to use an alarm clock or wake up call to get you up!

Unsafe Water - What to Do

If travelling to more remote areas with poor sanitation - only drink boiled water, hot beverages, such as coffee and tea, canned or bottled carbonated beverages, beer, and wine. Ice may be made from unsafe water and should be avoided. It is safer to drink from a can or bottle of beverage than to drink from a container that was not known to be clean and dry. However, water on the surface of a beverage can or bottle may also be contaminated. Therefore, the area of a can or bottle that will touch the mouth should be wiped clean and dry.

Scuba Divers

If you have been scuba diving, don't travel in an aircraft for at least 24 hours after your final dive.

Your Health on Long-Haul Flights

Keep important medication with you in case your luggage goes missing. To help avoid deep vein thrombosis (DVT): drink plenty of fluids, avoiding alcohol and caffeine, and whilst seated, stretch and rotate your feet and lower legs. Walking around the cabin at regular intervals will help.

Malaria Awareness

What is Malaria?

Malaria is a disease caused by a parasite that is transmitted by mosquitoes. The mosquito unwittingly transmits this parasite when biting its victim. These parasites then spread to the liver where they take one to four weeks to multiply. It spreads throughout the red blood cells resulting in the first symptoms - a flu-like fever, which if left untreated, will lead to liver failure, coma and ultimately, death.

Symptoms

Malaria symptoms are very similar to flu, however you may not suffer from all of them:

- High Fever
- Headache
- Vomiting
- General ill feeling
- Muscle and joint aches
- Jaundice / yellow skin tone

Medical attention should be sought immediately if you have any symptoms that could be malaria. Ensure that you can get to medical facilities 24 hours a day and know your options when in developing countries. Once malaria symptoms strike, you will not feel like travelling very far. Malaria can kill within 48 hours of developing symptoms.

Risk Areas

Mosquitoes have been found all over the world, however not all mosquitoes carry malaria. Malaria is found in the central Americas, west, central, south and east Africa, the Middle East, and across south and pacific Asia. It is necessary to take medicinal precautions if travelling to any of these risk areas.

Malaria Prevention

Know Your Surroundings

Mosquitoes lay their eggs wherever there is standing water, ponds, salt water marshes, puddles and even discarded containers. Only female mosquitoes bite, as they require blood to produce their eggs. Avoid lingering near stagnant water. Ponds, lakes, and old containers are breeding grounds. Close doors and windows at night.

Mosquitos are attracted to body heat and sweat, dark coloured clothing, fragrances such as deodorant, soap, shower gel and cosmetics, and carbon dioxide, which we exhale when we breathe and also secrete it from our pores.

Clothing

If you are out after dusk, wear a long-sleeved shirt, trousers in a closely woven fabric and cover feet with socks. If you must wear thin clothing, buy a fabric friendly insect repellent, as mosquitoes will bite through the fabric

Aroma & Skin Repellents

Ultrasonic devices and bug 'zappers' are not effective against mosquitoes. Buy a pyrethroid coil or a plug-in insecticide. Lemon eucalyptus oil and citronella are natural fly repellents, however it is not recommended that you rely on them as their potency wears off quickly.

DEET

Choose insect repellents with DEET, which is highly effective against all biting insects. Do not put your trust in products without DEET as no known natural remedies have been scientifically proven to provide a barrier for your skin. When visiting countries high in temperature

or humidity, choose a repellent with 50% DEET protection, as humidity coupled with sweating will evaporate the repellent and reduce its effectiveness. Read labels carefully and do not be complacent with re-application.

Mosquito Nets

Make sure window and door screens are intact so that mosquitoes cannot get indoors. If you are sleeping in an unscreened room, a mosquito net is advised. Nets come in a range of mesh weaves depending on your situation. Heavy-duty nets get hot and uncomfortable, whereas others may not offer enough protection. A permethrin spray can be used on a mosquito net and sometimes clothing. It will instantly kill any mosquito that lands on it. This, coupled with a skin repellent, creates a formidable barrier.

Anti-malarial Drugs

There are several different types of medication depending on which area you are visiting, length of stay, type of travel, your own medical history and drugs you may already be taking. Highly sensitive persons may consider antihistamines to minimise allergic reactions to mosquito bites and other insects you may encounter for the first time.

If you think you have Malaria

Seek advice from a medical professional to discuss the most appropriate anti-malarial medication for your needs. Visit the nearest medical facility as soon as possible for emergency treatment. If you go to an area where a well-equipped hospital cannot be reached within 24 hours, take emergency medicines with you. Malaria can be fatal but early diagnosis and treatment is usually 100% effective.



Contact Airswift

Holi Flats
Quartey Papfio Street
(Opposite Ernst & Young)
Block 4, Apt. 422
Accra, Madina DTD 283
Ghana
T: +233 302 742 828



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