

# Travel Health for Buenos Aires in March 2026

## Essential Tips for a Safe and Enjoyable Trip

### Before You Go

- **Be well and rested.** Attend to any outstanding health needs with your local doctor. International travel can be physically demanding. Once you arrive in Buenos Aires, leave ample time to rest and adjust to the new environment.
- **Vaccinations:** Review your vaccination status and needs with your doctor well before departure. The CDC recommends vaccines including those for Hepatitis A and Typhoid. Yellow fever vaccination is generally not required for Buenos Aires but may be needed if traveling to other regions in Argentina.
- **Travel Insurance:** is mandatory to enter Argentina. Purchase comprehensive travel insurance that adequately covers medical emergencies, aeromedical evacuation, and trip cancellations.
- **Prescriptions & Medications:** Bring enough prescription medication for your entire stay, along with a doctor's note. Keep medication in original packaging.

### Staying Healthy in Buenos Aires

- **Food & Water Safety:** Drink bottled water from reputable suppliers. Avoid adding ice to drinks. Eat well cooked foods, avoiding raw or undercooked meats and eggs. Piping hot, freshly prepared food and beverages from reputable sources are safest.
- **Sun Protection:** Use sunscreen, sunglasses, and hats, especially in summer (November–March).
- **Insect Protection:** Buenos Aires currently has a low incidence of mosquito-borne diseases, but cases of Dengue Fever do occur. Stay in air conditioned, screened accommodation. Use insect repellent if you plan to visit parks or outlying areas.

### Personal Wellbeing

- **Stay Active:** Buenos Aires is a walkable city with many parks and plazas. Enjoy outdoor activities but be mindful of your surroundings.
- **Mental Health:** Travel can be stressful. Schedule downtime to rest and recharge.
- **Emergency Numbers:** For medical emergencies, dial 107 (SAME ambulance service). The general emergency number is 911.

### Contagious Respiratory Illnesses

**Respiratory contagious illnesses are prevalent worldwide. For your own sake and those around you, isolate and contact a doctor without delay if you have any symptoms at all.**

Check the latest entry requirements and health advisories related to COVID-19 and Influenza. Bring masks and hand sanitizer, as local guidelines may change. Stay informed through official government websites or your hotel concierge.

## Local Pharmacies & Healthcare

- Pharmacies (“farmacias”) are widely available and often open late.
- Private hospitals and clinics are available; emergency services are accessible to travelers. Often cash payment is required upfront.

### **Good Hospitals in Buenos Aires closer to the Venue include:**

**Sanatorio Los Arcos at** *Av Juan B. Justo 909 | Ciudad de Buenos Aires. Tel +5411 4778 4500*

**Clinica Y Maternidad Suizo Argentina at** *Avenida Pueyrredon 1461. Tel +5411 5239 6000*

- Information about hospitals, clinics and doctors will be available in the foyer at the venue.

## Final Tips

- Make photocopies of important documents (eg medical insurance, prescriptions).
- Stay hydrated, eat balanced meals, and listen to your body.
- Avoid accidents and injuries. Be situationally aware. Use official transport. Stay in safe & secure accommodation areas.
- Look out for each other.
- **Enjoy good health!**

**March 7<sup>th</sup> 2026**