Burma (Myanmar): Fighting between armed separatist rebels and government forces has continued in northern Shan State. On August 15, 2019, there were a series of coordinated attacks at a number of locations, including Pyin Oo Lwin in the bordering Mandalay Region. Travelers are advised to remain vigilant and follow the instructions of local authorities.

Chad: A state of emergency has been declared in the eastern regions of Sila and Ouaddai where at least 50 people have been reported killed in intercommunal clashes since August 9, 2019. It is advised not to travel to areas within 30km of all borders, except for the capital N'Djamena.

Please be aware System Risk Management has asked all members to prohibit travel to extreme risk countries and regions. Please reference memorandum from the Chancellor regarding procedures relating to international travel to be followed by all System members found at this link:


Should you have any questions, please contact me directly. Thank you.

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COUNTRY TRAVEL ADVISORY LIST

Any travel to the below listed Extreme Risk countries or countries with an Extreme Risk region requires an International Travel Questionnaire submission to System Risk Management for review.

EXTREME RISK

1) Afghanistan
2) Central African Republic (CAR)
3) Haiti
4) Iraq
5) Libya
6) Mali
7) North Korea
8) Somalia
9) South Sudan
10) Sudan
11) Syria
12) Venezuela
13) Yemen

EXTREME RISK REGIONS

1) Algeria
2) Azerbaijan
3) Burkina Faso
4) Burma (Myanmar)
5) Burundi
6) Cameroon
7) Chad
8) Colombia
9) Congo
10) Cuba
11) Democratic Republic of the Congo (DRC)
12) Ecuador
13) Egypt
14) Eritrea
15) Ethiopia
16) Georgia
17) Honduras
18) India
19) Iran
20) Israel
21) Kenya
22) Lebanon
23) Mauritania
24) Mexico
25) Niger
26) Nigeria
27) Panama
28) Pakistan
29) Philippines
30) Russia
31) Saudi Arabia
32) Tunisia
33) Turkey
34) Ukraine
COUNTRY TRAVEL ADVISORY DETAILS BY RISK LEVEL

EXTREME RISK

Afghanistan
Risk Level: Extreme

Country Overview:

The security situation in Afghanistan is extremely dangerous. It is advised to avoid travel to Afghanistan. Travel to all areas of Afghanistan is unsafe due to the unstable security situation involving armed conflict, terrorism, crime, and civil unrest. There is an extreme risk to personal safety and security because of widespread military operations, terrorism and insurgent attacks, and high levels of kidnappings, hostage taking, suicide bombings, landmines, and vehicle-borne or other improvised explosive devices (IEDs).

It is advised to avoid all travel to Afghanistan.

Central African Republic
Risk Level: Extreme

Country Overview:

The security situation in the Central African Republic (CAR) is extremely dangerous. It is advised to avoid travel to the CAR, if possible. Travel to all areas of the CAR is unsafe due to civil unrest and crime. There is an extreme risk to personal safety and security because of sectarian violence by armed groups and common criminal activities, such as armed robbery, aggravated battery, and homicide.

It is advised to limit all but essential travel to central Bangui between the Airport and the Oubangui River. It is further advised not to travel to the rest of Bangui and the Central African Republic.
Haiti
Risk Level: Extreme

Country Overview:

Currently, the security situation in Haiti is unstable and extremely dangerous. It is advised to avoid all travel to Haiti, if possible. Travel to Haiti is unsafe due to civil unrest and crime. There is an extreme risk to personal safety and security because of widespread, violent, and unpredictable demonstrations in Port-au-Prince and elsewhere in the country. Protests, tire burning, and road blockages are frequent, and violent crime is common. The most recent mass protests in Port-au-Prince and other parts of Haiti began on February 7, 2019. On February 14, 2019, the U.S. State Department ordered the departure of all non-emergency U.S. personnel and their family members, and strongly advised that U.S. citizens residing or traveling in the country consider departing as soon as they safely can do so.

It is advised to avoid all travel to Haiti, particularly the Bel Air, Carrefour, Cité Soleil, and Martissant neighborhoods in Port-au-Prince.

Iraq
Risk Level: Extreme

Country Overview:

The security situation in Iraq is extremely dangerous. It is advised to avoid travel to Iraq. Travel to Iraq is unsafe due to terrorism, kidnapping, and armed conflict. There is an extreme risk to personal safety and security because of active insurgent and terrorist groups, sectarian militias, and high levels of violence, including kidnappings, suicide bombings, and vehicle-borne or other improvised explosive devices (IEDs). On May 15, 2019, the U.S. Department of State ordered the departure of non-emergency U.S. government employees from the U.S. Embassy in Baghdad and the U.S. Consulate in Erbil.

It is advised to avoid all travel to Iraq.
Libya
Risk Level: Extreme

Country Overview:

The security situation in Libya is extremely dangerous. It is advised to avoid travel to Libya. Travel to Libya is unsafe due to armed conflict, terrorism, civil unrest, and crime. There is an extreme risk to personal safety and security because of high levels of terrorist activity and crime, including kidnapping for ransom, suicide bombings, and the use of vehicle-borne or other improvised explosive devices (IEDs). Since April 4, 2019, armed clashes have taken place in areas to the south and west of the capital, Tripoli, between forces aligned with the UN-recognized Government of National Accord (GNA) and troops under the Khalifa Haftar-led Libyan National Army (LNA). According to the United Nations, more than 1,000 people, including combatants and civilians, have been killed in the fighting.

It is advised to avoid all travel to Libya.

Mali
Risk Level: Extreme

Country Overview:

The security situation in Mali is extremely dangerous. It is advised to avoid travel to Mali, if possible. Travel to Mali is unsafe due to political instability, crime, and terrorism. There is an extreme risk to personal safety and security because of terrorist activity and violent crime such as kidnapping and armed robbery. On March 17, 2019, Mali-based Al-Qaeda affiliate Jama’a Nusrat ul-Islam wa al-Muslimin (JNIM) attacked and briefly seized an army base in the village of Dioura, in central Mopti, killing 23 soldiers. On March 23, 2019, unidentified gunmen attacked two villages in Bankass Cercle in the Mopti region, killing more than 160 people. More recently, a United Nations convoy was targeted by an improvised explosive device attack in the Mopti region on April 20, 2019, reportedly killing one peacekeeper and injuring four others. In addition, at least 35 people were killed on June 9/10, 2019, after unidentified gunmen attacked the Dogon village of Sobane-Kou in the Mopti region.

It is advised to avoid all travel to: Bamako; the Mopti region; parts of the Segou region; areas north of the latitude of Diema; and within 100km of the border with Burkina Faso. It is further advised to limit all but essential travel to the rest of Mali.
North Korea
Risk Level: Extreme

Country Overview:

The security situation remains volatile on the Korean peninsula, and political tensions involving North Korea can change with little notice and with no warning. This poses an extreme risk to visitors. It is advised to avoid travel to North Korea. Travel to North Korea is unsafe due to the serious risk of arrest and long-term detention. In addition, U.S. passports are not valid for travel to, in, or through North Korea without a specific validation from the U.S. Department of State.

It is advised to avoid all travel to North Korea.

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Somalia
Risk Level: Extreme

Country Overview:

The security situation in Somalia is extremely dangerous. It is advised to avoid travel to Somalia, if possible. Travel to Somalia is unsafe due to crime, terrorism, and piracy. There is an extreme risk to personal safety and security because of terrorist activity and violent crime, such as kidnapping and murder, which is common throughout the country.

It is advised to avoid all travel to Somalia, including Somaliland except for the cities of Hargeisa and Berbera to which it is advised to limit all but essential travel.
**South Sudan**  
Risk Level: **Extreme**

**Country Overview:**

The security situation in South Sudan is extremely dangerous. It is advised not to travel to South Sudan, if possible. Travel to South Sudan is unsafe due to crime and armed conflict. There is an extreme risk to personal safety and security because of armed clashes, border disputes, ethnic violence, and crime, including carjacking, shootings, ambushes, assaults, robberies, and kidnappings.

It is advised to avoid all travel to South Sudan.

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**Sudan**  
Risk Level: **Extreme**

**Country Overview:**

The security situation in Sudan is extremely dangerous. It is advised to avoid travel to Sudan. Travel to Sudan is unsafe due to civil unrest, crime, terrorism, kidnapping, and armed conflict. The situation in Khartoum and across the country is volatile because of ongoing violent civil unrest. Armed conflict and criminal activity are particularly present in contested regions, although kidnappings, armed robberies, and carjacking occur everywhere. Protests and civil unrest since December 19, 2018, have led to a national state of emergency. On April 11, 2019, President Omar al-Bashir was removed from office by the Sudanese military. As a result, the U.S. Department of State ordered the departure of non-emergency U.S. government employees. Sudanese authorities have clashed with protesters, using tear gas and live ammunition. On June 3, 2019, security forces dispersed protestors by force from the main protest site in central Khartoum, killing at least 30 people and wounding more than 100 others.

It is advised to avoid all travel to Sudan.
Syria
Risk Level: Extreme

Country Overview:

The security situation in Syria is extremely dangerous. It is advised to avoid travel to Syria. Travel to Syria is unsafe due to armed conflict, terrorism, and civil unrest. There is an extreme risk to personal safety and security because no part of Syria is considered safe from violence. Widespread military operations, involving the use of chemical warfare, shelling, and aerial bombardment, have significantly raised the risk of death or serious injury.

It is advised to avoid all travel to Syria.

Venezuela
Risk Level: Extreme

Country Overview:

The security situation in Venezuela is extremely dangerous. It is advised to avoid travel to Venezuela. Travel to Venezuela is unsafe due to ongoing political instability, crime, poor health infrastructure, and the arbitrary arrest and detention of foreign nationals. Political marches and demonstrations, which occasionally become violent, are frequent in all areas, and crime, such as homicide, armed robbery, kidnapping, drug trafficking, and carjacking, is common. In addition, a number of Venezuela’s land and sea borders are subject to closure. U.S. citizens residing or traveling in Venezuela are advised to depart the country. On March 11, 2019, the U.S. Department of State announced the temporary suspension of operations of the U.S. Embassy in Caracas and the withdrawal of diplomatic personnel from Venezuela. On May 15, 2019, the U.S. Department of Transportation issued an order suspending all nonstop flights between Venezuela and the U.S. (both commercial flights and cargo operations) until further notice.

It is advised to avoid all travel to Venezuela.
Yemen
Risk Level: Extreme

Country Overview:

The security situation in Yemen is extremely dangerous. It is advised to avoid travel to Yemen. Travel to Yemen is unsafe due to armed conflict, terrorism, civil unrest, and health. There is an extreme risk to personal safety and security because of ongoing military conflict, heightened terrorist activity, kidnappings for ransom, and unlawful detentions by rebel groups.

It is advised to avoid all travel to Yemen.

Algeria
Risk Level: Moderate Risk + Extreme

Country Overview:

The security situation in some parts of Algeria is highly dangerous, with specific areas being extremely unsafe. It is advised to exercise increased caution in Algeria due to terrorism. There is an overall moderate level of risk to personal safety and security because terrorists are likely to carry out attacks, including kidnappings, and civil disturbances sometimes occur throughout the country. Since February 2019, mass protests have taken place across Algeria in demand of immediate political reform. On June 2, 2019, Algeria’s Constitutional Council announced the cancelation of presidential elections previously scheduled for July 4. Travelers to the country should avoid political gatherings and demonstrations and follow local advice.

It is advised to avoid all travel to areas within: 30km of the borders with Libya, Mauritania, Mali and Niger, and 30km of the border with Tunisia in the provinces of Illizi and Ouargla and in the Chaambi mountains area. It is also advised to limit all but essential travel to within 30km of the remainder of the border with Tunisia.
Azerbaijan
Risk Level: Moderate Risk + Extreme

Country Overview:

The security situation in some parts of Azerbaijan is highly dangerous, with specific areas being extremely unsafe. It is advised to exercise increased caution in Azerbaijan due to the risk of terrorism and armed conflict. There is a moderate threat to personal safety and security because terrorist groups continue to plot attacks and casualties continue to occur in the Nagorno-Karabakh conflict with Armenia.

It is advised to avoid all travel to: Nagorno-Karabakh and the military-occupied area surrounding it; within 5km of the Line of Contact; and within 5km of the border with Armenia. Please note that anyone who has visited Nagorno-Karabakh without the permission of the Azerbaijani authorities will be refused entry to Azerbaijan.

Burkina Faso
Risk Level: High Risk + Extreme

Country Overview:

The security situation in Burkina Faso is highly dangerous, with some parts of the country being extremely unsafe. It is advised to reconsider travel to Burkina Faso due to terrorism and crime. There is a high level of risk to personal safety and security because of terrorist activity and common violent crime. On December 31, 2018, Burkina Faso declared a state of emergency in several parts of the country, including the whole of the Est and Sahel regions, the western provinces of Kossi and Sourou, the central-eastern province of Kouplégou, the western province of Kénédougou, and the northern province of Lorum. Since then, dozens of people have died in ethnic clashes in areas under threat from Islamist militant attacks. There have been regular attacks on police, military personnel, and civilians, particularly close to the borders with Mali, Niger, and Cote d’Ivoire as well as in the Eastern Region. Further attacks are likely.

It is advised not to travel to the following parts of Burkina Faso: all areas of the country north of the town of Boulsa; within 40km of the western border with Mali; Sahel and Est Regions; and Kouplégou Province in Centre-Est Region. It is also advised to limit all but essential travel to the rest of Burkina Faso, including the capital Ouagadougou.
Country Overview:

The security situation in some parts of Burma (Myanmar) is highly dangerous, with specific areas of the country being extremely unsafe. It is advised to exercise increased caution in Burma due to civil unrest and armed conflict. There is an overall moderate risk to personal safety and security because of fighting between the Burmese military and various ethnic armed groups and militia forces.

It is advised to avoid all travel to: the townships of Maungdaw, Buthidaung, Rathedaung, Kyauktaw, Ponnagyun, and Mrauk-U in Rakhine State, and Paletwa in southern Chin State. It is also advised to limit all but essential travel to: Rakhine State (except for resort areas at Ngapali Beach and townships marked as “do not travel”); northern and central Shan State; Kachin State; and areas bordering China, Laos, Thailand, Bangladesh, and India.

Country Overview:

The security situation in Burundi is highly dangerous, with certain areas of the country being extremely unsafe. It is advised to reconsider travel to Burundi. There is a high level of risk to personal safety and security because of ongoing political tensions, sporadic violence, clashes by armed groups, and serious crimes, such as armed robbery.

It is advised to avoid all travel to: Cibitoke and Bubanza provinces; areas of Bujumbura Rural province west of the Rusizi river towards the Democratic Republic of the Congo border, with the exception of the Rusizi Delta Nature Reserve; Ruvubu National Park; the road north of Bujumbura airport towards Cibitoke; and the main road running west from Kayanza through the Kibira National Park. It is also advised to limit all but essential travel to the rest of Burundi (excluding airside transit through Bujumbura International Airport).
Cameroon
Risk Level: Moderate Risk + Extreme

Country Overview:
The security situation in certain parts of Cameroon is extremely dangerous. It is advised to exercise increased caution in Cameroon due to crime, civil unrest, and terrorism. There is an overall moderate risk to personal safety and security because of terrorist activity in areas of northern and eastern Cameroon, as well as violent crime, such as kidnapping, armed robbery, assault, and carjacking, which is common. Armed separatists have announced extended general strikes in North West and South West regions in 2019. There have also been multiple clashes between security forces and armed groups over the past year in many places in North West and South West regions, including in the towns of Bafut, Tubah, Ndu, Widikum, and in Lebialem division. Travelers should be vigilant, keep a low profile, and monitor local media.

It is advised to avoid travel to: Far North Region; within 40km of the border with Nigeria, except Garoua in North Region; within 40km of the border with Chad; within 40km of the border with the Central African Republic (CAR); the Bakassi Peninsula; North West Region; and South West Region (including the towns of Buea, Muyuka, and Tiko in Fako Division), except Limbe in Fako Division. It is further advised to limit all but essential travel to: Limbe in Fako Division of South West Region and the rest of North and Adamawa Regions, including Garoua in North Region.

Chad
Risk Level: High Risk + Extreme

Country Overview:
The security situation in Chad is highly dangerous, with some parts of the country being extremely unsafe. It is advised to reconsider travel to Chad due to crime, terrorism, and the existence of minefields. There is a high level of risk to personal safety and security because of widespread violent crimes, such as armed robbery and mugging, as well as terrorist attacks and minefields along the borders with Libya and Sudan. A state of emergency is in effect for the eastern regions of Sila and Ouaddai as well as the Lake Chad region.

It is advised not to travel at all to the following areas in Chad: areas within 30km of all borders, except for the capital N'Djamena (where it is advised to limit all but essential travel); within 30km of Lake Chad and the parts of Kanem and Lac regions to the west of the towns of Mao and Bol; the regions of Ennedi, and Tibesti; and the region of Borkou, except within 30km of the town of Faya Largeau (where it is advised to limit all but essential travel). It is further advised to limit all but essential travel to the remaining parts of the country, including the capital, N'Djamena, and the town of Faya Largeau.
**Colombia**

Risk Level: **Moderate Risk + Extreme**

**Country Overview:**

The security situation in some parts of Colombia is highly dangerous, with specific areas being extremely unsafe. It is advised to exercise increased caution in Colombia due to crime and terrorism. There is an overall moderate risk to personal safety and security because the National Liberation Army (ELN) continues to plot possible attacks, and violent and organized criminal activities, such as homicide, assault, armed robbery, extortion, and kidnapping, are common. On April 26, 2019, Colombia’s Trasandino oil pipeline was bombed in western Narino province, marking the seventh attack against it this year. Travelers should be vigilant and pay close attention to warnings issued by the Colombian authorities.

It is advised to avoid all travel to: areas within 20km of Venezuela and Ecuador, except the Pan American Highway crossing at Ipiales. It is also advised to limit all but essential travel to: the departments of Antioquia (except Medellín); Arauca; Caquetá; Cauca (except Popayan); Chocó (except its capital Quibdó and the whale-watching towns of Nuqui, Bania, Solano, and Capurganá); Guainía; Guaviare; Meta (except Villavicencio and the tourist site of Caño Cristales); Nariño (except Pasto and the border crossing of Ipiales); Norte de Santander; Putumayo; Valle de Cauca (except Cali); and Vichada.

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**Congo**

Risk Level: **Moderate Risk + Extreme**

**Country Overview:**

The security situation in specific parts of the Republic of the Congo is extremely dangerous. It is advised to exercise increased caution while in the country due to crime and civil unrest. There is an overall moderate risk to personal safety and security because violent crime, such as armed robbery and assault, remains a concern. In addition, political demonstrations and armed clashes can be unpredictable.

It is advised to avoid all travel to: the Boko, Kindamba, Kinkala, Mayama, and Mindouli districts of the Pool region; the Mouyondzi district of Bouenza region; and within 50km of the border with the Central African Republic in the Likouala region. It is further advised to limit all but essential travel to: the Brazzaville region, except for the city of Brazzaville; and the Ngabe district of the Pool region.
Cuba

Risk Level: Moderate Risk + Extreme

Country Overview:

The security situation in Cuba is relatively stable and characterized by a strong military and police presence. Although crime levels range from low to moderate, it is advised that visitors to the country be vigilant. Travelers to Cuba should exercise increased caution due to alleged attacks targeting U.S. and other Western diplomatic staff at various residences and at Hotel Nacional and Hotel Capri in Havana. The safety and security of private citizens/civilian travelers also may be at risk. While there is no recent history of terrorism in Cuba, attacks cannot be ruled out.

If you are traveling to Cuba, it is advised to avoid Hotel Nacional and Hotel Capri in Havana.

Democratic Republic of the Congo (DRC)

Risk Level: High Risk + Extreme

Country Overview:

The security situation in some areas of the Democratic Republic of the Congo (DRC) is highly dangerous, with specific parts of the country being extremely unsafe. It is advised to reconsider travel to the DRC due to civil unrest and crime. There is a high level of risk to personal safety and security because of the activities of rebel and other armed groups, potential civil unrest, and outbreaks of violence, including killing, rape, kidnapping, and pillaging. On August 1, 2018, the Ministry of Health of the Democratic Republic of the Congo (DRC) declared an outbreak of Ebola virus disease in North Kivu (Nord-Kivu) province, originating in Béni territory. New cases continue to be reported across North Kivu and Ituri provinces. On July 17, 2019, the World Health Organization declared the outbreak to be a Public Health Emergency of International Concern (PHEIC). WHO officials have reported that the Ebola death toll has risen to more than 1,800.

It is advised to avoid all travel to the provinces of: Kasai, Kasai Central, Kasai Oriental, Sud-Kivu, Nord-Kivu, Ituri, Maniema, Tanganyika, Bas-Uélé, and Haut-Uélé. It is further advised to limit all but essential travel to the rest of the country.
Ecuador
Risk Level: Moderate Risk + Extreme

Country Overview:

The security situation in some parts of Ecuador is highly dangerous, with specific areas being extremely unsafe. Travelers should be vigilant due to crime and terrorism. There is a heightened level of risk to personal safety and security in the northern border area with Colombia because it has a higher rate of crime, including kidnapping for ransom, than the rest of the country.

It is advised to avoid all travel within 20km of the border with Colombia, except for the official border crossing town of Tulcan in Carchi province. It is further advised to limit all but essential travel to Sucumbios and Esmeraldas provinces.

Egypt
Risk Level: Moderate Risk + Extreme

Country Overview:

The security situation in some parts of Egypt is highly dangerous, with specific areas of the country being extremely unsafe. Travelers to Egypt should exercise increased caution due to terrorism. There is an overall moderate risk to personal safety and security because there are a number of extremist organizations operating in Egypt. On December 28, 2018, a roadside bomb killed four people, including three tourists, and wounded several others near the Giza pyramid complex southwest of central Cairo. On May 19, 2019, a similar roadside bomb attack, close to the Grand Egyptian Museum (located adjacent to the Giza pyramid complex) wounded at least 17 people. On August 4, 2019, at least 20 people were killed by a car bomb in central Cairo’s Manial district.

It is advised to avoid all travel to the Governorate of North Sinai due to the significant increase in criminal activity and continued terrorist attacks on police and security forces.

It is also advised to limit all but essential travel to: the Governorate of South Sinai, with the exception of the area within the Sharm el Sheikh perimeter barrier, which includes the airport and the areas of Sharm el Maya, Hadaba, Naama Bay, Sharks Bay and Nabq (although travel by air to or from Sharm el Sheikh is not recommended); and the area west of the Nile Valley and Nile Delta regions, excluding the coastal areas between the Nile Delta and Marsa Matruh.
Eritrea
Risk Level: Moderate Risk + Extreme

Country Overview:

The security situation in some parts of Eritrea is extremely dangerous. It is advised to exercise increased caution in Eritrea due to travel restrictions, limited consular assistance, and political volatility. There is an overall moderate risk to personal safety and security because of ongoing instability, tensions with Ethiopia, and the presence of landmines.

It is advised to avoid all travel to within 25km of Eritrea's land borders, with the exceptions of the towns of Senafe and Tessenei, and the border crossings at Debat Sima – Burre, Serha – Zalambessa, and Kesadika (Adi Kuala) – Rama, plus the main paved roads leading to those crossings. (As of May 31, 2019, all border crossings between Eritrea and Ethiopia are closed.) All foreign nationals, including diplomats, must apply in advance for a travel permit to leave Asmara.
Ethiopia
Risk Level: Moderate Risk + Extreme

Country Overview:

The security situation in some parts of Ethiopia is highly dangerous, with certain areas of the country being extremely unsafe. It is advised to exercise increased caution in Ethiopia due to the potential for civil unrest, crime, and terrorism. There is an overall moderate risk to personal safety and security because the country has been experiencing sporadic and spontaneous unrest, and the Somali Regional State, as well as other border areas, presents a significant threat of terrorism. In addition, there has been ethnic violence in various parts of Addis Ababa. According to Ethiopian Prime Minister Abiy Ahmed, there were attacks targeted against government officials in Addis Ababa and Bahir Dar on June 22, 2019, as part of an attempted coup. Travelers in Ethiopia should exercise particular caution around Addis Ababa, keep a low profile, and follow the advice of local authorities.

It is advised to avoid all travel to: Ethiopia’s Somali region, as well as the border areas with Sudan, Eritrea, Kenya, and South Sudan, including the Gambela region.

It is further advised to limit all but essential travel to: the Danakil Desert in Afar region, and the Guji and Borena zones of the Oromia region.
Georgia
Risk Level: Low Risk + Extreme

Country Overview:

The security situation in some areas of Georgia is highly dangerous, with specific parts of the country being extremely unsafe. It is advised to exercise increased caution in the Russian-occupied regions of South Ossetia and Abkhazia due to civil unrest, crime, and landmines. There is a heightened risk to personal safety and security in these parts of Georgia because Russian troops and border guards occupy both regions, and a number of attacks, criminal incidents, and kidnappings have occurred.

It is advised to avoid all travel to the breakaway regions of South Ossetia and Abkhazia, and limit all but essential travel to areas near the Administrative Boundary Lines with Abkhazia and South Ossetia.

Honduras
Risk Level: High Risk + Extreme

Country Overview:

The security situation in Honduras is highly dangerous, with a specific part of the country being extremely unsafe. It is advised to reconsider travel to Honduras due to crime. There is a heightened risk to personal safety and security because violent crime, such as homicide and armed robbery, is common. Protests have regularly occurred across Honduras since June 2019. Travelers should avoid all demonstrations and follow the advice of local authorities. In addition, there has been a sharp increase in cases of dengue fever in Honduras, particularly in the departments of Cortés, Yoro, Olancho, and Santa Bárbara. As a result, the Honduran government has declared a state of emergency. Travelers are advised to monitor local media for updates.

It is advised to avoid all travel to Gracias a Dios Department, and to limit all but essential travel to the rest of the country.
India
Risk Level: Moderate Risk + Extreme

Country Overview:
The security situation in some parts of India is highly dangerous, with specific areas of the country being extremely unsafe. It is advised to exercise increased caution in India due to crime and terrorism. There is an overall moderate risk to personal safety and security because of terrorist and insurgent activity, civil unrest and the potential for armed conflict, and violent crime, such as sexual assault. In addition, following a terrorist attack in the Kashmir region on February 14, 2019, there are heightened tensions between India and Pakistan. On August 5, 2019, India’s government announced constitutional changes that will affect the internal political status of Jammu and Kashmir. An increased security presence is now in place.

It is advised to avoid all travel to: the state of Jammu and Kashmir (except Ladakh region) and the India-Pakistan border (except Atari crossing). It is also advised to limit all but essential travel to: the Northeastern states (Assam (except Guwahati), Nagaland, and Manipur); Chhattisgarh; and the border areas of neighboring states.

Iran
Risk Level: High Risk + Extreme

Country Overview:
The security situation in Iran is highly dangerous, with specific parts of the country being extremely unsafe. It is advised that U.S. citizens not travel to Iran due to the risk of arbitrary arrest and detention. Overall, there is a heightened level of risk to personal safety and security because of the potential for widespread protests and terrorism. On September 22, 2018, there was an attack on a military parade in Ahvaz, capital of Khuzestan province. At least 29 people were killed, and more than 60 others were wounded. Terrorists are very likely to attempt to carry out more attacks in Iran.

It is advised that all visitors to Iran not travel to the border areas with Afghanistan, Pakistan, and Iraq.
Israel
Risk Level: Moderate Risk + Extreme

Country Overview:

The security situation in Israel, the West Bank, and Gaza is fluid, and certain areas are extremely unsafe. Travelers to Israel and/or the Palestinian Territories are advised to exercise increased caution due to terrorism, civil unrest, and armed conflict. There is an overall moderate risk to personal safety and security because of clashes between Palestinians and Israeli authorities and settlers, as well as the significant threat(s) of terrorism and regional tensions. Travelers to Israel should remain vigilant following the latest cross-border hostilities between Israel and Palestinians in Gaza, amid reports of a renewed Egyptian-brokered ceasefire on May 6, 2019. At least four Israelis and 23 Palestinians were killed in the most intense clashes in years, which occurred from May 3-5, 2019. Overall violence involved militants in Gaza firing more than 600 rockets into southern Israel, with hundreds of Israeli airstrikes launched in response. In addition, there have been mass protests on the Gazan side of the Gaza/Israel perimeter fence since March 30, 2018. Missiles have also been fired towards the Israeli-controlled Golan Heights on several occasions, and Israel has responded with air strikes in Syria. Travelers should follow the instructions of local authorities and keep up to date with local media.

It is advised to limit all but essential travel to the West Bank and within 5km of Gaza, and to avoid all travel to Gaza and the following areas of the Golan Heights: East of Route 98, Shebaa Farms, Ghajjar, and within 500m of the border with Lebanon east of Metula, including the northern edge of town.
Kenya
Risk Level: Moderate Risk + Extreme

Country Overview:

The security situation in some areas of Kenya is highly dangerous, with specific parts of the country being extremely unsafe. It is advised to exercise increased caution in Kenya due to terrorism and crime. There is an overall moderate risk to personal safety and security because of terrorist attacks and violent crime, such as armed carjacking, mugging, home invasion, and kidnapping. From January 15-16, 2019, the Islamic militant group Al-Shabaab attacked the DusitD2 complex in Nairobi, killing more than 20 people and injuring dozens of others. On February 14, 2019, the U.S. State Department warned that credible information indicates that westerners may be targeted by extremists in Nairobi, coastal areas of Kenya, and the towns of Naivasha and Nanyuki. In addition, a recent upsurge of cholera cases in Kenya’s capital, Nairobi, has infected at least 58 people. Cholera cases have also been detected in the counties of Narok, Kajiado, Garissa, and Machakos. Travelers are advised to monitor the latest updates from the World Health Organization.

It is advised to limit all but essential travel to coastal areas from Lamu county to Mombasa and its outskirts, and to the A2 highway from Isiolo to Moyale. It is also advised to avoid all travel to border regions with Somalia, South Sudan, and Ethiopia.
Lebanon
Risk Level: High Risk + Extreme

Country Overview:

The security situation in Lebanon is highly dangerous, with some parts of the country being extremely unsafe. It is advised to reconsider travel to Lebanon due to crime, terrorism, and armed conflict. There is a high level of risk to personal safety and security because of terrorist activity, armed clashes, kidnapping, and outbreaks of violence near Lebanon’s borders with Syria and Israel. On June 3, 2019, a militant attacked a patrol of Lebanon’s Internal Security Forces in the northern city of Tripoli, killing two police officers and one army soldier.

It is advised to avoid all travel to: Palestinian refugee camps; the Hermel Area, including the towns of Arsal, Ras Baalbek, Qaa, Laboué, and Nahlé; and within 5km of the border with Syria.

It is advised to limit all but essential travel to: the southern suburbs of Beirut—defined as: south of the sports stadium and the Adnan Al Hakim road, which heads west from the stadium to the Beirut-Saida (Sidon) road down to the airport. This includes the neighborhoods of Bir Hassan, Ghobeiry, Chuya, Haret Hraik, Burj Al Brajne, Mraije, Er Rouais, and Laylake, but excludes the main airport highway, the Beirut-Saida (Sidon) road and west of there to the coast, and the area between the airport highway and the coast south of Abbas El Mousawi Road, including the Golf Club of Lebanon.

It is further advised to limit all but essential travel to: all other areas of Akkar district between 5km from the Syrian border and the Aabdeh, Halba, and Qoubaiyat highway, including the towns of Halba and Qoubaiyat; the city of Tripoli; the town of Brital, and the area around it up to 5km from the Syrian border, and south of Nahlé town, but excluding Baalbek town; the towns of Rachaiya, Hasbaiya, and Khiam, and the area between these towns up to 5km from the Syrian border; within 500m of the Ain el Hilweh Palestinian refugee camp in Saida (Sidon); and south of the Litani River except the main Naqoura-Tyre-Saida (Sidon)-Beirut highway and all areas to the west of it.
Mauritania
Risk Level: High Risk + Extreme

Country Overview:
The security situation in Mauritania is highly dangerous, and specific parts of the country are extremely unsafe. It is advised to reconsider travel to Mauritania due to crime and terrorism. There is a high level of risk to personal safety and security because of activities by terrorist groups and violent crimes, such as mugging, armed robbery, kidnapping, rape, and assault.

It is advised to avoid travel to: the province of Tiris Zemmour (except the town of Zouérat); the province of Adrar (east of Atar); the provinces of Tagant, Hodh el Chargui, Hodh El Gharbi, Assaba and Guidimaka; and within 25km of the Western Sahara border (except the Noukchott - Nouadhibou corridor).

Mexico
Risk Level: Moderate Risk + Extreme

Country Overview:
The security situation in some parts of Mexico is highly dangerous, with specific areas of the country being extremely unsafe. Travelers to Mexico should exercise increased caution due to crime. There is a high level of risk to personal safety and security in certain areas because of widespread violent crime, such as homicide, kidnapping, carjacking, and robbery.

It is advised to avoid all travel to: Colima state, Guerrero state, Michoacán state, Sinaloa state, and Tamaulipas state. It is further advised to limit all but essential travel to: Chihuahua state, Coahuila state, Durango state, Estado de Mexico state, Jalisco state, Morelos state, Nayarit state, Nuevo Leon state, San Luis Potosi state, Sonora state, and Zacatecas state.
Niger

Risk Level: High Risk + Extreme

Country Overview:

The security situation in Niger is highly dangerous, with large parts of the country being extremely unsafe. It is advised to reconsider travel to Niger due to crime and terrorism. There is a high level of risk to personal safety and security because of terrorist attacks, kidnapping threats, and violent crime, such as armed robbery. On June 4, 2018, three suicide bombers killed at least 9 people at a mosque in the southeastern city of Diffa.

It is advised not to travel at all to the following parts of Niger: all areas of the country north of the city of Abalak, including the Air Massif region; the province of Agadez (including the road linking Assamakato Agadez and the city of Agadez); areas of Tahoua province north of the city of Tahoua, including the city itself; the area of Tillabéri province north of Niamey, including the road from Niamey to Gao and the road from Niamey to Menaka; areas within 40km of the border with Nigeria in Diffa, Zinder, and Maradi provinces; and the Parc du W, plus the contiguous Dosso and Tamou hunting zones. It is further advised to limit all but essential travel to the rest of Niger, including the capital city Niamey.

Nigeria

Risk Level: High Risk + Extreme

Country Overview:

The security situation in Nigeria is highly dangerous, and specific parts of the country are extremely unsafe. It is advised to reconsider travel to Nigeria due to crime, terrorism, and piracy. There is a high level of risk to personal safety and security because of the threat posed by extremist organizations, kidnappings, and violent crime, such as armed robbery, assault, carjacking, and rape. Political protests in Abuja and other Nigerian cities have become frequent and are of particular concern. Travelers should exercise caution, monitor local media, and avoid crowds or demonstrations.

It is advised to avoid travel to: Borno State; Yobe State; Adamawa State; Gombe State; riverine areas of Delta, Bayelsa, Rivers, Akwa Ibom and Cross River States; and within 20km of the border with Niger in Zamfara State. It is also advised to limit all but essential travel to: Bauchi State; Zamfara State; Kano State; Kaduna State; Jigawa State; Katsina State; Kogi State; within 20km of the border with Niger in Sokoto and Kebbi States; non-riverine areas of Delta, Bayelsa and Rivers States; and Abia State.
Pakistan
Risk Level: High Risk + Extreme

Country Overview:

The security situation in Pakistan is highly dangerous, and a significant part of the country is extremely unsafe. It is advised to reconsider travel to Pakistan due to terrorism. There is a high level of risk to personal safety and security because terrorist attacks remain frequent and political demonstrations often become violent. Travelers should continue to exercise caution, monitor news reports, and follow the advice of local authorities. As recently as May 11, 2019, armed militants attacked the Pearl Continental Hotel in Gwadar in southern Balochistan, killing five people including a soldier.

It is advised to avoid all travel to: Balochistan; the Federally Administered Tribal Areas; Khyber-Pakhtunkhwa (excluding Chitral district); and border areas with Afghanistan and India (excluding Lahore, Wagah, Kasur, Narowal and Sialkot). It is further advised to limit all but essential travel to the rest of Pakistan.

Panama
Risk Level: Low Risk + Extreme

Country Overview:

The security situation in Panama is relatively safe, but a specific region within the country has an extreme risk due to the presence of criminal elements and the operation of drug and human trafficking networks. Moreover, emergency response and consular assistance are limited in some areas. Overall, though, travelers should exercise normal precautions in Panama.

It is advised to avoid all travel to parts of the Darién Region, particularly all areas south of Yaviza.
Country Overview:

The security situation in some parts of the Philippines is highly dangerous, with specific areas being extremely unsafe. It is advised to exercise increased caution throughout the country due to crime, terrorism, and civil unrest. There is a high level of risk to personal safety and security because of occasional kidnappings and bombings, as well as widespread and common criminal activity, such as con games, pick pocketing, internet scams, and credit/ATM card fraud. National and local elections will be held across the country on May 13, 2019. Travelers should keep up to date with local information and avoid any demonstrations.

It is advised to avoid all travel to western and central Mindanao and the Sulu Archipelago (including the southern Sulu Sea) because of terrorist activity and clashes between the military and insurgent groups.

It is also advised to limit all but essential travel to the remainder of Mindanao (excluding Camiguin, Dinagat, and Siargao Islands) and to the south of Cebu province, up to and including the municipalities of Dalaguete and Badian, due to the threat of terrorism.
Russia
Risk Level: Moderate Risk + Extreme

Country Overview:

The security situation in some parts of Russia is highly dangerous, with specific areas being extremely unsafe. It is advised to exercise increased caution in Russia due to terrorism, harassment, and the arbitrary enforcement of local laws. There is an overall moderate risk to personal safety and security because of terrorist groups continuing to plot attacks, the existence of civil unrest and occupying authorities in some areas, and the mistreatment and extortion of foreign nationals by law enforcement and other officials.

It is advised to avoid all travel to: parts of the North Caucasus region (including the Mount Elbrus area), such as Chechnya, Dagestan, Ingushetia, North Ossetia, and the southeast part of Stavropol bordering Chechnya, Kabardino-Balkaria, and Karachay-Cherkessia; and within 10km of the border with the Ukrainian Donetsk and Lugansk Oblasts. It is further advised to limit all but essential travel to: within 10km of the border with the Ukrainian Kharkiv Oblast.

Saudi Arabia
Risk Level: Moderate Risk + Extreme

Country Overview:

The security situation in some parts of Saudi Arabia is highly dangerous, with specific areas being extremely unsafe. It is advised to exercise increased caution in Saudi Arabia due to terrorism and armed conflict. There is an overall moderate risk to personal safety and security because terrorist groups continue plotting possible attacks in the country, and rebel groups operating in Yemen have launched missiles, drones, and IEDs into Saudi Arabia, specifically targeting populated areas. On June 12, 2019, at least 26 civilians were injured in a missile attack on Abha International Airport by Yemen’s rebel Houthi movement.

It is advised to avoid all travel to within 10km of the Saudi-Yemen border, and to limit all but essential travel to areas between 10km-80km of this border, as well as Abha International Airport. Travelers are also advised to avoid all non-essential travel to the city of Qatif and its suburbs.
Country Risk Summaries Cont.

**Tunisia**
Risk Level: Moderate Risk + Extreme

**Country Overview:**

The security situation in some parts of Tunisia is highly dangerous, with specific areas being extremely unsafe. It is advised to exercise increased caution in Tunisia due to terrorism. There is an overall moderate risk to personal safety and security because terrorist groups that are active in the country pose a significant threat to travelers in the region. On June 27, 2019, two suicide attacks targeting security personnel in central Tunis killed at least one police officer and wounded several people. A state of emergency has been in effect in Tunisia since 2015.

It is advised to avoid all travel to: Mount Chaambi National Park area, including the town of Kasserine; within 30 kilometers of the border with Algeria; within 30 kilometers of the rest of the Libya border area north of Dhehiba, including the town of Ben Guerdane and the immediate surrounding area; and the militarized zone south of the towns of El Borma and Dhehiba. It is also advised to limit all but essential travel to: areas south of, and including, the towns of Nefta, Douz, Medenine, and Zaris; and the Governorates of Kasserine, Le Kef, Jendouba, and Sidi Bouzid.

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**Turkey**
Risk Level: High Risk + Extreme

**Country Overview:**

The security situation in some parts of Turkey is highly dangerous, with specific areas of the country considered as extremely unsafe. It is advised to reconsider travel to Turkey due to terrorism and arbitrary detentions. There is a high-level risk to personal safety and security because terrorist groups continue to plot possible attacks in Turkey, and government security officials have detained individuals on scant or secret grounds that appear to be mostly politically motivated.

It is advised to avoid all travel to within 10km of the border with Syria and to the city of Diyarbakir. It is further advised to limit all but essential travel to the provinces of: Batman, Bingol, Bitlis, Diyarbakir, Gaziantep, Hakkari, Hatay, Killis, Mardin, Sanliurfa, Siirt, Sirnak, Tunceli, and Van.
Country Overview:

The security situation in eastern Ukraine is highly dangerous, with some areas considered to be extremely unsafe. Overall, it is advised to exercise increased caution throughout Ukraine due to crime and civil unrest. There is an extreme risk to personal safety and security in specific parts of eastern Ukraine because of armed conflict with occupying authorities in non-government-controlled areas.

It is advised to avoid all travel to Donetsk oblast, Luhansk oblast, and Crimea.