

Regions

Use the list of world regions below to find a destination and get travel health information for that location. Or, select a destination from the [A-Z list of destinations](#).

- [Antarctica](#)
 - [Central Africa](#)
 - [East Africa](#)
 - [East Asia](#)
 - [Eastern Europe and Northern Asia](#)
 - [Mexico and Central America](#)
 - [North Africa](#)
 - [North America](#)
 - [South Asia](#)
 - [Southeast Asia](#)
 - [Southern Africa](#)
 - [Southern and Western Pacific](#)
 - [Temperate South America](#)
 - [Caribbean](#)
 - [Indian Ocean Islands](#)
 - [Middle East](#)
 - [Tropical South America](#)
 - [West Africa](#)
 - [Western Europe](#)
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