



U.S. Embassy in Burma

COVID-19 Information

Updated: July 23, 2020

Country-Specific Information:

- See CDC's COVID-19 website for more information.
- The Department of State has issued a Global Level 4 Health Advisory for COVID-19.
- View U.S. Embassy Rangoon's Most Recent Alerts and Messages for U.S. Citizens.
- As of July 10, Burma has confirmed 343 cases of COVID-19 within its borders and six deaths from the virus.
- Burma can test for COVID-19 infections domestically.
- There has been no change in the availability of fuel or water in Burma due to COVID-19. COVID-19 has disrupted the regular supply of some imported food products.
- Criminal penalties exist, and are being applied, for violating Burma's disease-control efforts.
- On March 14, 2020, the U.S. Department of State authorized the departure from any diplomatic or consular post, including U.S. Embassy Rangoon, of U.S. personnel and family members who have been medically determined to be at a higher risk of a poor outcome if exposed to COVID-19.
- The U.S. government has suspended all Peace Corps operations globally and Peace Corps volunteers in Burma returned to the United States.
- The U.S. government is actively cooperating and assisting the Burmese government in its COVID-19 detection and preparation efforts.
- The U.S. Embassy coordinated a repatriation flight for U.S. citizens on April 6, 2020. Given demand for the April 6 flight, we **do not** anticipate organizing another flight.

Activity Restrictions within Burma:

- The Burmese government has instituted stay-at-home orders, curfews, bans on public gatherings, and closures of public events, entertainment venues, and religious institutions.
- The Burmese government imposed a nationwide ban on gatherings of five or more people, effective until July 31. Exceptions include work commutes for public servants, corporate employees, and factory workers; medical emergencies; shopping at permitted markets; delivery of goods; employment activities; public, private, and monastic schools; holding meetings, discussions, and classes in line with Ministry of Health guidelines; eating at restaurants that follow Ministry of Health guidelines; official COVID-19 control and protection activities; and funerals.
- Domestic tourism has re-started. Many hotels have re-opened with increased COVID-19-control measures in place. Many sites of interest across the country remain closed.
- There is a nationwide curfew in place, from 12:00 A.M. to 4:00 A.M. The government is actively enforcing this curfew.

- **Yangon:**

- All previously issued stay-at-home orders for various Yangon townships have been rescinded.
- All persons leaving their residence must wear a mask.
- Health authorities have conducted spot health checks in all 33 Yangon municipal townships and may order persons suspected of having COVID-19 into quarantine.

- **Mandalay:**

- There is no longer a quarantine requirement for persons coming to Mandalay from other parts of Burma.
- All travelers to Mandalay Region must bring a recommendation letter from their ward administrator. Your landlord or hotel manager can help you obtain a recommendation letter from your ward administrator. This requirement is unevenly enforced, and some travelers may not be asked for a recommendation letter.
- Stay-at-Home Guidance: Residents are instructed to stay at home during the daytime. Anyone leaving their homes for sufficient reasons (including buying or selling goods at a local market) must wear a mask.

- **Nay Pyi Taw:**

- The Nay Pyi Taw Council instructed law enforcement to inspect the health of all people entering Nay Pyi Taw, effective April 19.
 - **Business Travel to Nay Pyi Taw:** To enter Nay Pyi Taw for meetings and business travel, you must present a recommendation letter from the concerned Union Ministry. The letter must contain the purpose of the visit, names and positions of travelers, name of vehicle driver, vehicle license plate number, and office and residential addresses. Burmese citizens must also provide a recommendation letter from their ward administrator.
 - **Personal Travel to Nay Pyi Taw:** Please contact the manager of your intended hotel for detailed guidance on required documents. You also will need to bring a recommendation letter from your employer and ward administrator.
- **Other Locations:**
- Travel restrictions and mandatory public health measures are in force in most parts of Burma. U.S. citizens travelling or resident anywhere in Burma should ensure they have the latest information on COVID-19 prevention measures in the locations they plan to visit, or currently reside in. Note that new measures may be put into place with little or no advance notice.

Domestic Travel within Burma:

- **Interstate Travel Requirements:** Domestic travel in Burma is difficult due to various document requirements and uneven enforcement of these requirements. U.S. citizens seeking to travel domestically within Burma may need a recommendation letter from their ward administrator, employer, and/or township health officer, depending on their destination. Prior to initiating any domestic travel, you should contact your current ward administrator and the ward administrator in your destination for guidance. Your landlord or hotel manager can help you contact the ward administrator. If you were recently in Burmese government-ordered quarantine, you should also bring the letter given to you upon discharge from the quarantine center. If you do need to obtain recommendation letter(s), you should make multiple copies prior to traveling. These document requirements do not apply for people traveling into Yangon from elsewhere in the country.
- **Airlines:** A limited number of domestic commercial flights are operating.
- **Trains:** A limited number of train routes are operating.
- **Buses:** Intra-provincial bus service has restarted.

Entry and Exit Requirements:

Flights:

- Effective March 30, the Burmese government will no longer allow international commercial passenger flights to land at any airport in Burma. This suspension will last through July 31. All landing permissions previously granted are suspended. Exceptions apply to “relief flights, all-cargo flights, medical evacuation flights and special flights specifically approved by the Department of Civil Aviation.”
- U.S. citizens seeking to depart Burma should consider purchasing a ticket on a relief flight from Yangon to Incheon, South Korea via Myanmar Airways International (MAI) or Korean Air, and then transiting from South Korea to the United States. Seats are available on multiple MAI and Korean Air flights.
 - U.S. citizens departing Burma have noted that the Yangon International Airport has turned off the air conditioning and all shops are closed. U.S. citizens should prepare accordingly for these conditions for the hours before their flight departs.
- U.S. citizens seeking to enter Burma should contact their nearest Burmese Embassy for further information on entry permissions. The U.S. Embassy cannot assist private U.S. citizens seeking to return to Burma.

Land Borders:

- On March 19, the Burmese government announced the temporary suspension of entry and exit of foreign nationals through land borders. U.S. citizens cannot enter/exit Burma from/to any of Burma’s land borders with Thailand, Laos, China, India, and Bangladesh.

Entry Requirements:

- On March 24, the Burmese government updated implemented enhanced screening and quarantine measures to reduce the spread of COVID-19, to include the following, beginning March 25:
 - All foreign nationals, including U.S. citizens and all diplomats and U.N. officials, are required to present laboratory evidence of absence of COVID-19 infection issued no more than 72 hours prior to the date of travel before boarding any airline destined to Burma. They will be required to undergo quarantine in a Burmese government facility for 21 days after arriving in Burma, followed by a 7-day home quarantine. Diplomats and U.N. officials are permitted to home quarantine for 28 days.
 - Foreigners arriving to Burma for “professional purposes,” including “projects, business, construction, and departmental matters” must first self-quarantine in their countries of origin for one week, quarantine in a government facility upon arriving for another week, and then self-quarantine at home for one final week. Foreigners will also be required to present proof of a negative COVID-19 test prior to boarding and must be tested for COVID-19 at the end of the home quarantine period. Arriving foreigners must present evidence of the required pre-arrival self-quarantine. The U.S. Embassy does not have clarification on what documentation the government will accept as evidence of the various requirements, such as the pre-arrival self-quarantine. Foreigners arriving for “professional purposes” should contact their nearest Burmese Embassy prior to traveling to request approvals.

- The Burmese government suspended the e-visa and visa-on-arrival programs through July 31.
- From March 29 until at least July 31, the Burmese government suspended the issuance of all types of visas to all foreign nationals, except diplomats accredited to Burma, United Nations officials resident in Burma and crew of ships and aircraft operating to and from Burma.
- U.S. citizens have reported being asked to submit to a COVID-19-focused health examination as part of their in-country Burmese visa renewal process.
- Private businesses in Burma are voluntarily conducting temperature screening. These institutions may deny services to individuals, including U.S. citizens, with fevers based on their own decisions.

Quarantine Information:

- The Burmese government is not notifying the U.S. Embassy when a U.S. citizen is ordered into quarantine. If you are a U.S. citizen and are ordered in to COVID-19-related quarantine in Burma, please call the Embassy at 01-753-6509 to notify us and seek assistance.
- The Burmese government has established isolation units at most public hospitals and some designated private hotels and Buddhist monasteries across Burma. The quality of these isolation units may vary greatly from U.S. hospital isolation units.
- If a U.S. citizen is quarantined for COVID-19, the location of the quarantine will be a Burmese public hospital, Buddhist monastery, or designated hotel. You will not be able to choose your specific quarantine facility.
- If you elect to be quarantined in a hotel, you will be charged for all hotel fees.
- If a U.S. citizen is quarantined for COVID-19, the facility quarantine may last for 21 days, followed by a 7-day home quarantine. During the quarantine period, any U.S. Embassy assistance will be subject to Burmese government approval.

Local Resources:

- The Ministry of Health and Sports publishes data daily about COVID-19 on its website. Read more [here](#).
- Fact-check information you read about COVID-19 in Burma. The Burmese government regularly publishes English-language information about COVID-19 in The Global New Light of Myanmar state-run newspaper.

Other Links:

- [COVID-19 crisis page on travel.state.gov](#)
- [CDC page on COVID-19](#)
- [Travel.state.gov Country Information and Travel Advisory page](#).

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