

# TRAVEL GUIDE TO CAMEROON

## TAX TIPS:

For the most complete information about filing 2010 taxes please visit

[www.irs.gov](http://www.irs.gov)



Limited information can be found on our website at:

<http://yaounde.usembassy.gov/taxinformation.html>

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## THE WARDEN SYSTEM: HOW IT WORKS!

### What is the Warden System?

A warden system provides a reliable way for the Embassy or Consulate to reach U.S. citizens/non-citizen nationals in the event of an emergency, disaster or threat and to distribute other information of interest to the private U.S. community.

### Who are Wardens?

Wardens are usually, but not always U.S. citizens/noncitizen nationals resident in the host country who volunteer their assistance to the U.S. citizen community.

### What do Wardens do?

Wardens assist consular sections in disaster preparedness by alerting U.S. citizens to emergency situations and passing on information from the post or Department. Due to privacy concerns, they sign a Memorandum of Agreement committing them to safeguard the names and other identifiers of the U.S. citizens whom they are to notify in cases of emergency. The Embassy will also look to the wardens for information on how events may affect Americans in their organizations and neighborhoods.

**Interested in Volunteering to be a Warden?** Contact us for more information at [consularyaounde@state.gov](mailto:consularyaounde@state.gov) or call us at 2220-1603.

**How to get on a Warden list for notification?** Simply enroll in STEP (see below).

## SMART TRAVELER ENROLLMENT PROGRAM

- Free program provided by Department of State.
- Get updates/notifications from the Embassy.
- In case of an emergency in the U.S., enrollment will help family members send messages via Offices of Overseas Citizen Services to registered travelers abroad.
- Your information is protected by the Privacy Act and can only be released with your express written permission.



Enroll today at:

[travel.state.gov/STEP](http://travel.state.gov/STEP)

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# HEALTH & SAFETY OVERSEAS

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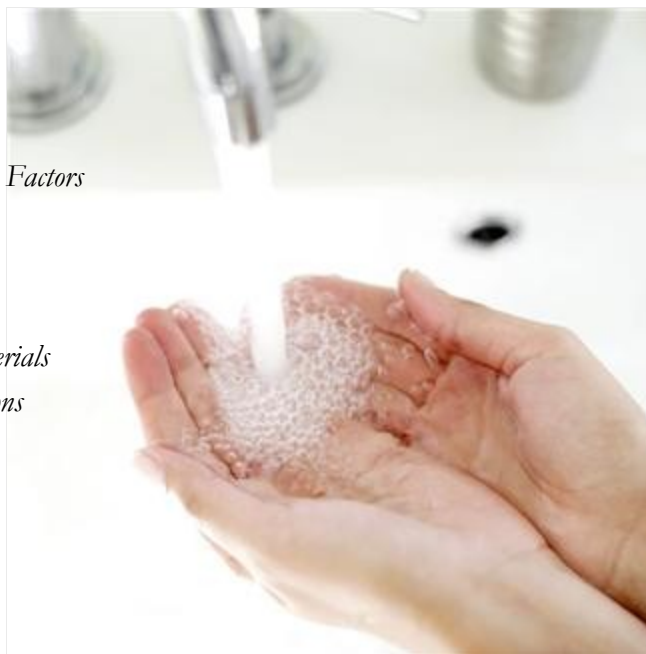
## CHOLERA FACTS FROM THE CDC—

*To see the full article go to:*

<http://www.cdc.gov/cholera/index.html>

*Covers such topics as:*

- *General Information*
- *Treatment*
- *Epidemiology and Risk Factors*
- *Prevention and Control*
- *Disease*
- *Diagnosis and Testing*
- *Health Promotion Materials*
- *Resources and Publications*



### **5 Tips to Successfully Avoiding Cholera**

Cholera had a devastating effect on Cameroon in 2010. Learn more about how to protect yourself while you travel the region.

1. Drink and use “safe” water. Boil water for 1 minute or treat with chlorine or household bleach.
2. Wash your hands often with soap and water, especially before eating or preparing food.
3. Use latrines or bury feces; do not defecate in any body of water.
4. Cook food well (especially seafood), keep it covered, eat it hot, and peel all fruits and vegetables.
5. Clean up safely—wash clothes and bathe at least 30 meters away from drinking water sources.



### **Specific Travel Information for Cameroon from the CDC**

Learn more at:

<http://wwwnc.cdc.gov/travel/destinations/cameroon.aspx>

# LIFE OVERSEAS

## DRIVING SAFELY OVERSEAS

VISIT: [HTTP://TRAVEL.STATE.GOV/TRAVEL/TIPS/SAFETY/SAFETY\\_1179.HTML](http://TRAVEL.STATE.GOV/TRAVEL/TIPS/SAFETY/SAFETY_1179.HTML)

### DRIVING SAFELY IN CAMEROON

- All passengers should wear their seatbelts at all times, this reduces the risk of being ejected from a moving vehicle and suffering serious or fatal injuries by 40-65%.
- Honk when passing on the left of taxis or stopped vehicles.
- Use caution when passing on two-lane roads. Beware of “fast movers”.
- Plan to travel during the day—lighting is poor and road conditions are dangerous at night.
- Wear lightly colored or reflective clothing when walking on streets at night.
- Wear a helmet when riding on a motorcycle, this can cut the risk of death by 40% and the risk of serious injury by 70%.
- TIP: for maneuvering the roundabouts in Cameroon: the vehicle entering the traffic circle has the right of way; thus the traffic in the circle must slow to allow vehicles to enter.
- Speed kills—reducing your speed by 5% can reduce the number of fatal crashes by as much as 30%.
- Don't use your cell phone while driving—this includes texting and chatting.

**FACT:** The roads in Africa are the most dangerous in the world. According to the Commission for Global Road Safety, the number of deaths through road accidents will increase by 80% by the year 2020, thus making road accidents the second leading cause of mortality for the 5-44 age group.

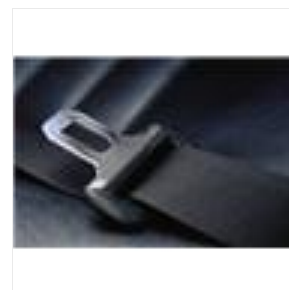
#### Interesting links:

#### DECADE OF ACTION FOR ROAD SAFETY 2011-2020

[http://www.who.int/roadsafety/decade\\_of\\_action/en/index.html](http://www.who.int/roadsafety/decade_of_action/en/index.html)

#### CDC ROAD SAFETY TIPS

<http://www.cdc.gov/Features/GlobalRoadSafety/>



Join thousands in taking the “No Phone Zone Pledge” as seen on Oprah!

<http://www.oprah.com/packages/no-phone-zone.html>



#### Primary Address

Avenue Rosa Parks  
P.O. Box 817  
Yaoundé, Cameroon

#### Contact Information

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##### Douala

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#### We're on the Web!

<http://yaounde.usembassy.gov/>

FOLLOW US  
THROUGH  
THE WEB!

Facebook: <http://www.facebook.com/yaounde.usembassy>

Twitter: Follow us at  
<http://twitter.com/USEmbCameroon>

## American Embassy Yaoundé, Cameroon



Keep informed on the latest scams originating out of Cameroon. Visit our website for the latest information: [http://yaounde.usembassy.gov/scams\\_warning.html](http://yaounde.usembassy.gov/scams_warning.html)

**NEW Scam**—Diversity Visa [http://yaounde.usembassy.gov/diversity\\_immigrant\\_visas.html](http://yaounde.usembassy.gov/diversity_immigrant_visas.html)

**NEW twist** on existing scam— claims that Peace Corps Volunteers are offering wildlife for sale.

**Continuing Scams**—adoption of children, sale of pets and wildlife (dogs, primates, birds, etc.)

More information at: [http://travel.state.gov/travel/cis\\_pa\\_tw/financial\\_scams/financial\\_scams\\_5362.html](http://travel.state.gov/travel/cis_pa_tw/financial_scams/financial_scams_5362.html)

### OUR ACS TEAM WOULD LIKE TO MEET YOU!

OUR FRIENDLY AMERICAN CITIZEN SERVICES (ACS) TEAM IS LOOKING FOR OPPORTUNITIES TO MEET OUR FELLOW AMERICANS RESIDING IN CAMEROON. IF YOU OR YOUR BUSINESS WOULD LIKE TO ARRANGE A MEETING, PLEASE CONTACT US AT: [CONSULARYAOUNDE@STATE.GOV](mailto:CONSULARYAOUNDE@STATE.GOV) OR CALL US AT 2220-1603.



WORLD WATER DAY  
MARCH 22, 2011

<http://www.worldwaterday2011.org/>



For more information, visit:

<http://www.earthday.org/earth-day-2011>