

## 7 BEYOND OUR BORDERS

The 'Beyond our Borders' column focuses on selected and current international diseases that may affect South Africans travelling abroad.

Disease & countries	Comments	Advice to travellers
<b>1. Water and food borne diseases</b>		
<b>Cholera</b> <u>Africa</u> Mozambique	Mozambique has reported 7 408 cases and 55 deaths as of 30 March 2015.	<p>The cholera outbreak in Mozambique, Zimbabwe and Malawi is of particular concern given the number of persons travelling between South Africa and these countries.</p> <p>Cholera is an acute diarrhoeal illness that causes severe dehydration. Drink lots of safe water (bottled water with an unbroken seal, boiled water or water treated with chlorine tablets). Strict washing of hands with soap and safe water must be practiced. Food must be well-cooked before eating. Peel fruit and vegetables before eating.</p>
Malawi	The outbreak is ongoing, and as at 20 April 2015 has spread to Chikwawa District.	
Zimbabwe	Zimbabwe has reported a total of 11 cases and no deaths as of 05 March 2015.	
Nigeria	As of 20 April 2015, an outbreak has been confirmed in Ebonyi State (in southern Nigeria) with at least 20 cases reported.	
Kenya	As of 20 April 2015, Kenya has reported at least 11 new cholera cases in Mombasa city and county, confirming spread to this area of the country.	
Ghana	The cholera outbreak that started in 2014 is ongoing, with new cases reported in the Brong-Ahafo region during the first two weeks of April.	
<u>Global</u> Dominican Republic	Between January 2015 and March 2015, a total of 185 cases and 10 deaths were reported.	
Haiti	Between January 2015 and March 2015, Haiti has reported a total of 10 328 cases of cholera and 106 deaths.	
Bangladesh	As of 02 April 2015, Bangladesh has reported about 450 cases of cholera.	

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<b>2. Respiratory diseases</b>		
<b>Avian influenza</b>		
China (H7N9)	On 10 April 2015 China reported an additional 20 cases (including 4 deaths) identified during February 2015 and March 2015.	<p>Good hygiene and basic infection prevention practices can minimise risk of respiratory infections in travellers:</p> <ul style="list-style-type: none"> <li>• cough etiquette</li> <li>• avoiding contact with sick people</li> <li>• avoid handling of animals</li> <li>• frequent hand washing with soap and water or the use of an alcohol-based hand rub.</li> </ul> <p>Travellers should contact a medical practitioner if they develop acute respiratory symptoms upon return from a known risk area.</p>
Egypt (H5N1)	As of 21 April 2015, Egypt reported a total of 143 cases since 01 January 2015. This is double the number that any country has ever reported in a single year, and is of major public health concern.	
<b>MERS-CoV</b>		
Saudi Arabia	Between 02 and 12 April 2015, Saudi Arabia reported 4 additional cases.	<p>Good hygiene and basic infection prevention measures should be practiced. Travellers with diabetes, chronic lung disease and immune-compromised states are at risk of infection and should avoid contact with animals if possible. Strict hand washing must be followed after touching animals. Avoid raw camel milk or undercooked camel meat at all times. Travellers should avoid contact with animals and eat food that is fully cooked. Infection control practices such as regular hand washing must be followed to prevent infection.</p>
<b>3. Vector-borne diseases</b>		
<b>Dengue</b>		
	As of 16 April 2015, ongoing outbreaks reported in the following areas of the countries as listed:	<p>Dengue fever is a mosquito-borne viral infection transmitted by <i>Aedes</i> spp. mosquitoes, which bite mostly during the day. Travellers can protect themselves from getting Dengue fever by preventing mosquito bites. To protect against mosquito bites they can use insect repellent and sleep in an air conditioned room. For those sleeping in an area that is exposed to the outdoors, they can use mosquito nets.</p>
<u>South America</u>		
Brazil	States most affected: Sao Paulo, Goias, Minas Gerais, Parana and Rio de Janeiro	
Argentina	Cordoba Province	
Peru	Regions most affected: Tumbes, Loreto, Piura, Ucayali, Junin, San Martin, Lambayeque, and Madre de Dios	
Venezuela	Tachira State	

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<b>3. Vector-borne diseases (continued)</b>		
<b>Dengue</b>		
<u>Asia</u> China	Cases reported in 19 provinces; Guangdong Province most affected	Dengue fever is a mosquito-borne viral infection transmitted by <i>Aedes</i> spp. mosquitoes, which bite mostly during the day. Travellers can protect themselves from getting Dengue fever by preventing mosquito bites. To protect against mosquito bites they can use insect repellent and sleep in an air conditioned room. For those sleeping in an area that is exposed to the outdoors, they can use mosquito nets.
Malaysia	Selangor State most affected	
Philippines	Zamboanga Peninsula region	
<u>Indian Ocean</u> Mauritius	A total of 45 cases reported; the number of cases increased from 20 to 45 in the first two weeks of April.	

**References and additional reading:**ProMED-Mail ([www.promedmail.org](http://www.promedmail.org))World Health Organization ([www.who.int](http://www.who.int))Centers for Disease Control and Prevention ([www.cdc.gov](http://www.cdc.gov))

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**Source:** Division of Public Health Surveillance and Response, NICD-NHLS