

6 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
1. Vector-borne diseases		
Crimean-Congo haemorrhagic fever Pakistan (Sindh)	As of 10 October 2014: 2 confirmed cases with one death.	Crimean-Congo haemorrhagic fever is transmitted to people from ticks and livestock animals. Human-to-human transmission can occur from contact with blood and body fluids of infected persons. Avoid tick bites by wearing long-sleeved shirts, long pants, and light-coloured clothing to deter ticks.
Chikungunya <u>North America</u> United States of America <u>Caribbean</u> Ongoing transmission <u>Central America</u> Ongoing transmission <u>South America</u> Venezuela (National) Colombia (National) Brazil (National)	As of 30 September 2014: 125 cases. As of 01 October 2014: 2 752 cases with 115 deaths across six Latin Caribbean countries and six non-Latin Caribbean countries. As of 01 October 2014: 118 cases across five central American countries. As of 01 October: 1 599 cases. As of 01 October 2014: 5 785 cases. As of 01 October 2014: 79 cases.	Chikungunya is a mosquito-borne viral infection transmitted by <i>Aedes</i> spp. mosquitoes, which bite mostly during the day. Travellers should wear long-sleeved shirts and long pants during the day and stay in well-ventilated (fan/air-conditioned) rooms.
Marburg Uganda (Mpigi district)	As of 06 October 2014: 8 suspected cases and 1 confirmed case.	<i>Rousettus aegypti</i> fruit bats are natural hosts of Marburg virus. The virus is spread to people from eating fruit bats and through direct contact with the blood or bodily fluids of an infected person. Regular hand washing should be performed when in direct contact with a sick person.

Disease & countries	Comments	Advice to travellers
1. Vector-borne diseases (continue)		
Dengue fever		
United States of America (Florida)	As of 30 September 2014: 5 cases.	
Mexico (National)	As of 10 October 2014: 909 cases.	
Venezuela (National)	As of 6 October 2014: 51 865 cases.	
Turks and Caicos Islands	As of 06 October 2014: 48 cases with one death.	
Panama (National)	As of 06 October 2014: 4 613 cases.	
El Salvador (National)	As of 6 October 2014: 12 929 cases with 4 deaths.	
Japan (Tokyo)	As of 08 October 2014: 151 cases.	
Philippines (Lubao, Central Luzon).	As of 09 October 2014: 161 cases.	
China (Guangdong Province)	As of 08 October 2014: 24 489 cases.	Dengue fever (like chikungunya) is a mosquito-borne viral infection transmitted by <i>Aedes</i> spp. mosquitoes, which bite mostly during the day. Travellers should wear long-sleeved shirts and long pants during the day and stay in well-ventilated (fan/air-conditioned) rooms.
India (National)	As of 11 October 2014: 5 658 cases with 12 deaths.	
	As of 10 October 2014: 448 cases.	
Pakistan (Phakhtonkwa province, Punjab)		
	As of 06 October 2014: 4 cases.	
France (Provence-Alpes-Cote d'Azur region)		

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2. Food- and water-borne diseases		
Cholera Ghana (Volta, Greater Accra region, Brong Ahato region, Eastern Volta region)	As of 11 October 2014: 15 400 cases, 126 deaths.	<p>Cholera is an acute diarrhoeal illness that causes severe dehydration.</p> <p>Drink safe water (bottled water with an unbroken seal, boiled water or water treated with chlorine tablets). Washing of hands with soap and safe water must be practiced often. Food must be well-cooked and prepared before eaten. Peel fruit and vegetables before eating.</p>
3. Respiratory diseases		
MERS- CoV Globally Saudia Arabia	<p>As of 12 October 2014: a total number of 853 laboratory confirmed cases and 324 deaths.</p> <p>As of 14 October 2014: 762 cases with 324 deaths.</p>	<p>Good hygiene and basic infection prevention practices can minimise risk of respiratory infections in travellers:</p> <ul style="list-style-type: none"> • cough etiquette • avoiding contact with sick people • avoid handling of animals • frequent hand washing with soap and water or the use of an alcohol-based hand rub. <p>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>

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

Last accessed: 14 October 2014

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