

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 (Karachi)	As of 09 September 2014: 2 confirmed cases, 1 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> Canada	As of 01 September 2014: 8 confirmed 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.
United States of America	As of 01 September 2014: 690 confirmed cases.	
<u>Caribbean</u>	As of 01 September 2014: 6 047 confirmed cases across 8 Latin and 11 non-Latin Caribbean countries; 37 deaths across the 8 Latin Caribbean countries.	
<u>Central America</u> El Salvador	As of 22 August 2014: 8 confirmed cases.	
Nicaragua	As of 29 August 2014: 9 confirmed cases.	
<u>South America</u> Venezuela	As of 22 August 2014: 125 confirmed cases.	
Argentina	As of 1 September 2014: 125 confirmed cases.	
Brazil	As of 22 August 2014: 12 confirmed cases.	
<u>Samoa</u>	As of 09 September 2014: 700 confirmed cases.	

Disease & countries	Comments	Advice to travellers
1. Vector-borne diseases (continued)		
<p>Dengue fever <u>Americas</u> United States of America (Florida)</p> <p>Mexico (National)</p> <p>El Salvador (National)</p> <p><u>Asia</u> Malaysia (Perak State)</p> <p>Japan (Yoyogi Park)</p> <p>Taiwan</p> <p>India (Pune Maharashtra State)</p> <p>India (Odisha State)</p>	<p>As of 29 August 2014: 3 confirmed cases.</p> <p>As of 02 September 2014: 10 910 confirmed cases, no deaths.</p> <p>As of 26 August 2014: 15 582 confirmed cases, 4 deaths.</p> <p>As of 02 September 2014: 3 657 confirmed cases, 8 deaths.</p> <p>As of 08 September 2014: 80 confirmed cases.</p> <p>As of 02 September 2014: 1 352 confirmed cases, no deaths.</p> <p>As of 27 August 2014: 495 confirmed cases.</p> <p>As of 2 September 2014: 572 confirmed cases.</p>	<p>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.</p>
2. Food- and water-borne diseases		
<p>Cholera <u>Africa</u> Ghana (Western region)</p> <p>Nigeria (Sokoto state)</p> <p>Zambia (Central province)</p> <p><u>India</u> Odisha state</p>	<p>As of 05 September 2014: >10 000 suspected cases, 80 deaths.</p> <p>As of 06 September 2014: 40 confirmed cases and 16 deaths.</p> <p>As of 09 September 2014: 3 confirmed cases and 2 deaths.</p> <p>As of 12 September 2014: 120 suspected cases and 3 deaths.</p>	<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>

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2. Food- and water-borne diseases (continued)		
South Sudan (7 states)	As of 05 September 2014: 5859 suspected cases and 127 deaths.	
3. Vaccine-preventable diseases		
Polio Cameroon (Eastern region)	As of 06 September 2014: 2 new wild poliovirus type 1 have been reported.	<p>Polio is highly infectious. The virus is transmitted by person-to-person through the faecal-oral route, by a common vehicle (e.g. contaminated water or food). Initial symptoms are fever, fatigue, headache, vomiting, stiffness in the neck and pain in the limbs. Polio can be prevented by vaccination and ensuring that you eat clean well prepared food and drink clean safe water.</p> <p>Travellers can protect themselves by making sure they are vaccinated against measles. Ensure that hands are washed with soap and water or a hand sanitizer (containing at least 60% alcohol). Cover your mouth and nose with a tissue when coughing or sneezing. Avoid close contact, such as kissing, hugging, or sharing eating utensils or cups, with people who are sick.</p>
Measles Nambia (Windhoek)	As of 02 September 2014: 5 confirmed cases.	
Vietnam (National)	As of 05 September 2014: 3 688 confirmed cases, 2 deaths.	
Philippines	As of 04 September 2014: 519 confirmed cases.	
Solomon Islands	As of 01 September 2014: 550 confirmed cases.	
United States of America	As of 07 September 2014: 592 confirmed cases.	
Taiwan	As of 09 September 2014: 19 confirmed cases.	
Papua New Guinea (Madang)	As of 09 September 2014 : >1700 confirmed cases.	
4. Respiratory diseases		
MERS-CoV <u>Global</u>	As of 09 September 2014: a total of 727 laboratory-confirmed cases and 302 deaths.	<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.
Saudi Arabia	As of 13 September 2014: 15 laboratory-confirmed cases, 10 deaths.	

Disease & countries	Comments	Advice to travellers
4. Respiratory diseases (continued)		
		<p>Travellers with diabetes, chronic lung disease and immunocompromised 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.</p> <p>Travellers should contact a medical practitioner if they develop acute respiratory symptoms upon return from a known risk area.</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: 23 September 2014

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