

6 BEYOND OUR BORDERS

Disease & countries	Comments	Advice to travellers
1. Water-borne disease		
Cholera		
Haiti	Haiti has reported a total of 20 043 cases of cholera and 171 deaths from January up to 25 July 2015.	Cholera is an acute diarrhoea 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.
Cuba	The last confirmed case was reported in January 2015; a Canadian traveller.	
Dominican Republic	Between EW1 and EW 28 of 2015 344 suspected cases, including 11 deaths. Since the beginning of the epidemic in November 2010 to EW 28 of 2015 there have been 32 764 suspected cholera cases, including 489 deaths.	
2. Vector-borne diseases		
Dengue fever		
Taiwan	Taiwan has reported a total of 3507 cases , 10 confirmed and 7 deaths due to dengue fever as of 3 September 2015.	Dengue fever (like chikungunya) is a mosquito-borne viral infection transmitted by <i>Aedes spp.</i> 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 should 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.
Brazil	As of 2 September 32 850 cases, DHF/serious 78 cases and 15 deaths.	
Colombia	Dengue 61 451 cases, DHF/serious 788, deaths 225 (probable) and 488 (confirmed).	
Chikungunya		
Honduras, El Salvador and Panama	Honduras has reported 71,835 cases with 0 deaths. El Salvador reported 36,140 with 0 deaths. Panama reported 123 cases and 0 deaths, all in the week ending 4th September 2015	Chikungunya is a mosquito-borne viral infection transmitted by <i>Aedes spp.</i> mosquitoes, which bite mostly during the day. The most common symptoms of chikungunya virus infection are fever and joint pain. Other symptoms may include headache, muscle pain, joint swelling, or rash. Since its discovery in Tanganyika, Africa, in 1952, chikungunya virus outbreaks have occurred occasionally in Africa, South Asia, and Southeast Asia, but recent outbreaks have spread the disease over a wider range. Outbreaks have occurred in countries in Africa, Asia, Europe, and the Indian and Pacific Oceans. In late 2013 chikungunya virus was found for the first time in the Americas on islands in the Caribbean and in Mexico the virus was reported at the beginning of 2014. Travellers should wear long-sleeved shirts and long pants during the day and stay in well-ventilated (fan/air-conditioned) rooms.
Mexico and USA	Mexico reported 4,570 cases and 0 deaths. USA reported 325 cases and 0 deaths in the week ending 4th September 2015.	
French Guiana, Puerto Rico	French Guiana reported 6,450 cases and 2 deaths. Puerto Rico reported 641 cases and 15 deaths all in the week ending 4th September 2015.	
Colombia, Ecuador, Venezuela, Paraguay	Columbia reported 603, 323 cases and 44 deaths. Ecuador reported 28,463 cases and 2 deaths. Venezuela reported 14,340 cases and 0 deaths. Paraguay reported 2,385 cases in the week ending 21/08/2015.	
Plague		
USA	Three adults in New Mexico state developed septicaemic plague. There was 1 fatality.	Plague is caused by a zoonotic bacteria, <i>Yersinia pestis</i> . It occurs in rodents and their fleas. It is transmitted to humans by bites of infected fleas, direct contact, inhalation and rarely, consumption of infected material. Plague is endemic in many countries in the Americas, the former Soviet Union, Asia and Africa. The most endemic countries are Madagascar, Congo, Peru and the Democratic Republic of Congo. Plague can be prevented by avoiding flea bites, contact with animal carcasses and infected material.
Madagascar	As of 19/08/2015 14 cases have been reported, of which 10 died, all from the township Moramanga in the Toamasina province. All cases were pneumonic plague. No new cases have been reported since 27/08/2015. Active case finding, contact tracing, provision of chemoprophylaxis , infection control and vector control managed to contain the outbreak.	