

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. Water- and food-borne diseases		
Cholera		
Dominican Republic	597 cases of cholera including 10 deaths were reported in 2014. Sixteen suspected cases have been reported since the beginning of 2015	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). Conscientious washing of hands with soap and safe water must be practiced. Food must be well-cooked before eating. Peel fruit and vegetables before eating.
Mozambique	The cholera outbreak began during December 2014 in Nampula Province. As of 30 January 2015, a total of 544 cases has been identified.	
Nigeria	Since being reported during December 2014, the cholera outbreak has involved a number of states including Enugu, Rivers and Bayelsa. As of 05 January 2015, a total of 171 cases has been identified, and at least 29 deaths reported.	
2. Respiratory diseases		
MERS-CoV		
Saudi Arabia	As of 07 February 2015, Saudi Arabia reported 10 new cases including one death.	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 well-cooked.

Disease & countries	Comments	Advice to travellers
2. Respiratory diseases (continued)		
Avian influenza		
China (H7N9)	On 07 February 2015, China reported a total of 562 human cases.	Travellers to countries with known outbreaks of avian influenza should avoid exposure to poultry. Avoid poultry farms, entering areas where poultry may be slaughtered, avoid live bird markets, and avoid contact with any surfaces that may be contaminated with poultry faeces.
Egypt (H5N1)	Since 26 January 2015, Egypt has reported at least 24 new laboratory-confirmed human cases and 11 deaths.	

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: 08 February 2015

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