

## BEYOND OUR BORDERS: INFECTIOUS DISEASE RISKS FOR TRAVELLERS

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
<p><b>Dengue fever</b></p> <p><u>Angola</u> (Luanda, Malanje, Cuanza Sul and Uije provinces)</p> <p><u>Tanzania</u> (Dar es Salaam)</p> <p><u>South East Asia</u> Laos, Thailand, Cambodia, Malaysia, Singapore, Vietnam, Phillipines</p> <p><u>South America</u> Mexico, Bolivia, Columbia, Ecuador, Paraguay and Peru</p>	<p>As of 29 July 2013, 1 008 cases have been reported including 30 cases in two newly-affected provinces (Cuanza Su and Uije).</p> <p>Since July 2013, an increase in the number of cases and deaths has been reported in Tanzania.</p> <p>An increase in cases has been noted across South East Asia, with some countries reporting 10-16 times increase in infection rates as well as significant increases in deaths as compared to 2012. Only Singapore is reporting a decrease in cases.</p> <p>Dengue fever is endemic in many South American countries and pockets of outbreaks have been reported in 2013.</p>	<p>Travellers should wear long-sleeved pants and shirts during the day and stay in well-ventilated (fan/air-conditioned) rooms where possible; use mosquito repellents containing DEET to avoid being bitten. The burning of mosquito coils at night and sleeping under a mosquito net in a well-ventilated room are also helpful at preventing other infections transmitted through mosquito bites.</p>

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<p><b>Chikungunya</b></p> <p><u>Philippines</u></p> <p><u>Singapore</u></p>	<p>Increasing numbers of cases have been reported across the country</p> <p>As of 3 August, Singapore has reported 488 cases for 2013 which is 54 times higher than cases reported for the same time period in 2012.</p>	<p>Travellers should wear long-sleeved pants and shirts during the day and stay in well-ventilated (fan/air-conditioned) rooms where possible; use mosquito repellents containing DEET to avoid being bitten. The burning of mosquito coils at night and sleeping under a mosquito net in a well-ventilated room are also helpful at preventing other infections transmitted through mosquito bites.</p>
<p><b>Polio</b></p> <p><u>Somalia</u> (Banadir, Lower Shabelle Province), <u>Kenya</u> (Dadaab)</p> <p><u>Nigeria</u></p> <p><u>Afghanistan</u> (Eastern Region)</p> <p><u>Pakistan</u> (Federally Administered Tribal Area)</p> <p><u>Israel</u></p>	<p>As of 16 August 2013, 105 cases were reported in Somalia, and 10 cases in Dadaab (Kenya) which hosts a major refugee camp home to Somalian nationals.</p> <p>As of 30 July, 40 cases reported</p> <p>As of 30 July, 3 cases reported</p> <p>As of 30 July, 20 cases reported</p> <p>Poliovirus has been isolated in the sewerage system of 24 towns, but no active cases of polio have been identified. A live virus vaccination campaign began in southern Israel on 4 August, with a national roll-out to follow.</p>	<p>Travellers are advised to ensure that they have completed the recommended age appropriate polio vaccine series.</p> <p>It is recommended for the unvaccinated, incompletely vaccinated, or those whose vaccination status is unknown that they receive 2 doses of IPV administered at an interval of 4–8 weeks, a third dose should be administered 6–12 months after the second.</p> <p>Vaccinated travellers to the area should receive a booster (ideally the inactivated polio vaccine (IPV) or alternatively oral polio vaccine (OPV) booster.</p>
<p><b>Measles</b></p> <p><u>Congo</u> (Nizi District)</p> <p><u>Pakistan</u></p>	<p>500 cases including 9 deaths have been reported as of 31 July 2013.</p> <p>As of 29 July 2013, 22 192 cases including 192 deaths have been reported.</p>	<p>Adolescents and adults (unless pregnant) who have not been vaccinated should be vaccinated. Children should be up to date with their routine measles immunisation schedule.</p>

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<p><b>Yellow Fever</b></p> <p><u>Democratic Republic of Congo (DRC)</u></p>	<p>A mass vaccination campaign has been launched in Kasai–Oriental Province targeting &gt; 500 000 people. However, 13 new cases have been reported in Bandundu Province between 13 June and 18 July.</p>	<p>For travellers to yellow fever risk areas, it is recommended for the unvaccinated or those whose vaccination status is unknown that they receive yellow fever vaccination <math>\geq 10</math> days prior to departure. Vaccine is contraindicated in pregnant women, infants &lt;9 months, individuals with egg allergies, and certain immunosuppressed individuals (including HIV-infected persons with <math>CD4 &lt; 200/mm^3</math>).</p>
<p><b>Cholera</b></p> <p><u>Nigeria</u> (Ogun State)</p> <p><u>India</u> Orissa State Rayagadah District</p> <p>Maharashtra State – city of Mumbai</p> <p>Gujarat State – Petlad Tehsil</p>	<p>104 cases (including 3 deaths) of gastro-enteritis widely believed to be cholera have been reported during July 2013. However, a cholera outbreak has not formally been declared.</p> <p>As of 27 July 2013, ten cases of confirmed cholera were reported.</p> <p>As of July 2013, 52 cases with no fatalities have been reported.</p> <p>As of 19 July two confirmed cases were reported.</p>	<p>Drink and use safe water (bottled with unbroken seal, boiled or treated with chlorine tablet). Wash hands with soap and safe water often. Eat hot well-cooked food, peel fruits and vegetables. Use latrines or bury faeces.</p> <p>Vaccines offer delayed and incomplete protection and should therefore not be used to substitute infection prevention and control measures.</p>
<p><b>West-Nile virus</b></p> <p><u>Greece</u></p>	<p>As of 16 August a total of 26 cases has been reported.</p>	<p>West Nile virus is transmitted by several species of mosquitoes.</p> <p>Travellers should wear long-sleeved pants and shirts during the day and stay in well-ventilated (fan/air-conditioned) rooms where possible; use mosquito repellents containing DEET to avoid being bitten. The burning of mosquito coils at night and sleeping under a mosquito net in a well-ventilated room are also helpful at preventing other infections transmitted through mosquito bites.</p>

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<p><b>MERS –CoV</b></p> <p><u>Saudi Arabia</u></p> <p><u>United Arab Emirates, Tunisia, Jordan, Qatar</u></p> <p><u>United Kingdom, France, Italy</u></p>	<p>As of 18 August 2013, 76 cases have been reported (including 39 deaths) since the first reported case in September 2012.</p> <p>These WHO Eastern Mediterranean countries have reported 12 cases including 5 deaths as of 7 August 2013.</p> <p>As of 7 August 2013, 8 cases and 3 deaths have been reported from these European countries; of note all the cases had recently travelled to a Middle Eastern country.</p>	<p>Infection prevention and control measures include good cough etiquette, avoiding contact with sick people, and frequent hand washing with soap and water or the use of an alcohol-based hand rub.</p> <p>Travellers should contact a medical practitioner if they develop acute respiratory symptoms upon return.</p>

### **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