

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. <u>Vector-borne diseases</u>		
<p><u>Chikungunya</u> <u>Caribbean countries with ongoing transmission:</u> Haiti Dominican Republic Dominica Cuba Guadeloupe St Kitts US Virgin Islands</p> <p><u>South American countries with ongoing transmission:</u> Guyana</p>	<p>Chikungunya virus infections continue to spread into new countries and cases are increasing in affected countries. Many other countries have reported travel-related cases, mostly ex-Caribbean.</p>	
<p><u>Dengue fever</u> <u>Asia:</u> Singapore (national) Sri Lanka (national) Malaysia (national) Philippines (national)</p> <p><u>Middle East:</u> Saudi Arabia (Jeddah)</p> <p><u>Africa:</u> Tanzania (mainland and Zanzibar) Mozambique</p> <p><u>Pacific:</u> Australia (northern Queensland)</p> <p><u>Central America:</u> Mexico (five states) Guatemala (Coatepeque) Honduras (national) Nicaragua (national)</p> <p><u>Caribbean:</u> Cuba (national)</p> <p><u>South America:</u> Brazil (national) Venezuela (national)</p>	<p>Of concern is that travellers attending the World Football Cup sporting event in Brazil are at risk for dengue infection given the widespread detection of cases across the country indicating ongoing transmission.</p>	<p>Chikungunya and dengue fever are mosquito-borne viral infections transmitted by <i>Aedes</i> spp. mosquitoes, which bite mostly during the day.</p> <p>Travellers should wear long-sleeved shirts and long pants during the day and stay in well-ventilated (fan/air-conditioned) rooms where possible; use mosquito repellents containing DEET to avoid being bitten.</p>

Disease & countries	Comments	Advice to travellers
1. <u>Vector-borne diseases (continued)</u>		
Malaria <u>Egypt</u>	11 June 2014: more than 100 cases of malaria from a temperate strain of <i>Plasmodium vivax</i> with a 6-9 month incubation period.	The most satisfactory theory for the phenomenon of prolonged incubation periods is based on the presumed existence of two populations of sporozoites in <i>P. vivax</i> . In temperate strains, sporozoites requiring long incubation periods for development are present in great excess over a much smaller proportion of sporozoites characterized by short incubation periods. This has implications for tracking cases. Prevention of mosquito bites is the best method to prevent acquisition of the infection.
2. <u>Water- and food-borne diseases</u>		
Cholera <u>Africa:</u> Nigeria (17 states)	18 June 2014: 22 347 cases in 17 states since January 2014	Drink and use safe water (bottled water with an unbroken seal, boiled water or water treated with chlorine tablets). Wash hands with soap and safe water often. Eat hot well-cooked food, peel fruits and vegetables.
South Sudan Uganda (Namayingo District)	07 June 2014: 1459 cases, 31 deaths 08 June 2014: 94 cases, 3 deaths	
<u>Asia:</u> Nepal (Central and Eastern Regions)	13 June 2014: >3 000 cases reported since late April 2014	
3. <u>Respiratory Diseases</u>		
Measles <u>Americas:</u> USA (National)	Major outbreaks of measles have been documented in numerous countries during 2014, with many reporting ongoing transmission.	Good hygiene and basic infection prevention practices can minimize risk of respiratory infections in travellers: <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. Travellers should contact a medical practitioner if they develop acute respiratory symptoms upon return from a known risk area.
<u>Europe:</u> Russia Ukraine Kazakhstan		
<u>Africa:</u> Somalia		
<u>Oceania:</u> Australia New Zealand		

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

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