

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>		
<u>Chikungunya</u> Caribbean Basin	07 May 2014: 4 108 probable cases in 14 countries in the region	Chikungunya and dengue fever are mosquito-borne viral infections 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 where possible; use mosquito repellents containing DEET to avoid being bitten.
<u>Dengue fever</u> <u>Asia</u> : Malaysia	At 21 April 2014: 28814 cases; 66 deaths	
<u>Africa</u> : Mozambique	26 April 2014: 22 suspected cases; 16 confirmed cases	
Tanzania (Dar es Salaam)	10 May 2014: At least 305 cases	
<u>North America</u> : Mexico	08 May 2014: 111 cases	
<u>Central America</u> : El Salvador	08 May 2014: Alerts issued in 58 municipalities	
Panama	08 May 2014: More than 3000 cases; 8 deaths	
<u>South America</u> : Brazil	08 May 2014: Aracatuba: 754 confirmed cases; 1 death Barin: 227 cases; 1 death Compinas: 17136 cases; 1 death Jau: 2673 cases; 5 deaths Votuporanga: 1476 cases; 1 death	
Peru:	08 May 2014: Lambayeque: 60 cases Piuru: 622 suspected cases; 192 confirmed cases; 3 deaths	

Disease & countries	Comments	Advice to travellers
2. <u>Water-and food-borne diseases</u>		
<u>Cholera</u> Africa: Nigeria Phillipines	12 April 2014: 1 117 cases 13 May 2014: >200 suspected cases	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.
<u>Hepatitis E</u> Asia: Nepal	08 May 2014: approximately 6 000 suspected cases	The hepatitis E virus is transmitted mainly through contaminated drinking water. 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.
3. <u>Respiratory Diseases</u>		
<u>Avian influenza A</u> China H7N9, H5N6	Ongoing outbreak	Good hygiene and basic infection prevention practices can minimise 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.
<u>Measles</u> USA Asia: Singapore	07 May 2014: 189 cases from 15 states; no deaths Since January 2014: 99 cases	Travellers should contact a medical practitioner if they develop acute respiratory symptoms upon return from a known risk area.

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 15 May 2014.

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