



Femeraid Air Rescue International – 17 Weekly Medical Alert



FEMERAID AIR RESCUE INTERNATIONAL

# *Weekly World Medical Alert*

## WEEK 17<sup>TH</sup>

## 24<sup>TH</sup> TO 30<sup>TH</sup> APRIL 2017

*Femeraid Air Rescue International Unit assesses on weekly basis all Health risk around the World and produces a summarized report for Knights and Dames of Our Sovereign Order and State .*

Medical Alerts this week :      New alerts:      Updated alerts:

Areas –  
Countries-

**Red Flags** (Imminent risks/ Death)-  ( )

**Yellow Flags** (Actions should be taken) -  ( )      **Green Flags** (Be aware of ) -  ( )

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**These world medical alerts are compiled by Femeraid Air Rescue team with reliable information from WHO, CDC Atlanta and others.**

**If a Knight or Dame requires more details about a particular risk or location and how to mitigate the risk, please contact our team through the details provided on last page, be safe out there...**

**Country: Benin / Togo & Burkina Faso    Continent: Africa    Risk: Red**

**Diseases: Lassa fever**

**Description:**

Since February 2017, cases of Lassa fever have been reported in patients from Benin, Togo and Burkina Faso. Lassa fever is a viral hemorrhagic illness.

**Transmission:**

Transmission to humans mostly occurs through ingestion or inhalation of excretions from infected rodents, especially rats. The disease can also spread through direct contact with the body fluids of an infected person.

**Prevention / Actions recommended**

Prevent infection through observing strict hygiene and avoiding contact with sick people. Risk to the Knights and Dames is low.

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**Country:** Somalia / Ethiopia

**Continent:** Africa

**Risk:** Yellow

**Diseases:** Cholera

**Description:** An extensive cholera outbreak continues across the country, with thousands of suspected cases and hundreds of deaths since the beginning of the year. Initially the districts along the Shebelle River were worst affected however, an ongoing drought has exacerbated the spread of cases into the south, central and north-eastern areas. Cases have been also reported from Somaliland in Somalia and the Somali region in neighboring Ethiopia. Cholera is consistently present in both countries.

**Transmission:** It spreads via contaminated food and water.

**Symptoms:** Vomiting and profuse, watery diarrhea which can lead to severe dehydration and to death.

**Prevention / Actions recommended :** The Overall risk for the Knights and Dames staying in quality accommodation **is low**. Pay strict attention to hygiene, only drink bottle water, avoid ice and consider vaccination prior the trip.

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**Country: Congo**

**Continent: Africa**

**Risk: Yellow**

**Disease: Monkey pox**

**Description:** An outbreak of monkey pox which was notified in mid-March, continues with new cases identified at the end of March. The districts of Impfondo, Betou, Enyelle and Dongou in Likouala department are affected.

**Symptoms** begins with fever, headache, muscle aches, and exhaustion can causes lymph nodes to swell (lymphadenopathy). The incubation period (time from infection to symptoms) for monkeypox is usually 7–14 days but can range from 5–21 days.

Within 1 to 3 days (sometimes longer) after the appearance of fever, the patient develops a rash, often beginning on the face then spreading to other parts of the body. Lesions progress through the following stages before falling off:

Macules/ Papules / Vesicles / Pustules / Scabs

The illness typically lasts for 2–4 weeks. In Africa, monkeypox has been shown to cause death in as many as 1 in 10 persons who contract the disease.

**Transmission:** People can contract the virus through contact with an infected animal, either from a bite or following contact with the animal's blood or body fluids. Infection can also occur if a person touches the rash on an infected animal's skin - which sometimes happens during food preparation. It can also be passed from person-to-person.

**Prevention / Actions recommended** There is no specific vaccine for monkeypox. Prevention is based on maintaining strict hygiene and avoiding contact with animals.

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**Country: Mozambique      Continent: Africa      Risk: Yellow**

**Diseases: Cholera**

**Description:** An outbreak of cholera is continuing with over 1,400 people infected since the beginning of the year. Some fatalities have been reported. Storms have affected water supplies and exacerbated the spread of the outbreak. The capital city, Maputo, remains heavily affected, cases are also being reported in the provinces of Maputo, Nampula and Tete.

**Transmission:** Cholera is spread via contaminated food and water.

**Symptoms** Include vomiting and profuse, watery diarrhea which can lead to severe dehydration and death.

**Prevention / Actions recommended:** The Overall risk for the Knights and Dames staying in quality accommodation is low. Pay strict attention to hygiene, drink only bottled water, avoid ice and consider vaccination prior the trip.

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**Country: Nigeria      Continent: Africa      Risk: High**

**Diseases: Lassa fever outbreak**

**Description:** The Lassa fever outbreak continues to grow, with cases reported in at least thirteen states. Dozens of fatalities have been recorded. Authorities are responding to prevent further spread

**Transmission:** Lassa fever is a viral hemorrhagic fever, transmitted to humans on contact with excretions from infected rodents. Outbreaks occur through direct contact with body fluids of an infected person.

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**Symptoms:** typically occur 1-3 weeks after the patient comes into contact with the virus. For the majority of Lassa fever virus infections (approximately 80%), symptoms are mild and are undiagnosed. Mild symptoms include slight fever, general malaise and weakness, and headache. In 20% of infected individuals, however, disease may progress to more serious symptoms including hemorrhaging (in gums, eyes, or nose, as examples), respiratory distress, repeated vomiting, facial swelling, pain in the chest, back, and abdomen, and shock. Neurological problems have also been described, including hearing loss, tremors, and encephalitis. Death may occur within two weeks after symptom onset due to multi-organ failure. The most common complication of Lassa fever is deafness.

Approximately 15%-20% of patients hospitalized for Lassa fever die from the illness. However, only 1% of all Lassa virus infections result in death. The death rates for women in the third trimester of pregnancy are particularly high. Spontaneous abortion is a serious complication of infection with an estimated 95% mortality in fetuses of infected pregnant mothers.

**Prevention / Actions recommended:** The overall risk for Knights and Dames is **low**. Prevent infection through observing strict hygiene and avoiding contact with sick people

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**Country: Brazil      Continent: South America      Risk: High**

**Diseases: Yellow fever outbreak**

**Description:** Yellow fever risk areas continue to expand in Brazil, initiating broader vaccination recommendations in Rio de Janeiro and Sao Paulo states in addition to the other known risk areas. In this current outbreak, cases have been confirmed in the states of Espirito Santo, Minas Gerais, Para, Rio de Janeiro and Sao Paulo. Suspected cases are also under investigation in other states

**Transmission:** Yellow fever virus transmitted to people primarily through the bite of infected *Aedes* or *Haemagogus* species mosquitoes. Mosquitoes acquire the virus by feeding on infected primates (human or non-human) and then can transmit the virus to other primates (human or non-human).

**Symptoms:** The majority of persons infected with yellow fever virus have no illness or only mild illness. In persons who develop symptoms, the incubation period (time from infection until illness) is typically 3–6 days. The initial symptoms include sudden onset of fever, chills, severe headache, back pain, general body aches, nausea, and vomiting, fatigue, and weakness. Most persons improve after the initial presentation.

Roughly 15% of the cases progress to develop a more severe form of the disease. The severe form is characterized by high fever, jaundice, bleeding, and eventually shock and failure of multiple organs

**Prevention / Actions recommended :** The Knights and Dames travelling or visiting any area at risk of yellow fever should be vaccinated at least **ten days** prior to arrival

People who have not been vaccinated against yellow fever should avoid risk areas within Brazil. In addition, some travelers to and from Brazil are required to show proof of vaccination to gain entry.

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**Country: Chad**

**Continent: Africa**

**Risk: Yellow**

**Diseases: Hepatitis E**

**Description:** An outbreak of hepatitis E is ongoing in the Salamat Region since September 2016, and is likely to persist for some time due to limited sanitation and access to safe water.

**Transmission:** Hepatitis E is spread by contaminated food and water been contaminated by feces (stool) from someone infected with hepatitis E. But people also can get hepatitis E from contact with an animal, such as eating undercooked meat from or touching an infected pig.

**Symptoms** yellow discoloration of the skin (jaundice), loss of appetite, nausea, vomiting and fever. Symptoms include Hepatitis E is usually a mild disease but complicated cases can be fatal

**Prevention / Actions recommended** Prevention is through hygiene, sanitation, and safe food and water, Our Knights and Dames should drink only bottle water and avoid ice and soups , teas and coffees .

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**Country:** Australia      **Continent:** Oceania      **Risk:** Yellow

**Diseases:** Increase in mosquito-borne diseases

**Description:** Increased numbers of mosquito-borne diseases continue across Australia

**Transmission Symptoms:** Mosquito bite, (mosquitoes in general are more active 1 hour before sunset until 1 hour after the sun rise)

**Symptoms:** fever, muscle and joint aches, headache and rash

**Prevention / Actions recommended:** Our Knights and Dames should use long sleeves, sleep under mosquito nets, use repellents

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**Country: Saudi Arabia      Continent: Middle East      Risk: Yellow**

**Diseases: MERS-CoV**

**Description:** Several cases of Middle East Respiratory syndrome (MERS-CoV) have been recorded in Saudi Arabia since the start of this year, including some fatalities. There is no suggestion that the virus is transmitting more readily

**Transmission:** incubation period is usually about 5 or 6 days, but can range from 2 to 14 days. MERS-CoV, like other coronaviruses, is thought to spread from an infected person's respiratory secretions, such as through coughing. However, the precise ways the virus spreads are not currently well understood

**Symptoms:** Common symptoms are Fever / cough / shortness of breath, Some people also had gastrointestinal symptoms including diarrhea and nausea/vomiting. In more severe cases can develop pneumonia and kidney failure.

About 3 to 4 out of every 10-people reported with MERS have died. Most of the people who died had an underlying medical condition. (diabetes; cancer; and chronic lung, heart, and kidney disease).

**Prevention / Actions recommended** Overall the risk to Knights and Dames **is low** if precautions are taken. Avoid contact with sick people and practice good general hygiene. Avoid contact with camels and do not eat or drink raw camel products

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**Country: Portugal      Continent: Europe      Risk: Yellow**

**Diseases: Hepatitis A**

**Description:** An outbreak of hepatitis A has been reported. The vast majority affected are men in Lisbon and Vale do Tejo. The outbreak is associated with sexual practices, and is linked to similar recent outbreaks in Europe. There is no suggestion of a food-borne outbreak

**Transmission:** Hepatitis A is a viral infection of the liver, spread through the "fecal-oral" route, via direct person-to-person contact or contaminated food and water

**Symptoms:** Can take a month to appear and include fever, fatigue, abdominal pain, nausea, vomiting, dark urine and jaundice (yellow color of the skin and eyes)

**Prevention / Actions recommended** Prevention is through vaccination and attention to hygiene.

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**Country: United Arab Emirates    Continent: Middle East    Risk: Yellow**

**Disease: Legionnaires' disease**

**Description:** New cases of Legionnaires' disease continue to be detected in travelers returning from Dubai. Authorities are continuing to investigate, however no common source of exposure has yet been identified.

**Transmission:** *Legionella* is a type of bacterium found naturally in freshwater environments, like lakes and streams. It can become a health concern when it grows and spreads in human-made water systems like

Showers and faucets / air-conditioning units for large buildings/ Hot tubs that aren't drained after each use /Decorative fountains and water features / Hot water tanks and heaters / Large plumbing systems

Home and car air-conditioning units do not use water to cool the air. They are not a risk for *Legionella* growth, this bacterium grows best in warm water

**Symptoms** Those who do fall sick may have a fever, dry cough and difficulty breathing. Seek medical attention if you develop symptoms, especially if you are a smoker, over 50 or have other health conditions

**Prevention / Actions recommended:** There are no vaccines that can prevent legionellosis, our Knights and Dames should AVOID Hot Tubes and be sure the cooler towers are properly serviced

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**Country: Peru    Continent: Central America    Risk: Yellow**

**Disease: Dengue Fever**

**Description:** Dengue fever cases continue to increase in Peru, exacerbated by recent heavy rainfall. On 9 February, a 90-day health emergency was declared in several regions, including Lambayeque, Piura and Tumbes. Ica region is also experiencing increased cases.

**Transmission:** Dengue is spread by mosquitoes, and is present in both rural and urban areas

**Symptoms:** Dengue can cause a range of symptoms such as severe headache/ Severe eye pain (behind eyes) /Joint pain / Muscle and/or bone pain/ Rash /Mild bleeding manifestation (e.g., nose or gum bleed, petechia, or easy bruising) /Low white cell count

some people, especially those who have been infected before, get a more severe form that can lead to fatal complications,

Go **IMMEDIATELY** to an emergency room or the closest health care provider if any of the following warning signs appear:

Severe abdominal pain or persistent vomiting /Red spots or patches on the skin / Bleeding from nose or gums /Vomiting blood /Black, tarry stools (feces, excrement) / Drowsiness or irritability / Pale, cold, or clammy skin /Difficulty breathing

**Prevention / Actions recommended :** There has no particular treatment, Peru has a licensed dengue vaccine, however it is not recommended for Knights and Dames. Avoiding mosquito bites is the best prevention.

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**Country: Sri Lanka      Continent: Asia      Risk: Yellow**

**Disease: Dengue fever**

**Description:** A dengue fever outbreak continues nationwide, with the Western Province heavily affected. There have been several fatalities reported.

**Transmission:** Dengue is spread by mosquitoes, and is present in both rural and urban areas

**Symptoms:** Dengue can cause a range of symptoms such as severe headache/ Severe eye pain (behind eyes) /Joint pain / Muscle and/or bone pain/ Rash /Mild bleeding manifestation (e.g., nose or gum bleed, petechiae, or easy bruising) /Low white cell count.

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**Prevention / Actions recommended** Our Knights and Dames should prevent mosquito bites, sleeping under mosquito net, using long sleeves.

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**Country:** Austria, Belgium, Bulgaria, France, Germany, Hungary, Italy, Spain, Switzerland and Sweden      **Continent:** Europe      **Risk:** High

**Disease:** Measles

**Description:** Localized outbreaks of measles continue in a number of countries in Europe. Most cases have been in unvaccinated individuals

**Transmission:** Measles is caused by a highly contagious virus that spreads from person-to-person via infectious droplets.

**Symptoms** Typical symptoms include fever, cough and a characteristic rash. Serious to fatal complications can occur - particularly when very young children, adults or pregnant women are infected.

**Prevention / Actions recommended :** We advice all our Knights and Dames to ensure they are immune to the disease, before travelling to the countries mentioned below avoid contact with infected people.

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*Any where, every where to  
protect you...*

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