



Femeraid Air Rescue International – weekly medical alert 44



# *Weekly Medical Alert*

**31OCT – 7 OF NOVEMBER  
WEEK 44 - 2016**

*Femeraid Air Rescue International Unit will assess on weekly base all health risk around the World and produced a summarized report for Knights and Dames of Our Sovereign State.*

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## **Femeraid Air Rescue International**

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**Emergency number**  
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La valleta / Luanda

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### [Jamaica: Dengue cases rise](#)

An increase in dengue cases has been reported. The disease activity is much higher than that observed in 2015. Dengue is consistently present in Jamaica. It is spread by mosquitoes, and is present in both rural and urban areas. Dengue can cause a range of symptoms and has no particular treatment. Some people, especially those who have been infected before, get a more severe form that can lead to fatal complications. Although a vaccine has been developed, it is only available in a small number of countries and is not recommended for travellers. Prevent infection by avoiding mosquito bites.

### [Puerto Rico \(US\): Increase in Dengue fever](#)

An increase in dengue cases has been reported. The disease activity is much higher than that observed in 2015. Dengue is consistently present in Puerto Rico

### [United States: Cryptosporidiosis in central Ohio](#)

A significant increase in the number of cryptosporidiosis cases has been reported in central Ohio. Affected areas include Columbus, Franklin County and Delaware County. The outbreak is not linked to a single location, many of those infected visited a number of recreational water facilities in the affected areas. Cryptosporidiosis is caused by a parasite, and transmitted via contaminated food, water and surfaces. Symptoms include diarrhoea, stomach cramps, nausea, vomiting and fever. Children, elderly and those with weak immune systems are more susceptible to the infection.

### [Venezuela: Diphtheria cases](#)

Cases of diphtheria have been reported from Caroni, Heres and Sifontes municipalities in Bolivar state and in Sucre and Nueva Esparta states. Some fatalities have been recorded. Diphtheria is a serious, potentially fatal, bacterial infection. The disease is highly contagious and spreads when infected people cough or sneeze droplets into the air. Early symptoms include fever and sore throat followed by episodes of rapid and violent coughing. Most cases occur in people who have never been vaccinated, or have been vaccinated inadequately. A booster vaccine is recommended every 10 years as an adult or if travelling to an area where diphtheria is widespread. Prevention is by vaccination.

### [United States: Locally acquired Zika in Florida](#)

New cases of locally-acquired Zika infection continue to be reported in Miami-Dade County. Authorities advise that active Zika transmission is occurring in a one square mile area bounded by NW 79th St to the North, NW 63rd St to the South, NW 10th Ave to the West and N Miami Ave to the East and in Miami Beach. Some international authorities, including the CDC, consider the risk may extend beyond these areas. Pregnant women are advised not to travel to areas with Zika transmission. Everyone who does travel to affected areas should take steps to prevent mosquito bites and sexual transmission of Zika.

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## Americas

### United States: Locally acquired Zika in Florida

**Level:** Advisory

**Location:** Miami-Dade County - United States;

**Category:** Zika virus



New cases of **locally-acquired** Zika infection continue to be reported in Miami-Dade County. Authorities advise that active Zika transmission is occurring in a one square mile area bounded by NW 79th St to the North, NW 63rd St to the South, NW 10th Ave to the West and N Miami Ave to the East and in Miami Beach.

Some international authorities, including the CDC, consider the risk may extend beyond these areas.

Pregnant women are advised not to travel to areas with Zika transmission.

Everyone who does travel to affected areas should take steps to prevent mosquito bites and sexual transmission of Zika.

## Advice

Pregnant women, women trying to conceive and their partners are advised to discuss their risks with their doctor and consider postponing travel to any area where Zika virus transmission is ongoing, if you require more advices please contact Femeraid Air Rescue

For those who will travel to, or are in affected areas:

- If you are pregnant, have no symptoms and reside or work in the Zika affected area, consult your doctor regarding testing for Zika.
- Prevent infection by preventing mosquito bites.
- Use an effective insect repellent that contains DEET, Picaridin, PMD, or IR3535.
- When outdoors, wear clothing that covers most of your body (long sleeves, long pants, socks).
- Ensure windows are covered with fly-wire.
- Consider using an insecticide-treated bed net.
- Use "knock-down" insect spray to kill mosquitoes in your room. Choose air conditioned accommodation if possible.
- Prevent sexual transmission through the use of condoms (or abstinence).

After travel the endemic área the pregnant women:

- Consult your doctor. The United States CDC advises pregnant women who have travelled to, or had unprotected sex with someone who resides in, or has travelled to Miami-Dade County since 1 August, to be tested for Zika. Your doctor may also arrange additional monitoring or specialist care.

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- If your partner has travelled to or resides in an area with Zika, use condoms every time or abstain from sex for the duration of the pregnancy. The US Centers for Disease Control and Prevention advises the same measures for female sex partners of pregnant women.

All Knights and Dames travellers to endemic area:

- Monitor your health for two weeks. If you develop symptoms, ensure that you see a doctor.
- Prevent sexual transmission - Anyone who has a pregnant partner should use condoms (applicable to males and females) or abstain for the duration of the pregnancy.
- For those whose partners are not pregnant, authorities differ in their recommendations for the duration for which precautions should continue. [The World Health Organization advises](#) that **everyone** should continue precautions for at least 6 months after return.
- [The United States CDC advises](#): **Men** should continue precautions for at least 6 months; **Women** should continue precautions for at least 8 weeks.
- Consider delaying pregnancy - [The World Health Organization](#) recommends couples or women planning a pregnancy, who have returned from an area with Zika transmission, to wait at least 6 months. [The United States CDC](#) recommends women who are trying to get pregnant, wait at least 8 weeks and partners of women trying to get pregnant, wait at least 6 months.
- **Continue to prevent mosquito bites for two to three weeks to reduce the risk of infecting local mosquitoes with Zika.**

Since the end of July, over 180 locally-acquired cases have been identified, including in visitors to Florida. The majority were acquired Miami-Dade County. However, several cases have been identified outside these areas - in Broward, Palm Beach and Pinellas counties. Some international authorities consider Zika transmission risk extends beyond these areas and have issued travel notices advising pregnant women to postpone travel to these counties or in some cases the state.

What is Zika?

Zika is a viral disease, mostly transmitted to people by mosquito bites. Zika virus can be passed from an infected pregnant mother to her baby and Spread through sexual contact occurs.

Transmission via blood transfusion has occurred.

Most people who have Zika infections do not have any symptoms.

If symptoms occur, they are similar to chikungunya or dengue, and include **fever, rash, joint and muscle pains or conjunctivitis (red eyes)**, and typically last up to a week.

The virus can cause severe irreversible birth defects, such as "microcephaly" (a small head with developmental abnormalities), and serious neurological complications. **There is no specific treatment available, and no vaccine to prevent the disease.**

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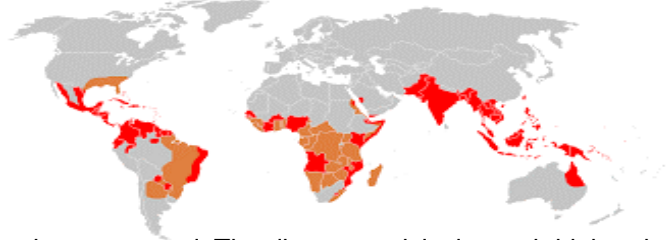


### Jamaica: Dengue cases rise

**Level:** Notice

**Location:** Jamaica;

**Category:** Dengue fever



An increase in dengue cases has been reported. The disease activity is much higher than that observed in 2015. Dengue is consistently present in Jamaica.

It is spread by mosquitoes, and is present in both rural and urban areas.

Dengue can cause a range of symptoms and has no particular treatment. Some people, especially those who have been infected before, get a more severe form that can lead to fatal complications.

Although a vaccine has been developed, it is only available in a small number of countries and is not recommended for travellers. **Prevent infection by avoiding mosquito bites.**

**Advice** Do the following:

- When outdoors, wear clothing that covers most of your body (long sleeves, long pants, socks).
- Use an effective insect repellent that contains DEET, Picaridin, PMD, or IR3535.
- Ensure windows are covered with fly-wire.
- Use "knock-down" insect spray to kill mosquitoes in your room.
- Choose air conditioned accommodation if possible.
- Seek medical attention if you develop a high fever, especially if you suffer "rigors" (shaking) or a rash.

### Puerto Rico (US): Increase in Dengue fever

**Level:** Notice

**Location:** Puerto Rico (US);

**Category:** Dengue fever

An increase in dengue cases has been reported. The disease activity is much higher than that observed in 2015. Dengue is consistently present in Puerto Rico. It is spread by mosquitoes, and is present in both rural and urban areas. Dengue can cause a range of symptoms and has no particular treatment. Some people, especially those who have been infected before, get a more severe form that can lead to fatal complications.

Prevent infection by avoiding mosquito bites.

**Advice-** Same as above

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### Venezuela: Diphtheria cases

**Level:** Notice

**Location:** Estado Bolívar, Sucre, Nueva Esparta - Venezuela;

**Category:** Diphtheria



Cases of diphtheria have been reported from Caroni, Heres and Sifontes municipalities in Bolivar state and in Sucre and Nueva Esparta states.

Some fatalities have been recorded. **Diphtheria is a serious, potentially fatal, bacterial infection.**

The disease is highly contagious and spreads when infected people cough or sneeze droplets into the air.

Early symptoms include fever and sore throat followed by episodes of rapid and violent coughing.

Most cases occur in people who have never been vaccinated, or have been vaccinated inadequately. **A booster vaccine is recommended every 10 years** as an adult or if travelling to an area where diphtheria is widespread. **Prevention is by vaccination.**

**Advice** Do the following:

- Ensure you are fully immunized against diphtheria before travelling.
- Check your vaccination records. If you are unsure about your immunity, talk to your doctor.
- Practice good hygiene to prevent infection. Avoid contact with people who are obviously sick.
- Seek medical care if you develop diphtheria symptoms.
- Call before visiting in person, so staff can protect themselves and other patients from this contagious infection.

**Diphtheria** is an infection caused by the bacterium *Corynebacterium diphtheriae*. Signs and symptoms may vary from mild to severe. They usually start two to five days after exposure. Symptoms often come on fairly gradually beginning with a sore throat and fever. In severe cases a grey or white patch develops in the throat. This can block the airway and create a barking cough as in croup. The neck may swell in part due to large lymph nodes. A form of diphtheria that involves the skin, eyes, or genitals also exists. Complications may include myocarditis, inflammation of nerves, kidney problems, and bleeding problems due to low blood platelets. Myocarditis may result in an abnormal heart rate and inflammation of the nerves may result in paralysis.

Diphtheria is usually spread between people by direct contact or through the air. It may also be spread by contaminated objects. Some people carry the bacteria without having symptoms, but can still spread the disease to others. There are three main types of *C. diphtheriae* causing different severities of disease

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### United States: Cryptosporidiosis in central Ohio

**Level:** Notice

**Location:** Columbus, Franklin, Delaware - United States;

**Category:** Cryptosporidiosis



A significant increase in the number of cryptosporidiosis cases has been reported in central Ohio. Affected areas include Columbus, Franklin County and Delaware County. The outbreak is not linked to a single location, many of those infected visited a number of recreational water facilities in the affected areas.

Symptoms include diarrhoea, stomach cramps, nausea, vomiting and fever. Children, elderly and those with weak immune systems are more susceptible to the infection. The disease is usually treated symptomatically. Practicing good hygiene helps in preventing the infection.

### Advice

Do the following:

- Avoid swimming pools and other recreational waters if you or your family member has diarrhoea.
- Take a shower before going in the water.
- Do not swallow water while swimming.
- Take children on frequent bathroom breaks and avoid changing diapers by the pool.
- Seek medical attention if you develop symptoms, especially if you are higher risk for more severe illness.

Observe routine hygiene:

- Wash hands frequently using soap and water.
- Select safe food and water

### What is cryptosporidiosis?

Cryptosporidiosis is a diarrheal disease caused by microscopic parasites, *Cryptosporidium*, that can live in the intestine of humans and animals and is passed in the stool of an infected person or animal. Both the disease and the parasite are commonly known as "Crypto." The parasite is protected by an outer shell that allows it to survive outside the body for long periods of time and makes it very resistant to chlorine-based disinfectants. During the past 2 decades, Crypto has become recognized as one of the most common causes of waterborne disease (recreational water and drinking water)

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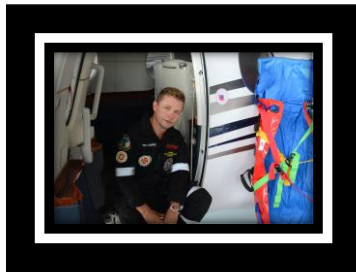




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