



Femeraid Air Rescue International – Weekly Medical Alert 46



FEMERAID AIR RESCUE INTERNATIONAL

Weekly Medical Alert

**14 – 21 OF NOVEMBER
WEEK 46 - 2016**

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. .

Femeraid Air Rescue International

Emergency number
244 921548797

Malta / Angola
La valleta / Luanda

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Asia & the Pacific [India: Increase in mosquito borne diseases](#)

Mosquito-borne illnesses continue to be reported across the country, particularly in Delhi and the National Capital Region (NCR). Diseases reported include **chikungunya, dengue** and **malaria**. Many cases go unreported and therefore the actual number of cases is expected to be much higher than the official numbers. These illnesses are spread by mosquito bites. Most have symptoms of fever and aches and may involve a rash. There is no specific treatment for chikungunya and dengue but there is medication available to prevent and to treat malaria. Although a vaccine for dengue has been developed, it is only available in a few countries and is not currently used for travellers. First-line prevention against all these diseases is by avoiding mosquito bites.

Mid East & N Africa [South Sudan: Cholera outbreak](#)

A cholera outbreak continues. Affected states include Eastern Lakes, Imatong, Jonglei, Juba, Northern Liech, Southern Liech, Terekeka and Western Bieh. Other regions remain at risk of sporadic outbreaks as the disease is consistently present in the country. Cholera spreads via contaminated food and water. Symptoms include vomiting and profuse, watery diarrhoea which can lead to severe dehydration. Knights and Dames staying in quality accommodation are at lower risk. Pay strict attention to hygiene and consider vaccination.

Asia & the Pacific [Philippines: Chikungunya](#)

An outbreak of chikungunya is underway in Indang, Cavite and Maasin, Southern Leyte. Symptoms include fever, joint pain, headache and rash. There is no specific treatment and no vaccine. Prevent infection by avoiding mosquito bites.

Europe & CIS [Italy: Legionnaires' disease outbreak in Parma city](#)

An outbreak of Legionnaires' disease has been reported in Montebello neighbourhood of Parma city in Emilia-Romagna region. Several cases and at least two fatalities have been recorded. Authorities are investigating the outbreak and the source has not yet been identified. People become infected with Legionella when they inhale droplets and mist that come from contaminated bodies of water. The disease does not spread from person to person. Those who do fall sick may have a fever, dry cough and difficulty breathing. Overall the risk to the Knights and Dames is low.

Africa [Ghana: Cholera outbreak Central Region](#)

A cholera outbreak has been reported in Central Region. The capital, Cape Coast, is recording the majority of cases. Other affected areas include the districts of Abura-Asebu-Kwamankese, Asikuma-Odoben-Brakwa, Cape Coast Metropolis, Komenda Edina Abrem (KEEA) and Mfantsiman Municipality. Cholera is consistently present in Ghana and is spread via contaminated food and water. Symptoms include vomiting and profuse, watery diarrhoea which can lead to severe dehydration. The Knights and Dames staying in quality accommodation are at low risk. Be vigilant in choosing safe food and water, pay strict attention to hygiene and consider vaccination.

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Americas [Jamaica: Hand, Foot and Mouth disease](#)

A spike in cases of hand, foot and mouth disease (HFMD) has been reported. Kingston, St. Andrew and St. Catherine are particularly affected. Cases have occurred mostly among children. Symptoms include a fever, sores in the mouth and a red rash on the hands and feet that may blister. The illness spreads from person-to-person and occasionally it can be severe. Maintain strict hygiene measures to prevent spread of infection. There is no vaccine for HFMD.

Asia & the Pacific [India: Reduced air quality in the National Capital Region](#)

Since the beginning of October, the Air Quality Index (AQI) in the National Capital Region (NCR) has been recording "Poor" to "Very Poor" levels in certain areas, occasionally reaching "Severe" levels. Polluted air can cause symptoms such as wheezing, coughing, shortness of breath, and irritation of the eyes and nose. Young children, the elderly, pregnant women and people with underlying heart and lung disease (high-risk groups) are particularly vulnerable.

Asia & the Pacific [Solomon Islands: Rise in dengue activity](#)

Cases of dengue fever continue to be reported. Guadalcanal province, including the capital Honiara, is significantly affected however, Malaita, Isabel and Western provinces have also recorded cases. Dengue is persistently present throughout the country. It is spread by mosquitoes and can cause a range of symptoms. People who have previously been infected with dengue are at risk of getting a more severe illness that can lead to fatal complications. Prevent infection of the Dengue by avoiding mosquito bites.

Asia & the Pacific [Nepal: Increased dengue fever and scrub typhus](#)

An increase in dengue fever and scrub typhus cases has been reported. Both diseases are present in many districts, including Kathmandu, however Chitwan and other districts of the Terai are most affected. Dengue is spread by mosquitoes while scrub typhus is spread via mites. Prevent Dengue infection by avoiding insect bites.

Mid East & N Africa [Saudi Arabia: MERS-CoV](#)

Cases of Middle East Respiratory syndrome (MERS-CoV) continue to be reported across Saudi Arabia. In October, cases have been recorded in Abha, Al-Hofuf, Arar, Buraidah, Hail and Riyadh. 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.

Mid East & N Africa [Yemen: Cholera](#)

An outbreak of cholera is underway. The governorates most affected are Aden, Al Bayda, Al Hudaydah, Amran, Dhamar, Hajjah, IBB, Lahj, Sana'a and Taiz. Cholera is consistently present in the country and is spread via contaminated food and water. Symptoms include vomiting and profuse, watery diarrhoea which can lead to severe dehydration.

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Montserrat (UK): Zika virus transmission

Locally transmitted Zika virus has been reported in Montserrat. Zika may be established in the local mosquito population however, the extent and intensity of spread is uncertain at this time. Zika is transmitted primarily through mosquito bites. Sexual transmission occurs. Although symptoms of Zika are usually mild and self-limited, there is a risk of severe and irreversible birth defects in the babies of women infected when pregnant. Pregnant women are advised to discuss their risks with their doctor and consider postponing travel to any area where Zika virus transmission is ongoing. Those Knights and Dames who are in affected areas should protect themselves against mosquito bites and sexual transmission. After travel, ongoing precautions against sexual transmission are recommended



FEMERAID AIR RESCUE TEAM INTERNATIONAL UNIT

Our Femeraid Air rescue Unit is preparing a list of contend for a **remote first aid kit** for our Knights and Dames who will travel to high risk countries.

According our experience and travel medicine specialist's recommendations, we will also take in consideration the CDC and WHO recommendations we will provide our State members in good standing with valuable information which may save your life



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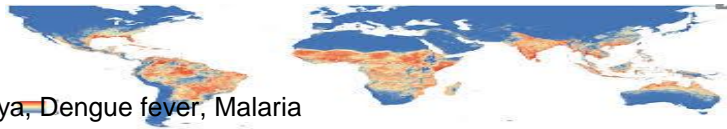


Medical alert in detail

Level: Advisory

Location: India;

Category: Chikungunya, Dengue fever, Malaria



Mosquito-borne illnesses continue to be reported across the country, particularly in Delhi and the National Capital Region (NCR). Diseases reported include **chikungunya, dengue** and **malaria**. Many cases go unreported and therefore the actual number of cases is expected to be much higher than the official numbers. These illnesses are spread by mosquito bites. Most have symptoms of fever and aches and may involve a rash. There is no specific treatment for chikungunya and dengue but there is medication available to prevent and to treat malaria. Although a vaccine for dengue has been developed, it is only available in a few countries and is not currently used for travellers. First-line prevention against all these diseases is by avoiding mosquito bites.

Advice

Some groups are at a higher risk of developing severe illness due to chikungunya and malaria such as children below five years, pregnant women, people with weakened immune systems, non-immune migrants and travelers.

Knights and Dames please 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 or a rash.

More details

Nationally, over 20,000 cases of chikungunya and 50,000 cases of dengue have been reported this year including several fatalities. The most affected areas include Delhi, National Capital Region (NCR), Karnataka and Maharashtra. High dengue fever activity has been recorded in Odisha, Kerala, Maharashtra and West Bengal states. The risk of malaria also persists in Delhi with at least 500 confirmed cases in the capital this year.

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The Local health facilities may be under significant additional pressure. Authorities have increased measures to control the spread of these diseases however the situation is predicted to worsen.

What is Chikungunya?



Chikungunya is a viral disease transmitted via mosquito bites. Where the disease is known to occur, infections are usually common during the rainy season. It cannot pass from person to person. The first symptom is usually a sudden onset of fever. Severe joint pain is one of the disease's main symptoms - chikungunya is Swahili for "that which contorts or bends up". Headache and rash are also common. Symptoms are similar to dengue, and laboratory testing is required to confirm the diagnosis. There is no specific treatment for chikungunya and it is rarely fatal. Patients are usually instructed to rest and recovery often takes several weeks.



What is Dengue?

This viral disease is spread by mosquitoes which bite during the day and is common in urban areas. Dengue is sometimes called "break-bone" fever due to the characteristic pain it causes in muscles, bones and joints. Other symptoms include high fever and a headache/pain behind the eyes. A rash often follows these symptoms. The acute illness can last up to 10 days and complete recovery can take two to four weeks. There is no treatment. Occasionally, infected people can develop a more severe form of the disease called severe dengue (previously known as dengue hemorrhagic fever or DHF). This usually occurs in patients who have previously been infected with one strain of dengue fever, then contract a different strain of the disease. Severe dengue is very serious, sometimes fatal.



What is Malaria?

Malaria is a serious disease caused by one of five species of a parasite called Plasmodium. It is transmitted by mosquitoes that bite at night, during the hours between dusk and dawn. Once a patient has been exposed to malaria, it can take as little as six days or as long as one year to develop symptoms. These can be episodic and may include fever, chills, headache, muscle aches, fatigue, vomiting, diarrhoea and jaundice. If not promptly treated, malaria caused by Plasmodium falciparum can be fatal. Malaria caused by Plasmodium vivax is generally less severe, but can stay in the body for years and can cause relapses.

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Prophylaxis are available and recommended specially for short trips of our Knights and Dames and Fameraid air rescue unit recommends the Malarone has preventive medication, should be taken once day , starting 48 hours before the trip

Consider: Travel with your health kit, including insect repellent.

Mid East & N Africa South Sudan: Cholera outbreak

Level: Notice

Location: South Sudan;

Category: Cholera



A cholera outbreak continues. Affected states include Eastern Lakes, Imatong, Jonglei, Juba, Northern Liech, Southern Liech, Terekeka and Western Bieh. Other regions remain at risk of sporadic outbreaks as the disease is consistently present in the country. Cholera spreads via contaminated food and water. Symptoms include vomiting and profuse, watery diarrhea which can lead to severe dehydration. Knights and Dames staying in quality accommodation are at lower risk. Pay strict attention to hygiene and consider vaccination.

Advice; Knights and Dames please do the following:

- Drink only boiled or bottled water, water that has been treated with chlorine or iodine, or carbonated beverages.
- Select food, water and other beverages carefully.
- Choose food that has been thoroughly cooked while fresh and is served hot.
- Avoid ice, raw fruit, and raw vegetables (including salad). Fruit and vegetables that you peel yourself are safer choices.
- Pay close attention to hygiene. Wash your hands frequently, especially before eating.
- Get medical advice / treatment if you develop severe diarrhoea and/or vomiting.
- Consider: Vaccination, if travelling to an outbreak area.
- Carrying water purification supplies with you.

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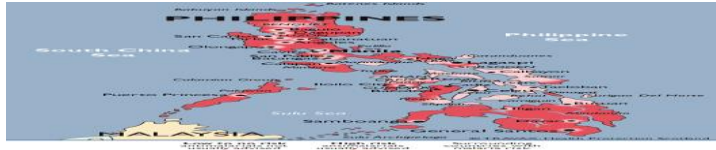


Asia & the Pacific - Philippines: Chikungunya

Level: Notice

Location: Philippines;

Category: Chikungunya



An outbreak of chikungunya is underway in Indang, Cavite and Maasin, Southern Leyte. Symptoms include fever, joint pain, headache and rash. There is no specific treatment and no vaccine. Prevent infection by avoiding mosquito bites.

Advice; Knights and Dames please do the following:

Some groups are at a higher risk of developing severe illness due to chikungunya such as children below five years, pregnant women, people with weakened immune systems, non-immune migrants and travelers.

- 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 or a rash.

Europe & CIS

Italy: Legionnaires' disease outbreak in Parma city

Level: Notice

Location: Parma - Italy;

Category: Legionnaires Disease



An outbreak of Legionnaires' disease has been reported in Montebello neighborhood of Parma city in Emilia-Romagna region. Several cases and at least two fatalities have been recorded. Authorities are investigating the outbreak and the source has not yet been identified. People become infected with Legionella when they inhale droplets and mist that come from contaminated bodies of water. The disease does not spread from person to person. A majority of people exposed to the bacteria do not become ill. 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. Overall the risk to our Knights and Dames is low.

Advice: Knights and Dames please do the following:

- Seek medical attention if you develop a fever, flu-like illness or difficulty breathing, especially if you are in a higher risk group.

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Africa - Ghana: Cholera outbreak Central Region

Level: Notice

Location: Central Region – Ghana

Category: Cholera



A cholera outbreak has been reported in Central Region. The capital, Cape Coast, is recording the majority of cases. Other affected areas include the districts of Abura-Asebu-Kwamankese, Asikuma-Odoben-Brakwa, Cape Coast Metropolis, Komenda Edina Abrem (KEEA) and Mfantseman Municipality. Cholera is consistently present in Ghana and is spread via contaminated food and water. Symptoms include vomiting and profuse, watery diarrhea which can lead to severe dehydration. Knights and Dames staying in quality accommodation are at low risk. Be vigilant in choosing safe food and water, pay strict attention to hygiene and consider vaccination.

Advice: Knights and Dames please do the following:

- Drink only boiled or bottled water, water that has been treated with chlorine or iodine, or carbonated beverages.
- Select food, water and other beverages carefully.
- Choose food that has been thoroughly cooked while fresh and is served hot.
- Avoid ice, raw fruit, and raw vegetables (including salad). Fruit and vegetables that you peel yourself are safer choices.
- Pay close attention to hygiene. Wash your hands frequently, especially before eating.
- Get medical advice / treatment if you develop severe diarrhea and/or vomiting.

Consider: Vaccination, if travelling to an outbreak area and unsanitary conditions cannot be avoided and Carrying water purification supplies with you.

Americas - Jamaica: Hand, Foot and Mouth disease

Level: Notice

Location: Jamaica;

Category: Hand Foot and Mouth Disease



A spike in cases of hand, foot and mouth disease (HFMD) has been reported. Kingston, St. Andrew and St. Catherine are particularly affected. Cases have occurred mostly among children. Symptoms include a fever, sores in the mouth and a red rash on the hands and feet that may blister. The illness spreads from person-to-person and occasionally it can be severe. Maintain strict hygiene measures to prevent spread of infection. There is no vaccine for HFMD.

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Advice: Knights and Dames please do the following:

- Wash your hands frequently and thoroughly with soap and water - especially after using the toilet or changing a diaper.
- Do not share food, drinks or eating utensils.
- Avoid close contact, such as kissing and hugging.
- Disinfect contaminated surfaces and items by washing with a diluted chlorine-containing product or an iodized disinfectant.

If Knight or Dame has HFMD symptoms, they should:

- Stay at home and ensure adequate fluid intake.
- Seek medical attention if the rash is accompanied by a persistent high fever, vomiting or a seizure.

Asia & the Pacific India: Reduced air quality in the National Capital Region

Level: Advisory

Location: Delhi and NCR - India;

Category: Air Pollution

Since the beginning of October, the Air Quality Index (AQI) in the National Capital Region (NCR) has been recording “Poor” to “Very Poor” levels in certain areas, occasionally reaching “Severe” levels. Polluted air can cause symptoms such as wheezing, coughing, shortness of breath, and irritation of the eyes and nose. Young children, the elderly, pregnant women and people with underlying heart and lung disease (high-risk groups) are particularly vulnerable.

Advice Knights and Dames do the following during periods of high air pollution:

- minimize time outdoors
- reduce physical exertion
- keep windows and doors closed
- use air conditioner in ‘recirculate’ mode
- consult your medical practitioner if you experience symptoms

Please also consider:

- using an air cleaning device
- using a respirator (N95 mask) while outdoors (consult your doctor for an individual recommendation)

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Asia & the Pacific - Solomon Islands: Rise in dengue activity

Level: Notice

Location: Solomon Islands;

Category: Dengue fever



Cases of dengue fever continue to be reported. Guadalcanal province, including the capital Honiara, is significantly affected however, Malaita, Isabel and Western provinces have also recorded cases. Dengue is persistently present throughout the country. It is spread by mosquitoes and can cause a range of symptoms. People who have previously been infected with dengue are at risk of getting a more severe illness that can lead to fatal complications. Prevent infection by avoiding mosquito bites.

Advice: Knights and Dames please 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.

Asia & the Pacific

Nepal: Increased dengue fever

Level: Notice

Location: Nepal;

Category: Dengue fever, Scrub typhus



An increase in dengue fever and scrub typhus cases has been reported. Both diseases are present in many districts, including Kathmandu, however Chitwan and other districts of the Terai are most affected. Dengue is spread by mosquitoes while scrub typhus is spread via mites. Prevent infection by avoiding insect bites.

Advice: Knights and Dames please do the following:

- When outdoors, wear clothing that covers most of your body (long sleeves, long pants, socks, closed to shoes). Tuck pant legs into socks.
- Consider treating clothes with permethrin.
- Use an effective insect repellent that contains DEET on exposed skin.
- Avoid mite habitats (such as wooded areas, grass, shrubs and areas infested with rodents).
- Ensure your accommodation has windows are covered with fly-wire. Use "knock-down" insect spray to kill mosquitoes in your room.
- Choose air conditioned accommodation if possible.

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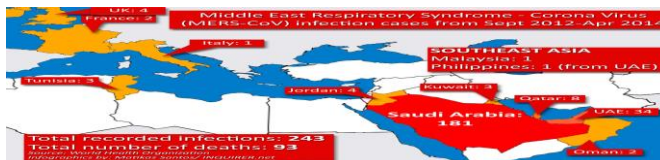


Mid East & N Africa - Saudi Arabia: MERS-CoV

Level: Advisory

Location: Saudi Arabia;

Category: Coronavirus



Cases of Middle East Respiratory syndrome (MERS-CoV) continue to be reported across Saudi Arabia. In October, cases have been recorded in Abha, Al-Hofuf, Arar, Buraidah, Hail and Riyadh. Overall the risk to travellers 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. If you require medical attention, call International SOS and we will arrange an appropriate referral. International SOS is monitoring the situation closely.

Advice; Knights and Dames please do the following

The risk of severe illness is higher among people with chronic diseases or a weakened immune system.

Avoid contact with sick people, including in healthcare facilities.

- Avoid contact with live animals, especially camels, and their environments such as farms, markets or barns.
- Pay attention to general hygiene:
 - Wash your hands frequently.
 - Avoid touching your face.
 - Keep some distance from people who are coughing, sneezing or appear sick.
 - Ensure any food or drink for consumption is safe - thoroughly washed, peeled, boiled, cooked through etc. Do not eat or drink raw camel products including raw camel milk, camel urine and undercooked meat.
- Should you require medical attention, call any assistance center and we will arrange an appropriate referral.
- Anyone who develops a fever and respiratory symptoms (such as cough) which are more than mild should seek medical attention and mention their travel history.

More details

In October, cases have been reported from the cities of Abha, Al-Hofuf, Arar, Buraidah, Hail, and Riyadh. Nationally, over 160 cases of MERS have been confirmed to date in 2016. While some of those infected had direct exposure to camels, or direct contact with people with MERS, for others the source of infection is unknown. Some people who have tested positive for the virus have no symptoms, some have had a mild illness, while others are critically ill with organ failure, and fatalities continue to be reported.

An outbreak that occurred in a hospital in Riyadh in mid-June left at least 27 people infected.

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What is MERS-CoV?

Middle East respiratory syndrome coronavirus (MERS-CoV), known previously as "novel coronavirus", was first identified in humans in 2012. It is from the same family of viruses as SARS (Severe Acute Respiratory Syndrome), the coronavirus family. Most cases have originated from the Middle East, although a large outbreak associated with hospitals occurred in South Korea in 2015. There is no specific treatment and no vaccine available.

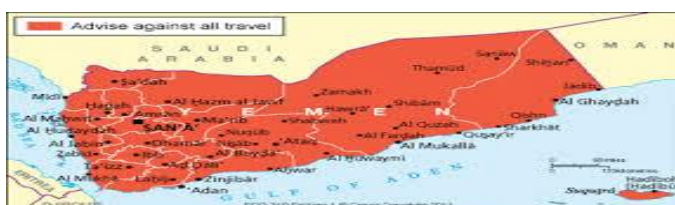
It is uncertain exactly how the virus is infecting people, however possible sources of infection are direct contact with **dromedary camels**, or through consuming **undercooked camel meat**, or **drinking raw camel products (milk, urine etc)**. It has also been found to spread from one person to others in close contact with them, possibly through infected respiratory droplets like other coronaviruses. Clusters of infection have been noted in the healthcare environment and in family members.

Yemen: Cholera

Level: Notice

Location: Sana'a - Yemen;

Category: Cholera



An outbreak of cholera is underway. The governorates most affected are Aden, Al Bayda, Al Hudaydah, Amran, Dhamar, Hajjah, IBB, Lahj, Sana'a and Taiz. Cholera is consistently present in the country and is spread via contaminated food and water. Symptoms include vomiting and profuse, watery diarrhoea which can lead to severe dehydration. **The Knights and Dames staying in quality accommodation are at low risk.** Pay strict attention to hygiene and consider vaccination..

Advice: Knights and Dames please do the following:

If available, vaccination is recommended for all travellers and relief workers who are likely to encounter unsanitary conditions, or will have limited access to safe water.

- Drink only boiled or bottled water, water that has been treated with chlorine or iodine, or carbonated beverages.
- Select food, water and other beverages carefully.
- Choose food that has been thoroughly cooked while fresh and is served hot.
- Avoid ice, raw fruit, and raw vegetables (including salad). Fruit and vegetables that you peel yourself are safer choices.
- Pay close attention to hygiene. Wash your hands frequently, especially before eating.

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Americas - Montserrat (UK): Zika virus transmission

Level: Advisory

Location: Montserrat (UK);

Category: Zika virus



Locally transmitted Zika virus has been reported in Montserrat. Zika may be established in the local mosquito population however, the extent and intensity of spread is uncertain at this time. Zika is transmitted primarily through mosquito bites. Sexual transmission occurs. Although symptoms of Zika are usually mild and self-limited, there is a risk of severe and irreversible birth defects in the babies of women infected when pregnant. Pregnant women are advised to discuss their risks with their doctor and consider postponing travel to any area where Zika virus transmission is ongoing. Those who are in affected areas should protect themselves against mosquito bites and sexual transmission. After travel, ongoing precautions against sexual transmission are recommended.

Advice Knights and Dames please do the following:

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. In addition to the infectious risks of any destination, it is important to consider the standard of available healthcare, and the availability of obstetric and neonatal specialist support (should it be required). Pregnant women - discuss your risks with your doctor, including whether you should postpone travel.

For those Knights and Dames who will travel to, or are in Montserrat:

- 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:

- Pregnant women - Consult your doctor. You may be advised to be tested for Zika whether or not you develop symptoms. Your doctor may also arrange additional monitoring or specialist care.
- All travellers - Monitor your health for two weeks. If you develop symptoms, ensure that you see a doctor and advise them of your travel history. This is especially important if you are, or are trying to fall pregnant.
- 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

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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](#) recommend women trying to get pregnant wait at least 8 weeks and partners of women trying to get pregnant wait at least 6 months.
- Prevent transmission to local mosquitoes. If you are returning to an area that has mosquitoes which can transmit Zika, continue to prevent mosquito bites for 2 to 3 weeks (e.g. using insect repellent). This will reduce the risk of infecting local mosquitoes with Zika, and therefore reduce the risk of an outbreak.

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.

Spread through sexual contact occurs.

Transmission via blood transfusion has been reported.

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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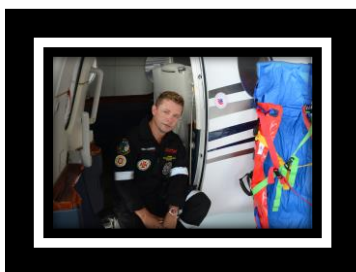


Femeraid Air Rescue International – Weekly Medical Alert 46



FEMERAID AIR RESCUE INTERNATIONAL

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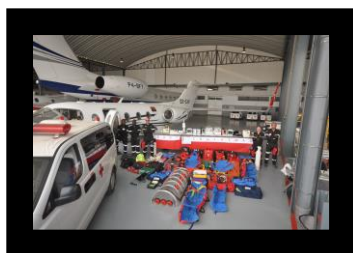
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