



Femeraid Air Rescue International – Weekly Medical Alert 7



FEMERAID AIR RESCUE INTERNATIONAL

# Weekly World Medical Alert

**13 – 20 OF FEBRUARY  
WEEK 7 - 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 : 31    New alerts: 7    Updated alerts: 24**

**Areas – Asia/America/Europe/Africa/Middle East/Pacific**

**Countries-Tanzania/ China/ Sudao/ Brazil/ USA /Vanuatu /Nicaragua /Australia/ South Sudan/ Burundi/ Laos / Sri Lanka / Taiwan/ Vietnam/Saudi arabia/Angola /Nigeria /Zambia / Dominican Rep. /Panama / Phillipines / Romenia / Liberia / Canada /Chad**

**Red Flags** (Imminent risks/ Death)-  (0)

**Yellow Flags** (Actions should be taken) -  (27)

**Green Flags** (Be aware of ) -  (4)

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**These world medical alerts are compiled by Fameraid 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...**

#### **Tanzania: Cholera outbreaks**

There are several cholera outbreaks in the country. Affected districts include Dodoma, Kisaware, Kongwe, Morogoro, Nkasi, Singida, Tarime and Uvinze. Hundreds of fatalities have been reported. Cholera is spread via contaminated food and water. Symptoms include vomiting and profuse, watery diarrhea which can lead to severe dehydration. The Knights and Dames staying in quality accommodation are at low risk. Pay strict attention to hygiene, avoid ice, soups and drink only bottle water, please consider vaccination prior the trip.

#### **China: Air pollution across several locations**

Since the December 2016, daily air quality status in parts of north and central China has been fluctuating between “heavily” to “seriously” polluted. As a response, local authorities have been triggering the “red” and “orange” alerts to help curb pollution levels and limit exposure. Polluted air can cause symptoms such as wheezing, coughing, shortness of breath, and irritation of the eyes and nose. Although young children, the elderly, pregnant women and people with underlying heart and lung disease (high-risk groups) are more vulnerable, high levels of air pollution affects everyone. The Knights and Dames should Be aware of the pollution levels and accordingly avoid or reduce exposure and physical activity outdoors.

#### **Sudan: Suspected cholera outbreak**

A suspected cholera outbreak is underway in El Gedarif, Red Sea, and Khartoum states. 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. The Knights and Dames staying in quality accommodation are at lower risk. Pay strict attention to hygiene and consider vaccination prior the trip.

#### **Brazil: Yellow fever outbreak**

An outbreak of yellow fever continues in Minas Gerais. Several cases have been also reported from the neighboring state of Espirito Santo which was not thought to have a risk of yellow fever. This may represent an extension of the range of transmission. Other states

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recording cases include Bahia and Sao Paulo as well as the Federal District. Yellow fever is a viral disease transmitted by mosquitoes. Symptoms range from a mild flu-like illness to a severe hemorrhagic fever with liver failure. About half of all serious cases are fatal. Prevention is through vaccination and avoiding mosquito bites. The Knights and Dames visiting affected areas should be vaccinated at least ten days prior to arrival to prevent infection

### China: Norovirus in Hong Kong

There is an increase in cases of norovirus. Noroviruses are highly contagious. Most infections occur as a result of ingesting contaminated food or water, or contact with infected persons or contaminated surfaces. Usual symptoms are sudden vomiting, abdominal cramps and diarrhea. Prevention is through hygiene measures, the Knights and Dames should carefully select the food and water, avoid ice and soups.

### United States: Mumps outbreak

A large mumps outbreak continues across the United States. More than 45 states have reported cases, including the District of Columbia. The states of Arkansas, Illinois, Indiana, Iowa, Massachusetts, New York and Oklahoma have recorded the most cases. The outbreaks are largely linked to local university campuses and schools however, workplaces have also been affected in some states. Mumps is caused by a virus that spreads from person-to-person via infected droplets. It is highly contagious and nearly all cases occur among unvaccinated people. Symptoms include fever, painful and swollen glands, pain on swallowing and in men, the testes can become inflamed. Serious complications can occur. **The Knights and Dames should ensure they are fully vaccinated against mumps prior the trip.**

### China: Bird flu in humans

Human cases of bird flu continue to be reported. Some have resulted in severe illness and death. Cases have been recorded in at least ten provinces including Anhui, Fujian, Guangdong, Guizhou, Hunan, Jiangsu, Jiangxi, Shandong, Shanghai and Zhejiang. A case occurred in Macao, and Hong Kong has reported four imported cases, from mainland China. The majority of people infected had direct contact with birds. Although there are two clusters (in Suzhou, Jiangsu and Hefei, Anhui) where human to human spread cannot be ruled out, there is no indication bird flu is spreading readily between people. The overall risk of infection for the Knights and Dames appears to be low. Prevent infection by paying attention to hygiene and avoiding contact with birds and their environment.

### Vanuatu: Increase in dengue activity

A dengue outbreak continues in Vanuatu. Four out of the six provinces have reported cases, with Shefa being the most affected. Dengue is consistently present in the country. The

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disease 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. The Knights and Dames should take all measures to prevent infection by avoiding mosquitos

### Nicaragua: Yellow fever certification requirement

The Knights and Dames are now required to show proof of vaccination to enter Nicaragua. All travelers from countries designated by the World Health Organization (WHO) as having a risk of yellow fever transmission, with some additions and exceptions, are now required to show proof of yellow fever vaccination to enter Nicaragua. The vaccine must have been administered at least ten days prior to arrival. Previously, officials in Nicaragua did not require travelers to be vaccinated against yellow fever before entry into the country.

### Australia: Increase in mosquito-borne diseases

Locally-acquired cases of dengue fever have been reported in Far North Queensland. Other viruses spread via mosquito bites, such as Ross River and Barmah Forest viruses, are increasing, particularly in parts of New South Wales and Victoria. Symptoms common to these diseases include fever, muscle and joint aches, headache and rash. The Knights and Dames should take all preventive measurements to avoid mosquito bites.

### Tanzania: Cholera outbreaks

There are several cholera outbreaks in the country. Affected districts include Dodoma, Kisaware, Kongwe, Morogoro, Nkasi, Singida, Tarime and Uvinze. Hundreds of fatalities have been reported. Cholera is spread via contaminated food and water. Symptoms include vomiting and profuse, watery diarrhea 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 prior the trip, avoid ice and soups and drink only bottle water.

### Burundi: Cholera outbreak Cibitoke

A cholera outbreak is underway in the province of Cibitoke. 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. The Knights and Dames staying in quality accommodation are at lower risk. Pay strict attention to hygiene and consider vaccination

### United States: Increased influenza activity

Flu activity continues to increase and is widespread, affecting most of the United States. The A(H3N2) strain is responsible for the majority of infections, although A(H1N1) and influenza B strains are also circulating. The current northern hemisphere influenza vaccine covers these strains. All ten regions of the U.S have reported increased activity, and there have been a number of deaths. Flu is a viral illness, causing a sudden fever, cough, headache,

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weakness and muscular pains. Most cases are mild although some can be severe or even fatal. Pregnant women, adults over 65 and young children are at higher risk of severe illness. The Knights and Dames should consider the vaccination and attention to hygiene.

#### Laos: Increased dengue fever activity

An increase in dengue fever has been reported in Laos. Cases have been reported in the capital, Vientiane, as well as in the majority of provinces. Dengue is consistently present in the country. The disease 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 of disease that can lead to fatal complications. The Knights and Dames should prevent infection by avoiding mosquito bites.

#### Sri Lanka: Increased dengue fever

An increase in cases of dengue fever has been reported across the country, with the Western Province being largely affected. Although dengue is persistently present in Sri Lanka, the activity this year is higher than for the same period in 2016. The disease is spread by mosquitoes and is present in both rural and urban or city 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 of disease that can lead to fatal complications. The Knights and Dames should prevent infection by avoiding mosquito bites.

#### Taiwan: Imported human case of bird flu

A man is hospitalised with bird flu A(H7N9). He was infected during travel to Guangdong, mainland China, where the virus is present in poultry. Over 100 of the man's contacts in Taiwan and mainland China are being monitored. Although further cases may occur in close contacts, there is no indication the virus is spreading in the general community. Femeraid air rescue will monitor this case very close.

#### Vietnam: Ongoing Zika transmission

Zika outbreak is ongoing in parts of Vietnam, particularly in Ho Chi Minh city. 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.

#### Saudi Arabia: MERS-CoV

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. Overall the risk to the Knights and Dames is low if

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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, this is especially important if you have underlying health problems.

### [Angola: Cholera outbreak](#)

The cholera outbreak continues to grow. Initially affecting Soyo, Zaire province, cases have now been confirmed in Luanda City as well as in the provinces of Cabinda and Luanda. Cholera is spread via contaminated food and water. Symptoms include vomiting and profuse, watery diarrhea 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. Our Embassy in Luanda is already engaged on containing efforts.

### [Nigeria: Lassa fever outbreak](#)

There has been an increase in Lassa fever cases. At least seven states have recorded infections, including several fatalities. Authorities are responding to prevent further spread. 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. Risk to the Knights and Dames is low. Prevent infection through observing strict hygiene and avoiding contact with sick people.

### [Zambia: Anthrax outbreak reported in Western province](#)

There is an outbreak of anthrax among cattle in Kalabo, Western Zambia and the consumption of contaminated meat has infected a number of people. Cases have been reported from the districts of Limulunga, Nalolo, Kalabo, Shangombo and Sioma. In response, authorities are implementing quarantine measures to stop the spread and urging locals not to eat the meat or to touch any animals that die suddenly. Anthrax is a potentially fatal bacterial disease that spreads to people through contact with infected animals or their products. Symptoms depend on the type of anthrax infection and include ulcers, fever, swollen lymph nodes, breathing difficulty and gastrointestinal symptoms. Anthrax is treated with antibiotics. The risk of infection is limited to those Knights and Dames who are in the affected area and are in contact with animals or their products or environment.

### [Dominican Republic: Leptospirosis outbreak](#)

An increase in cases of leptospirosis continues to be reported in 2017, especially in the north. Leptospirosis is always present in the Dominican Republic but the country experiences surges after storms and during the rainy season. The bacterial disease is mainly spread through contaminated water entering the body through the skin or mucous membranes (eyes, nose, or mouth). Symptoms are often mild and flu-like, but the infection can be severe. Untreated, it can cause organ failure which can be fatal. Antibiotics are used to treat the disease. The Knights and Dames should prevent through avoiding exposure and paying attention to hygiene.

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### [Panama: Yellow fever vaccination requirement](#)

The Knights and dames entering Panama from Brazil are now required to show proof of vaccination. The vaccine must have been administered at least ten days prior to arrival. Yellow fever risk is present in some areas of Panama, and vaccination is recommended for people who will visit those areas. In addition, proof of vaccination is required for onward travel from Panama to some other countries.

### [Philippines: Zika virus](#)

Locally-acquired cases of Zika infection continue to be detected in parts of Philippines, including in the National Capital Region (Manila). Zika is transmitted primarily through mosquito bites. While less common, sexual transmission occurs. Although symptoms are usually mild and self-limited, severe and irreversible birth defects may occur in the babies of women infected when pregnant. Pregnant Dames are advised to discuss their risks with their doctor and consider delaying travel to Zika-affected areas. Those Knights and Dames who are in affected areas should protect themselves against mosquito bites and sexual transmission. After travel to the affected areas, ongoing precautions against sexual transmission are recommended for at least 8 weeks.

### [Romania: Measles outbreak](#)

An outbreak of measles is underway and cases continue to be reported. Several fatalities have occurred. Most people with the disease had not been vaccinated and authorities have ramped up vaccination campaigns to prevent further spread of the disease. At least 36 counties have recorded cases, while Arad, Caras Severin, Timis and Mures region are the worst affected. Measles is caused by a highly contagious virus that spreads from person-to-person via infectious droplets. The Knights and Dames should consider vaccination

### [Liberia: Lassa fever outbreak](#)

Cases of Lassa fever, including at least two deaths, have been reported in the counties of Bong, Lofa and Nimba. Lassa fever is a viral hemorrhagic illness which is consistently present in Liberia. Transmission to humans mostly occurs through ingestion or inhalation of excretions from infected rodents, especially rats. Transmission can also occur through direct contact with the body fluids of an infected person. The disease is treated with antiviral medication. The risk to the Knights and Dames is low.

### [Canada: Rise in gastrointestinal illnesses linked to oysters](#)

An increase in gastrointestinal illnesses, related to consumption of oysters, has been reported from Alberta, British Columbia and Ontario. Many people have fallen ill after eating raw or improperly cooked oysters in homes and restaurants. Cases are anticipated to increase further. Gastrointestinal infections usually cause nausea, vomiting, diarrhea and cramps in stomach. Although self-limiting, these infections may occasionally cause severe illness. To prevent gastrointestinal infections, practice hygiene and select safe food and water.

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### [Angola: Local Zika transmission](#)

Cases of locally-acquired Zika infection have been reported in Angola. Zika is transmitted primarily through mosquito bites however sexual transmission also occurs. Although symptoms of Zika are usually mild and self-limited, severe and irreversible birth defects may occur in the babies of women infected when pregnant. Pregnant Dames are advised to consider postponing travel to any area where Zika virus transmission is ongoing and to discuss their risks with their doctor. 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 at least for 8 weeks.

### [Chad: Hepatitis E outbreak in Salamat](#)

An outbreak of hepatitis E continues in the Salamat Region. There have been hundreds of suspected cases, with several fatalities. Hepatitis E is spread by contaminated food and water. Symptoms include yellow discoloration of the skin (jaundice), loss of appetite, nausea, vomiting and fever. Hepatitis E is usually a mild disease but complicated cases can be fatal. The Knights and Dames should be aware of the food and avoid ice and soups, drink only bottle water.

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

A risk of locally-acquired Zika infection remains in Miami-Dade County, Florida and the County of Cameron in the State of Texas. The CDC has designated Miami-Dade County and Brownsville, Texas, as cautionary “yellow areas” due to the intensity of Zika transmission being unknown and thus a risk to pregnant women. Zika is transmitted primarily through mosquito bites. Sexual transmission can occur. Although symptoms are usually mild, severe and irreversible birth defects may occur in the babies of women infected when pregnant. Pregnant Dames are advised to discuss their risks with their doctor and consider delaying travel to Zika-affected areas. Those Knights and dames who are in affected areas should protect themselves against mosquito bites and sexual transmission. After travel to the affected areas, ongoing precautions against sexual transmission are recommended at least 8 weeks after the arrival from endemic area .

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