



Femeraid Air Rescue International – weekly medical alert 44



FEMERAID AIR RESCUE INTERNATIONAL

Weekly Medical Alert

**7 – 14 OF NOVEMBER
WEEK 45 - 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
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Americas - [US Virgin Islands \(US\): Conjunctivitis outbreak](#)

An outbreak of conjunctivitis has been reported in St Thomas. Health officials have confirmed it as Epidemic Keratoconjunctivitis (EKC), a highly contagious infection of the eye (more severe than pink eye) often caused by adenoviruses. The infection is transmitted directly from an infected person, or by touching a contaminated object (including your hands) to your eyes. For more details please read below.

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

An outbreak of hepatitis E has been reported in the Salamat Region. There have been several fatalities. Hepatitis E is spread by contaminated food and water. Hepatitis E is usually a mild disease but complicated cases can be fatal. For more details please read below

Asia & the Pacific - [Myanmar: Zika virus transmission](#)

The first case of Zika virus infection has been reported in Yangon, Myanmar. 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. For more details please read below

India: [Leptospirosis outbreak](#)

Cases of leptospirosis have been reported in states of Maharashtra and Karnataka. Most of the cases have been recorded in Mumbai, Maharashtra. Udipi region in Karnataka state has also recorded a few fatalities. Leptospirosis is always present in India. The bacterial disease is mainly spread through contaminated water entering the body through the skin or mucous membranes (eyes, nose, or mouth). For more details please read below

Europe & CIS - [Romania: Measles outbreak](#)

An increase in measles activity has been reported in the country. Cases have been detected in at least 30 of its 41 counties, mostly among unvaccinated people. Arad, Bristrita and Mures regions are the worst affected. Measles is caused by a highly contagious virus that spreads from person-to-person via infected droplets. For more details please read below

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

A cholera outbreak is underway. Suspected cases have been reported from at least 10 governorates, the worst affected being Al Bayda, Al Hudaydah, Aden, Lahj, Sana'a and Taiz. Cholera is consistently present in the country and is spread via contaminated food and water. For more details please read below

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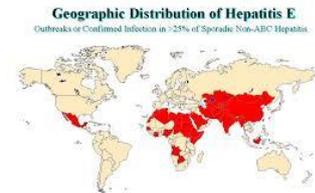
More details

Africa - Chad: Hepatitis E outbreak in Salamat

Level: Notice

Location: Chad - Chad;

Category: Hepatitis E



An outbreak of hepatitis E has been reported in the Salamat Region. There have been several fatalities. Hepatitis E is spread by contaminated food and water.

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

Advice Do the following:

- Maintain a high level of personal hygiene; wash hands frequently with soap and water.
- **Drink only bottled or treated water or hot beverages.**
- Select safe food. Meals should be thoroughly cooked and served hot. **Avoid under-cooked or raw meat, fish or shellfish.** Eat only fruit that you peel yourself.

What is Hepatitis E ?

Is a liver disease caused by the hepatitis E virus (HEV), The virus is shed in the stools of infected persons, and enters the human body through the intestine. It is transmitted mainly through contaminated drinking water. Usually the infection is self-limiting and resolves within 2–6 weeks. Occasionally a serious disease, known as fulminant hepatitis (acute liver failure) develops, and a proportion of people with this disease can die.

Asia & the Pacific - Myanmar: Zika virus transmission

Level: Advisory

Location: Myanmar;

Category: Zika virus



The first case of Zika virus infection has been reported in Yangon, Myanmar. 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.

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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. 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

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

- 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 tour Knights and Dames** - 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 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.

More details

A 32-year-old pregnant woman, who is a foreign national living in Yangon, has tested positive for the Zika virus. Authorities have stepped up surveillance and control measures to prevent further spread. Zika may have been present in mosquitoes in Myanmar for some time. Many people who live in Myanmar could be immune. Travellers, who have no

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immunity, are at a greater risk of acquiring infection however, the level of risk in Myanmar is still not known.

In September, the [United States CDC](#) advised special travel considerations be taken by travellers to Myanmar and ten other Southeast Asian countries due to unknown Zika risk. This included advising pregnant women to consider postponing non-essential travel to these destinations.

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 and 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.

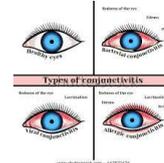
There is no specific treatment available, and no vaccine to prevent the disease.

Americas - US Virgin Islands (US): Conjunctivitis outbreak

Level: Notice

Location: Saint Thomas - US Virgin Islands (US)

Category: Adenoviruses, Conjunctivitis



An outbreak of conjunctivitis has been reported in St Thomas. Health officials have confirmed it as Epidemic Keratoconjunctivitis (EKC), a highly contagious infection of the eye (more severe than pink eye) often caused by adenoviruses.

The infection is transmitted directly from an infected person, or by touching a contaminated object (including your hands) to your eyes.

Viral infections of the eye usually resolve on their own without treatment. Symptoms include pain, redness and swelling of the eye with a watery discharge. In some cases, sensitivity to light and blurred vision can occur.

Follow strict hygiene measures, avoid touching your eyes and disinfect surfaces often to prevent infection.

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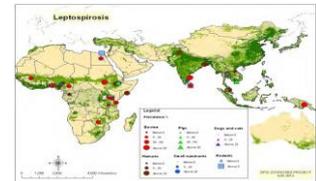
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**Advice** Do the following:

- Pay attention to hygiene. Wash your hands thoroughly and frequently.
- Do not touch your eyes.
- Do not share personal hygiene or grooming items such as washcloths or make-up.
- Disinfect surfaces often and avoid contact with sick people.

What is Conjunctivitis?

Epidemic keratoconjunctivitis (EKC) is a viral conjunctivitis caused by a group of adenoviruses. EKC is a self-limiting disease. It tends to resolve spontaneously within 1-3 weeks without significant complications. In 20-50% of cases, corneal opacities can persist for a few weeks to months (rarely up to 2)

Asia & the Pacific - India: Leptospirosis outbreak**Level:** Notice**Location:** Mumbai, Maharashtra, India, Karnataka**Category:** Leptospirosis

Cases of leptospirosis have been reported in states of Maharashtra and Karnataka. Most of the cases have been recorded in Mumbai, Maharashtra. Udupi region in Karnataka state has also recorded a **few fatalities**. Leptospirosis is always present in India. The 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.

Advice Do the following:

- Wash your hands with soap regularly and wash any skin cuts/abrasions thoroughly.
- Avoid contact with standing water, or floodwater, which could be contaminated.

If contact is unavoidable:

- wear protective clothing such as thigh-high waterproof boots and cover all cuts. Wash thoroughly afterwards.
- Speak to your doctor about using the antibiotic doxycycline to prevent infection.

What is **Leptospirosis** ?

Its bacterial disease is mainly spread through contaminated water entering the body through the skin or mucous membranes (eyes, nose, or mouth).

Up to 13 different genetic types of *Leptospira* may cause disease in humans. It is transmitted by both wild and domestic animals. The most common animals that spread the disease are rodents. It is often transmitted by animal urine or by water or soil containing animal urine coming into contact with breaks in the skin, eyes, mouth, or nose

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Europe & CIS - Romania: Measles outbreak

Level: Notice

Location: Romania;

Category: Measles



An increase in measles activity has been reported in the country. Cases have been detected in at least 30 of its 41 counties, mostly among unvaccinated people. Arad, Bristrita and Mures regions are the worst affected.. Outbreaks occur frequently in undervaccinated populations.

Common symptoms include fever, cough and a characteristic rash, often with white spots in the mouth. The illness can result in **serious complications**, particularly when **very young children, the elderly or pregnant women** are infected. Measles can be prevented by vaccination.

Advice Do the following:

- Ensure you are **immune to measles** before travelling. People are immune if they've had the disease before or if they've had two doses of measles vaccine.
- Keep young children and other people who are not immune to measles away from outbreak areas.
- If you are unsure about your immunity and may have been exposed, or if you develop symptoms, Call your doctor before visiting in person, so staff can protect themselves and other patients from this very contagious virus.

What is measles?

Measles is caused by a highly contagious virus that spreads from person-to-person via infected droplets. Measles is an airborne disease which spreads easily through the coughs and sneezes of those infected. It may also be spread through contact with saliva or nasal secretions

symptoms typically include fever, often greater than 40 °C (104.0 °F), cough, runny nose, and inflamed eyes. Complications occur in about 30% and may include diarrhea, blindness, inflammation of the brain, and pneumonia among others

Mid East & N Africa - Yemen: Cholera

Level: Notice

Location: Sana'a - Yemen;

Category: Cholera



A cholera outbreak is underway. Suspected cases have been reported from at least 10 governorates, the worst affected being Al Bayda, Al Hudaydah, Aden, Lahj, Sana'a and Taiz. Cholera is consistently present in the country and is spread via contaminated food and

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water. Symptoms include vomiting and profuse, watery diarrhoea which can lead to severe dehydration.

Travellers staying in quality accommodation are at low risk. Pay strict attention to hygiene and consider vaccination..

Advice Do the following:

- If available, vaccination is recommended for travellers and **Femeraid 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.
- Get medical advice / treatment if you develop severe diarrhoea and/or vomiting.

Consider: Carrying water purification supplies with you.



FEMERAID AIR RESCUE TEAM INTERNATIONAL UNIT

Our Femeraid Air rescue Team 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 recommendation , we will take in consideration the CDC and WHO recommendations as well



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