



Femeraid Air Rescue International – Weekly Medical Alert 47



FEMERAID AIR RESCUE INTERNATIONAL

# Weekly Medical Alert

**22 – 28 OF NOVEMBER  
WEEK 47 - 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 .*

---

**Medical Alerts this week :24      New alerts:7      Updated alerts: 17**  
**Continents – Pacific/ Asia/ Middle East/ Africa/ Americas/ Europe**  
**Countries-17** USA/New zealand /Saudi Arabia /Fiji / Philippines /Sudan /South Sudan/St Vincent /India /Mali /Niger /Pakistan/ Solomon /Myanmar/Romania/Congo /Ghana  
**Red Flags** (Imminent risks)-  (2)  
**Yellow Flags** (Actions should be taken) -  (20)  
**Green Flags** (Be aware of ) -  (2)

## Femeraid Air Rescue International

**Emergency number**  
244 921548797

Malta / Angola  
La valleta / Luanda

[www.femeraid.net](http://www.femeraid.net)  
[Nuno.cosmelli@rescueteam.com](mailto:Nuno.cosmelli@rescueteam.com)



### Asia & the Pacific [New Zealand: Earthquake Health Implications](#)

An earthquake of magnitude 7.8 has struck the south island of New Zealand, causing significant damage to some infrastructure and disruption of some services. Details of damage, disruption and casualties are still emerging. Remain alert and follow the advice of the local authorities, including in and around coastal areas.

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

Cases of Middle East Respiratory syndrome (MERS-CoV) continue to be reported across Saudi Arabia. In November, cases have been recorded in Bahrah, Buraidah, Kharj, Najran and Tabuk.

### Americas [Americas: Chikungunya](#)

Cases of chikungunya have been reported. Chikungunya is spread via mosquito bites. Some groups are at a higher risk of severe illness, including newborn babies, older adults, and people with underlying health issues (such as diabetes, heart disease, weakened immune system).

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

Local transmission of the Zika virus continues to be reported in Miami-Dade County. Authorities advise that active 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.

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

Cases of cryptosporidiosis continue in central Ohio. Affected counties are Columbus, Franklin and Delaware. The outbreak is not linked to a single location, many of those infected visited a number of recreational water facilities in the affected areas.

### [United States: Mumps in Arkansas](#)

An increase in mumps cases has been reported in Arkansas involving Benton, Madison, Pulaski and Washington counties. It has affected a number of workplaces and schools. It is highly contagious and nearly all cases occur among unvaccinated people.

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

Cases of chikungunya have been reported.

## Femeraid Air Rescue International

**Emergency number**  
244 921548797

Malta / Angola  
La valleta / Luanda

[www.femeraid.net](http://www.femeraid.net)  
[Nuno.cosmelli@rescueteam.com](mailto:Nuno.cosmelli@rescueteam.com)



### **Palau: Zika virus transmission**

Locally transmitted Zika virus has been reported in Palau. Zika may be established in the local mosquito population however, the extent and intensity of spread is uncertain

### **Philippines: Chikungunya**

An outbreak of chikungunya is underway in Indang, Cavite and Maasin, Southern Leyte.

### **Mid East & N Africa South Sudan: Cholera outbreak**

An outbreak of cholera is ongoing in Juba. Cases have been also reported from Fangak, Kajo-Keji, Mingkaman and Nimule indicating spread of the disease to newer areas. Other regions remain at risk of sporadic outbreaks as the disease is consistently present in the country.

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

A suspected cholera outbreak is underway in Blue Nile State. Other regions remain at risk of sporadic outbreaks as the disease is consistently present in the country.

### **Americas St Vincent and the Grenadines: Hand, foot and mouth disease**

An increase in hand, foot and mouth disease (HFMD) has been reported. The majority of those infected are children.

### **Asia & the Pacific India: Poor air quality in the National Capital Region**

Air quality across Delhi and the National Capital Region (NCR) has worsened significantly in recent days and reached a new nadir with the PM 2.5 and PM 10 readings at hazardous levels. Since the beginning of October, the Air Quality Index (AQI) has been deteriorating, occasionally reaching "Severe" levels in certain areas.

### **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, Unity State and Western Bieh. Other regions remain at risk of sporadic outbreaks as the disease is consistently present in the country.

### **Africa Africa: Outbreak of Rift Valley Fever**

An outbreak of Rift Valley Fever (RVF) which began in August, continues along the Mali-Niger border. Cases continue to be reported from several districts, although the most affected area is Tchintabaraden district in Tahoua region of Niger, located alongside Mali's Menaka region. The majority affected are nomadic populations.

## **Femeraid Air Rescue International**

**Emergency number**  
244 921548797

Malta / Angola  
La valleta / Luanda

[www.femeraid.net](http://www.femeraid.net)  
[Nuno.cosmelli@rescueteam.com](mailto:Nuno.cosmelli@rescueteam.com)



### **Niger: Malaria outbreak**

There is a resurgence of malaria this year across the country. The activity is higher than that seen in last three years. Malaria is endemic or consistently present in all parts of Niger.

### **Asia & the Pacific Pakistan: Smog in Punjab province**

Smog has affected several areas of eastern Pakistan. The province of Punjab is worst hit. People in Lahore have complained of breathing difficulties, allergies and eye irritation. Poor visibility has led to road-traffic accidents. Health officials have urged the public to stay indoors and use masks while outdoors. The current situation is likely to improve in a couple of days.

### **Solomon Islands: Rise in dengue activity**

A dengue fever outbreak continues. Guadalcanal province, including the capital Honiara, is significantly affected however, Choiseul, Malaita, Isabel and Western provinces have also recorded cases. Dengue is persistently present throughout the country.

### **Asia & the Pacific Myanmar: Japanese encephalitis**

The Ayeyarwady Region continues to record cases of Japanese encephalitis (JE), particularly in rural areas. Several fatalities have occurred.

### **Europe & CIS Romania: Measles outbreak**

An outbreak of measles continues, with hundreds of cases mostly in people who had not been vaccinated. At least 30 counties have recorded cases, while Arad, Bristrita and Mures regions are the worst affected. Several fatalities have occurred.

### **Africa Congo: Cholera outbreak in Mbamou Island, Brazzaville**

A cholera outbreak has been reported on Mbamou Island, Brazzaville. There have been some fatalities. Cholera is consistently present in the Republic of Congo

### **Ghana: Cholera outbreak Central Region**

A cholera outbreak continues in the Central Region. The Cape Coast Municipal is recording the majority of cases. Other affected districts include Abura-Asebu-Kwamankese, Asikuma-Odoben-Brakwa, Komenda Edina Abrem (KEEA), Mfantsiman Municipality and Twifo Hermang. Cholera is consistently present in Ghana.

## **Femeraid Air Rescue International**

**Emergency number**  
244 921548797

Malta / Angola  
La valleta / Luanda

[www.femeraid.net](http://www.femeraid.net)  
[Nuno.cosmelli@rescueteam.com](mailto:Nuno.cosmelli@rescueteam.com)



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

Mosquito-borne illnesses continue to be reported from many states including Delhi and the National Capital Region (NCR). These mainly comprise 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.

### [India: Japanese encephalitis in some states](#)

An outbreak of Japanese encephalitis (JE) continues. Malkangiri district in Odisha is largely affected and has suffered a number of fatalities. Puri has also reported some activity.



## Femeraid Air Rescue International

**Emergency number**  
244 921548797

Malta / Angola  
La valleta / Luanda

[www.femeraid.net](http://www.femeraid.net)  
[Nuno.cosmelli@rescueteam.com](mailto:Nuno.cosmelli@rescueteam.com)



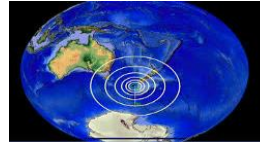
## Medical Alerts - More in detail

### Asia & the Pacific New Zealand: Earthquake Health Implications

**Level:** Green Flag

**Location:** New Zealand;

**Category:** Earthquake, Tsunami



An earthquake of magnitude 7.8 has struck the south island of New Zealand, causing significant damage to some infrastructure and disruption of some services. Details of damage, disruption and casualties are still emerging. Remain alert and follow the advice of the local authorities, including in and around coastal areas.

#### Advice for our Knights and Dames

intending to conduct travel to earthquake-affected areas should contact the assistance centre for a pre-travel briefing covering safety preparations and the support required to ensure the trip is feasible.

If in the affected area:

- Monitor developments and heed all warnings. Follow all directives issued by the local authorities and emergency services including [New Zealand Civil Defence](#).
- Conserve water, and drink only boiled or bottled water, or canned or carbonated beverages where water supply may be contaminated.
- Avoid contact with contaminated water / sewer spills.
- Practice good hygiene. Wash your hands with soap and safe water, or use a hand sanitizer. This is especially important before preparing food or eating.
- Clean skin cuts and abrasions thoroughly. Treat skin infections early.

#### **More detail**

Several casualties have been reported. There is disruption to transport, power and water supplies. Residents of some areas are being asked to conserve water supplies, and for other areas there is a boil water notice in place. Strong and unpredictable currents may continue to affect coastal areas. For details, see the Ministry of Civil Defence & Emergency Management [twitter account](#) and [website](#). Kaikora city is still isolated

#### Health Implications

There is an immediate danger to people in the areas from aftershocks and interruptions to essential services. There may potentially be temporary shortages of safe food and water and medical supplies. Transportation issues may delay the appropriate treatment of injuries and illnesses. There is an increased risk of diarrheal illness from contaminated food and water, and food that has spoiled due to lack of refrigeration.

---

## Fameraid Air Rescue International

**Emergency number**  
244 921548797

Malta / Angola  
La valleta / Luanda

[www.fameraid.net](http://www.fameraid.net)  
[Nuno.cosmelli@rescueteam.com](mailto:Nuno.cosmelli@rescueteam.com)

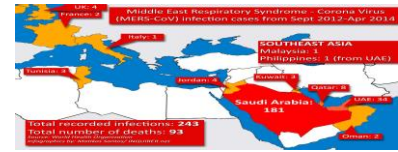


## Mid East & N Africa - Saudi Arabia: MERS-CoV

**Level:** Yellow Flag

**Location:** Saudi Arabia;

**Category:** Coronavirus



Cases of Middle East Respiratory syndrome (MERS-CoV) continue to be reported across Saudi Arabia. In November, cases have been recorded in Bahrah, Buraidah, Kharj, Najran and Tabuk. Overall the risk to our 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.

### Advice for our Knights and Dames

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

- 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 femeraid air rescue 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. You may also be required to disclose information about your medical and travel history when visiting other countries.

### **More detail**

In November, cases have been reported from the cities of Bahrah, Buraidah, Kharj, Najran and Tabuk 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.

In October, there was an outbreak at a hospital in Hofouf city where four people were infected. An additional case outside of the hospital outbreak was also detected, this individual was a household contact of the hospital index case. Earlier in June, another outbreak at a hospital occurred in Riyadh which left at least 27 people infected.

## Fameraid Air Rescue International

**Emergency number**  
244 921548797

Malta / Angola  
La valleta / Luanda

[www.femeraid.net](http://www.femeraid.net)  
[Nuno.cosmelli@rescueteam.com](mailto:Nuno.cosmelli@rescueteam.com)





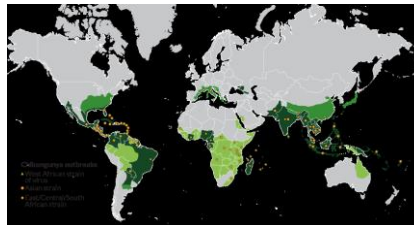
### What is MERS-CoV?

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.

### Americas - Americas: Chikungunya

**Level:** Yellow Flag



**Location:** Anguilla (UK); Antigua - Antigua and Barbuda; Argentina; Aruba (Netherlands); Bahamas; Belize; Bolivia; Brazil; British Virgin Islands (UK); Cayman Islands (UK); Colombia; Costa Rica; Dominican Republic; Ecuador; El Salvador; French Guiana (France); Guatemala; Haiti; Honduras; Jamaica; Mexico; Montserrat (UK); Nicaragua; Panama; Paraguay; Peru; Puerto Rico (US); St Kitts - St Kitts and Nevis; St Lucia; St Martin (France); St Vincent and the Grenadines; St Maarten (Netherlands); Suriname; Trinidad and Tobago; Turks and Caicos Islands; Venezuela;

**Category:** Chikungunya

Cases of chikungunya have been reported. Chikungunya is spread via mosquito bites. Some groups are at a higher risk of severe illness, including newborn babies, older adults, and people with underlying health issues (such as diabetes, heart disease, weakened immune system). Prevent infection by avoiding mosquito bites.

### Advice for our Knights and Dames :

- Anyone who is at higher risk of severe illness should discuss their itinerary with their doctor for individual advice.
- 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.

## Femeraid Air Rescue International

**Emergency number**  
244 921548797

Malta / Angola  
La valleta / Luanda

[www.femeraid.net](http://www.femeraid.net)  
[Nuno.cosmelli@rescueteam.com](mailto:Nuno.cosmelli@rescueteam.com)





### United States: Locally acquired Zika in Florida

**Level:** Yellow Flag

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

**Category:** Zika virus



Local transmission of the Zika virus continues to be reported in Miami-Dade County. Authorities advise that active 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 for our Knights and Dames

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.

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 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.
- 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.

## Femeraid Air Rescue International

**Emergency number**  
244 921548797

Malta / Angola  
La valleta / Luanda

[www.femeraid.net](http://www.femeraid.net)  
[Nuno.cosmelli@rescueteam.com](mailto:Nuno.cosmelli@rescueteam.com)



After Travel All Knights and Dames should:

- 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.**

#### More detail

The Florida Department of Health has announced another area of Miami-Dade county with locally occurring transmission, 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, in addition to the Miami Beach 4.5 square-mile area from 8th to 63rd Streets. The Wynwood area was declared no longer active on 19 September. The United States CDC has depicted active Zika transmission as a red area. A “Zika cautionary area” is depicted in yellow and represents the rest of Miami-Dade County. The CDC advises pregnant women, women trying to conceive and their partners, to avoid travel to all of Miami-Dade County.

Since the end of July, over 200 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. 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.

---

## Fameraid Air Rescue International

**Emergency number**  
244 921548797

Malta / Angola  
La valleta / Luanda

[www.fameraid.net](http://www.fameraid.net)  
[Nuno.cosmelli@rescueteam.com](mailto:Nuno.cosmelli@rescueteam.com)



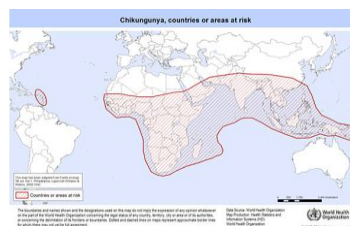
## Femeraid Air Rescue International – Weekly Medical Alert 47

### Asia & the Pacific - Fiji: Chikungunya

**Level:** Yellow Flag

**Location:** Fiji;

**Category:** Chikungunya



Cases of chikungunya have been reported. Chikungunya is spread via mosquito bites. Some groups are at a higher risk of severe illness, including newborn babies, older adults, and people with underlying health issues (such as diabetes, heart disease, weakened immune system). Prevent infection by avoiding mosquito bites.

#### **Advice for our Knights and Dames:**

- Anyone who is at higher risk of severe illness should discuss their itinerary with their doctor for individual advice.
- 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.

---

### Palau: Zika virus transmission

**Level:** Yellow Flag

**Location:** Palau;

**Category:** Zika virus

Locally transmitted Zika virus has been reported in Palau. 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.

#### **Advice for our Knights and Dames**

Please see above

#### **More detail**

The first locally-acquired case of Zika on the island has been reported. Public Health England advises that Palau is now considered a high risk location for Zika infection.

#### **Assessment**

The situation is continuing to evolve. The transmission intensity is uncertain. An increase in cases is likely as screening and testing is increased. Further cases may be sporadic in nature, however an outbreak with high case numbers and rapid growth might occur.

---

## Femeraid Air Rescue International

**Emergency number**  
244 921548797

Malta / Angola  
La valleta / Luanda

[www.femeraid.net](http://www.femeraid.net)  
[Nuno.cosmelli@rescueteam.com](mailto:Nuno.cosmelli@rescueteam.com)



### Philippines: Chikungunya

**Level:** Yellow Flag

**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. Some groups are at a higher risk of severe illness such as newborn babies, older adults, and people with underlying health issues (such as diabetes, heart disease, weakened immune system). Prevent infection by avoiding mosquito bites.

#### Advice for our Knights and Dames

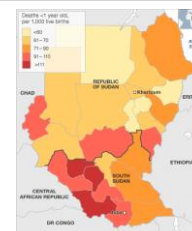
Please see above

### Mid East & N Africa - South Sudan: Cholera outbreak

**Level:** Yellow Flag

**Location:** South Sudan;

**Category:** Cholera



An outbreak of cholera is ongoing in Juba. Cases have been also reported from Fangak, Kajo-Keji, Mingkaman and Nimule indicating spread of the disease to newer areas. 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. Travellers staying in quality accommodation are at lower risk. Pay strict attention to hygiene and consider vaccination.

#### Advice for our Knights and Dames

- 
- 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.

Please Consider:

- Vaccination, if travelling to an outbreak area.
- Carrying water purification supplies with you.

## Fameraid Air Rescue International

**Emergency number**  
244 921548797

Malta / Angola  
La valleta / Luanda

[www.fameraid.net](http://www.fameraid.net)  
[Nuno.cosmelli@rescueteam.com](mailto:Nuno.cosmelli@rescueteam.com)



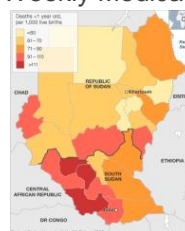
## Fameraid Air Rescue International – Weekly Medical Alert 47

### Sudan: Suspected cholera outbreak

**Level:** Yellow Flag

**Location:** Blue Nile, Sudan - Sudan;

**Category:** Cholera



A suspected cholera outbreak is underway in Blue Nile State. 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.

### Advice for our Knights and Dames

Please see above

### Americas - St Vincent and the Grenadines: Hand, foot and mouth disease

**Level:** Yellow Flag

**Location:** St Vincent and the Grenadines;

**Category:** Hand Foot and Mouth Disease



An increase in hand, foot and mouth disease (HFMD) has been reported. The majority of those infected are children. Symptoms are usually mild and include a fever, ulcers in the mouth and a rash on the hands and feet that may blister. The illness spreads from person-to-person and occasionally it can be severe. There is no vaccine. Prevent infection by observing general hygiene.

### Advice for our Knights and Dames

- 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 someone has HFMD symptoms, they should:

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

## Fameraid Air Rescue International

**Emergency number**  
244 921548797

Malta / Angola  
La valleta / Luanda

[www.fameraid.net](http://www.fameraid.net)  
[Nuno.cosmelli@rescueteam.com](mailto:Nuno.cosmelli@rescueteam.com)

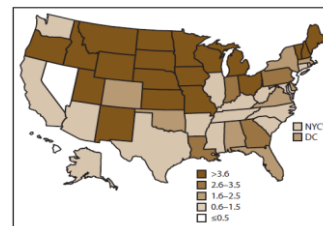


## United States: Cryptosporidiosis in central Ohio

**Level:** Yellow Flag

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

**Category:** Cryptosporidiosis



Cases of cryptosporidiosis continue in central Ohio. Affected counties are Columbus, Franklin and Delaware. 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 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. Practicing good hygiene helps in preventing the infection. Authorities are also advising visitors to pools and water parks to avoid swallowing the water.

### Advice for our Knights and Dames

- 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:

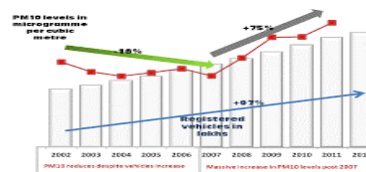
- Wash hands frequently using soap and water.
- Select safe food and water

## Asia & the Pacific - India: Poor air quality in the National Capital Region

**Level:** Yellow Flag

**Location:** Delhi and NCR - India;

**Category:** Air Pollution



Air quality across Delhi and the National Capital Region (NCR) has worsened significantly in recent days and reached a new nadir with the PM 2.5 and PM 10 readings at hazardous levels. Since the beginning of October, the Air Quality Index (AQI) has been deteriorating, occasionally reaching "Severe" levels in certain areas. 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. Be aware of the pollution levels and accordingly avoid or reduce exposure and physical activity outdoors.

## Femeraid Air Rescue International

**Emergency number**  
244 921548797

Malta / Angola  
La valleta / Luanda

[www.femeraid.net](http://www.femeraid.net)  
[Nuno.cosmelli@rescueteam.com](mailto:Nuno.cosmelli@rescueteam.com)





### **Advice for our Knights and Dames**

Monitor real time updates, on [SAFAR](#) and the [Embassy of the United States in New Delhi](#) and the corresponding [Air Quality Index Health Advisory](#).

At times when air pollution is in or above the "Poor" range, do the following:

- avoid or 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

Consider:

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

### **More detail**

On 5-6 November, the NCR which includes Delhi and surrounding cities recorded very high levels of particulate pollution. The readings monitored by the Embassy of the United States in New Delhi and the national air quality monitoring system persisted at 'hazardous' and 'severe', respectively. A large number of people suffered respiratory problems and eye irritation. Road traffic accidents due to poor visibility were also reported. As a response, the local governments imposed certain restrictions on construction and demolition, open-burning of waste, coal-fired power plants and use of diesel generators. Schools were also shut temporarily. Traffic restrictions may also be imposed.

The region has been experiencing poor air quality since the beginning of October. Air quality readings have been ranging from "Poor" to "Very Poor" levels, and deteriorating to "Severe" levels periodically. The AQI has dipped further after Diwali festival which was celebrated on 30 October.

Every year, the air quality begins to decline in North India around early October due to agricultural burning in neighbouring states such as Punjab, Haryana and Uttar Pradesh. This adds to the existing pollution caused by vehicular and industrial emissions. Extensive use of fireworks during Diwali also hugely impacts air quality every year. The prevailing weather conditions aggravate the situation further by facilitating the accumulation of particulate matter at ground level. Air pollution is likely to persist throughout the winter which typically starts in mid-November and lasts until February.

What are the health concerns of air pollution?

Generally, polluted air causes minor, acute health problems such as eye and nasal irritation and cough. Other symptoms include headache, nausea and vomiting. The chemicals and particles in polluted air can cause breathing passages to become temporarily inflamed, decrease lung capacity and result in wheezing, coughing, shortness of breath and even pain upon deep inhalation. It can also exacerbate chronic heart disease and existing respiratory

## **Femeraid Air Rescue International**

**Emergency number**  
244 921548797

Malta / Angola  
La valleta / Luanda

[www.femeraid.net](http://www.femeraid.net)  
[Nuno.cosmelli@rescueteam.com](mailto:Nuno.cosmelli@rescueteam.com)





conditions, like asthma and emphysema. Certain people, for reasons as yet unknown, are particularly sensitive to ozone even without any underlying risk factors.

Some groups are especially vulnerable to problems caused by polluted air. These include older people, children, and anyone with underlying chronic health problems such as heart disease, emphysema, bronchitis or asthma. Long-term exposure to pollution can result in reduced lung function, particularly in children.

### Assessment

Deterioration in air quality levels is commonly noted in Delhi and parts of its neighboring states between November and February.

### Africa: Outbreak of Rift Valley Fever

**Level:** Yellow Flag

**Location:** Niger; Mali;

**Category:** Rift Valley fever RVF



An outbreak of Rift Valley Fever (RVF) which began in August, continues along the Mali-Niger border. Cases continue to be reported from several districts, although the most affected area is Tchintabaraden district in Tahoua region of Niger, located alongside Mali's Menaka region. The majority affected are nomadic populations. RVF can be transmitted to humans via contact with the blood, organs, or bodily fluids of infected animals. Infection can also occur through the bite of an infected mosquito or other bloodsucking insects. Symptoms of RVF may include a mild flu-like illness. However, in some cases it is severe and can be fatal. Prevention is through avoiding contact with potentially infected animals and their fluids/organs, preventing mosquito and other insect bites, and avoiding unpasteurised dairy products.

### Advice for our Knights and Dames

Avoid contact with potentially infected animals.

- Do not touch their tissues, organs, blood or body fluids.
- Do not drink unpasteurised dairy products.

Prevent insect bites while outdoors, indoors or asleep.

- Wear light-colored clothing that covers most of the body (long sleeves and long pants, socks).
- Use an effective insect repellent, such as one containing DEET, Picaridin, PMD, or IR3535. Reapply after swimming or excessive sweating.
- Check that there is fly-wire on the windows.
- Use "knock-down" insect spray to kill mosquitoes and other insects in your room.
- Use electric insecticide vaporisers if insects can get into your room. Choose air-conditioned accommodation where possible.
- Consider using an insecticide-treated bed net.

## Femeraid Air Rescue International

**Emergency number**  
244 921548797

Malta / Angola  
La valleta / Luanda

[www.femeraid.net](http://www.femeraid.net)  
[Nuno.cosmelli@rescueteam.com](mailto:Nuno.cosmelli@rescueteam.com)

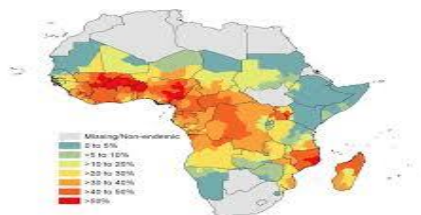


## Niger: Malaria outbreak

**Level:** Yellow Flag

**Location:** Niger;

**Category:** Malaria



There is a resurgence of malaria this year across the country. The activity is higher than that seen in last three years. Malaria is endemic or consistently present in all parts of Niger. The disease is spread through mosquito bites and **can be fatal unless promptly treated**. Symptoms can develop as early as six days or as late as several months after exposure.

Early malaria symptoms may be flu-like, such as head/body aches and malaise. Chemoprophylaxis and mosquito bite avoidance help prevent malaria.

### Advice for our Knights and Dames

Malaria in this country is resistant to the medication chloroquine. Consult your travel health professional about chemoprophylaxis. Consider enhanced bite prevention measures such as insecticide treated clothing and mosquito nets.

Prevent mosquito bites while outdoors:

- Wear clothing that covers most of the body (long sleeves and long pants).
- Use an effective insect repellent, such as one that contains DEET, Picaridin, PMD, or IR3535. Follow the manufacturer's instructions, and reapply after swimming or excessive sweating.

Prevent mosquito bites while you are indoors or asleep:

- Ensure windows are covered with fly-wire.
- Use "knock-down" insect spray to kill mosquitoes in your room.
- Choose air conditioned accommodation if possible.
- If you develop a fever with flu-like symptoms, seek medical attention promptly. Tell your care provider that you have visited an area where malaria may be circulating. **Malaria symptoms can occur months, or even a year, after exposure.**

### More detail

A nationwide spike in malarial activity has been observed in the last few months. Badly affected regions include Tahoua, Diffa, Maradi and Zinder. Although control measures have been stepped up, authorities anticipate the cases might increase further.

Malaria occurs across the country and thousands of cases are reported annually.

### Assessment

The outbreak is anticipated to continue further.

---

## Femeraid Air Rescue International

**Emergency number**  
244 921548797

Malta / Angola  
La valleta / Luanda

[www.femeraid.net](http://www.femeraid.net)  
[Nuno.cosmelli@rescueteam.com](mailto:Nuno.cosmelli@rescueteam.com)



## Asia & the Pacific - Pakistan: Smog in Punjab province

**Level:** Green Flag

**Location:** Punjab - Pakistan;

**Category:** Air Pollution

Smog has affected several areas of eastern Pakistan. The province of Punjab is worst hit. People in Lahore have complained of breathing difficulties, allergies and eye irritation. Poor visibility has led to road-traffic accidents. Health officials have urged the public to stay indoors and use masks while outdoors. The current situation is likely to improve in a couple of days. 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. Be aware of the pollution levels and accordingly avoid or reduce exposure and physical activity outdoors.

**Advice for our Knights and Dames** At times of high air pollution, do the following:

- avoid or minimise time outdoors.
- reduce physical exertion
- keep windows and doors closed
- use air conditioner in 'recirculate' mode
- consult your medical practitioner if you experience symptoms

Consider:

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

---

## Solomon Islands: Rise in dengue activity

**Level:** Yellow Flag

**Location:** Solomon Islands;

**Category:** Dengue fever

A dengue fever outbreak continues. Guadalcanal province, including the capital Honiara, is significantly affected however, Choiseul, 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 for our Knights and Dames**

Please see above

## Fameraid Air Rescue International

**Emergency number**  
244 921548797

Malta / Angola  
La valleta / Luanda

[www.fameraid.net](http://www.fameraid.net)  
[Nuno.cosmelli@rescueteam.com](mailto:Nuno.cosmelli@rescueteam.com)



## Americas - United States: Mumps in Arkansas

**Level:** Yellow Flag

**Location:** Arkansas - United States;

**Category:** Mumps

An increase in mumps cases has been reported in Arkansas involving Benton, Madison, Pulaski and Washington counties. It has affected a number of workplaces and schools. 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, swollen glands, pain on swallowing and in men, the testes can become inflamed. Serious complications can occur. All travellers should ensure they are fully vaccinated against mumps.

### Advice for our Knights and Dames

- Ensure you are immune to mumps before travelling.
- People are immune if they've had the disease before or if they had an adequate series of vaccinations (often given as measles-mumps-rubella, or MMR).
- Check your vaccination records. Mumps vaccine requires two doses, usually given once to a young child and again before entering school.
- If you are unsure about your immunity, talk to your doctor.
- Keep young children and other people who are not immune away from sick people in outbreak areas.

## Asia & the Pacific - Myanmar: Japanese encephalitis

**Level:** RED FLAG

**Location:** Myanmar;

**Category:** Japanese encephalitis

The Ayeyarwady Region continues to record cases of Japanese encephalitis (JE), particularly in rural areas. Several fatalities have occurred. JE is spread by mosquito bites and is consistently present throughout Myanmar. Most people infected do not experience any symptoms however, those who do fall sick have nausea, vomiting, headache and fever. Severe complications (including paralysis, seizures and permanent brain damage) and fatalities can occur. **Prevent mosquito bites and consider vaccination** if you are participating activities that put you at higher risk (such as trekking, camping, spending time outdoors in rural areas).

### Advice for our Knights and Dames:

- Talk to your doctor about Japanese encephalitis vaccination if you plan to visit rural areas, or spend a significant amount of time outdoors in areas outside of cities.
- Prevent mosquito bites.
- When outdoors, wear light-coloured clothing that covers most of your body (long sleeves, long pants, socks).

## Fameraid Air Rescue International

**Emergency number**  
244 921548797

Malta / Angola  
La valleta / Luanda

[www.fameraid.net](http://www.fameraid.net)  
[Nuno.cosmelli@rescueteam.com](mailto:Nuno.cosmelli@rescueteam.com)



### **Solomon Islands: Rise in dengue activity**

**Level:** Yellow Flag

**Location:** Solomon Islands;

**Category:** Dengue fever

Cases of dengue fever continue to be reported in several parts of the country. Guadalcanal province, including the capital Honiara, is significantly affected. Choiseul, Malaita, Isabel and Western provinces have also recorded cases. The disease is persistently present throughout Solomon Islands. Dengue is spread by mosquitoes. Prevent infection by avoiding mosquito bites.

#### **Advice for our Knights and Dames**

*Please see above*

### **Europe & CIS - Romania: Measles outbreak**

**Level:** Yellow Flag

**Location:** Romania;

**Category:** Measles

An outbreak of measles continues, with hundreds of cases mostly in people who had not been vaccinated. At least 30 counties have recorded cases, while Arad, Bristrita and Mures regions are the worst affected. Several fatalities have occurred. Measles is caused by a highly contagious virus that spreads from person-to-person via infectious droplets. **Prevention is through vaccination.**

#### **Advice for our Knights and Dames :**

- 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, seek medical attention. Call before visiting in person, so staff can protect themselves and other patients from this very contagious virus.

## **Femeraid Air Rescue International**

**Emergency number**  
244 921548797

Malta / Angola  
La valleta / Luanda

[www.femeraid.net](http://www.femeraid.net)  
[Nuno.cosmelli@rescueteam.com](mailto:Nuno.cosmelli@rescueteam.com)



### **Africa - Congo: Cholera outbreak in Mbamou Island, Brazzaville**

**Level:** Yellow Flag

**Location:** Congo;

**Category:** Cholera

A cholera outbreak has been reported on Mbamou Island, Brazzaville. There have been some fatalities. Cholera is consistently present in the Republic of Congo and is spread 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 low risk. Be vigilant in choosing safe food and water, pay strict attention to hygiene and consider vaccination.

#### **Advice for our Knights and Dames**

Please see above

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

---

### **Ghana: Cholera outbreak Central Region**

**Level:** Yellow Flag

**Location:** Central Region - Ghana;

**Category:** Cholera

A cholera outbreak continues in the Central Region. The Cape Coast Municipal is recording the majority of cases. Other affected districts include Abura-Asebu-Kwamankese, Asikuma-Odoben-Brakwa, Komenda Edina Abrem (KEEA), Mfantiman Municipality and Twifo Hermang. 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. Travellers 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 for our Knights and Dames:** Please see above

---

### **Asia & the Pacific - India: Increase in mosquito borne diseases**

**Level:** Yellow Flag

**Location:** India;

**Category:** Chikungunya, Dengue fever, Malaria

Mosquito-borne illnesses continue to be reported from many states including Delhi and the National Capital Region (NCR). These mainly comprise 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. 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,

## **Fameraid Air Rescue International**

**Emergency number**  
244 921548797

Malta / Angola  
La valleta / Luanda

[www.fameraid.net](http://www.fameraid.net)  
[Nuno.cosmelli@rescueteam.com](mailto:Nuno.cosmelli@rescueteam.com)



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 for our Knights and Dames:**

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 travellers.

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.
- Consider using an insecticide-treated bed net.
- Choose air conditioned accommodation if possible.
- Seek medical attention if you develop a high fever or a rash.

**More details**

Nationwide, an increased activity of mosquito borne illnesses has been noted. Over 40,000 cases of chikungunya and 80,000 cases of dengue have been reported this year including several fatalities. Compared to 2015, chikungunya has doubled and dengue has affected fewer states severely.

The most affected areas include Delhi, National Capital Region (NCR), Karnataka and Maharashtra. High dengue fever activity has also been recorded in Gujarat, 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. 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.

Chikungunya, dengue and malaria are consistently present in India and outbreaks occur annually.

## Femeraid Air Rescue International

**Emergency number**  
244 921548797

Malta / Angola  
La valleta / Luanda

[www.femeraid.net](http://www.femeraid.net)  
[Nuno.cosmelli@rescueteam.com](mailto:Nuno.cosmelli@rescueteam.com)





### **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. The associated joint pain can last for several months, or even years, and patients may be more susceptible to other diseases.

### **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 haemorrhagic 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

## **Fameraid Air Rescue International**

---

**Emergency number**  
244 921548797

Malta / Angola  
La valleta / Luanda

[www.fameraid.net](http://www.fameraid.net)  
[Nuno.cosmelli@rescueteam.com](mailto:Nuno.cosmelli@rescueteam.com)



Femeraid Air Rescue International – Weekly Medical Alert 47

## FEMERAID AIR RESCUE TEAM INTERNATIONAL UNIT



**Dr . Nuno Cosmelli**

Emergency physician

Flight Doctor

**Position** Director

**24h mobile.** 00 244 921548797

[Nuno.cosmelli@rescueteam.com](mailto:Nuno.cosmelli@rescueteam.com)

Skype nuno.cosmelli



**Dr. Rui Araujo**

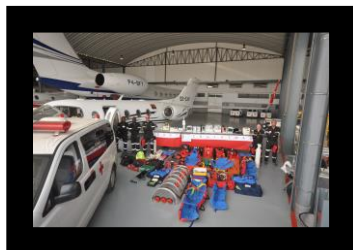
Anaesthesiologist

Flight Doctor

**Position** Vice Director

**24h mobile.** 00 351 917 435 457

[Rui.g.araujo@rescueteam.com](mailto:Rui.g.araujo@rescueteam.com)



**Femeraid Air Rescue  
International**

Malta / Angola

La valleta / Luanda

**N.º de tel.** 244 921548797

[www.femeraid.net](http://www.femeraid.net)



*We are anywhere*

*Everywhere...you may need*

## Femeraid Air Rescue International

**Emergency number**  
244 921548797

Malta / Angola  
La valleta / Luanda

[www.femeraid.net](http://www.femeraid.net)  
[Nuno.cosmelli@rescueteam.com](mailto:Nuno.cosmelli@rescueteam.com)