



Clinton County Health Department
THE WORLD TRAVELER

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Public Health
 Prevent. Promote. Protect.



YELLOW FEVER ALERT

The Ministries of Health in Brazil, Paraguay and Bolivia have issued a yellow fever disease alert to tourists entering these countries. Confirmed cases of the disease, including several reported deaths, have occurred in these countries since the end of 2007. Travelers are strongly encouraged to follow the CDC yellow fever immunization recommendations for each of these countries. Yellow fever vaccine must be given at least 10 days before entering the country, from an authorized yellow fever travel clinic and documented on the yellow International Vaccine Administration card. Because of the increased risk of severe adverse reactions following the vaccination among infants ≤ 9 months of age and travelers over 60 years of age, the CDC recommends consulting your physician to discuss the risks and benefits of the vaccine.

Yellow fever is a viral disease transmitted to humans through the bite of infected mosquito. The illness, which occurs 3 to 6 days after exposure, ranges in severity from a flu-like syndrome to severe hepatitis and hemorrhagic fever. Aside from receiving the vaccine, travelers should also take precautions against exposure to mosquitoes. Stay in air-conditioned or well-screened quarters, wear long sleeved shirts and long pants and try to avoid being outside at dawn and dusk. The use of insect repellents containing DEET or picaridin on exposed skin is highly recommended. Clothing can be soaked in permethrin-containing products for extra protection. Travelers receiving yellow fever vaccine outside the United States should verify the source of the vaccine prior to vaccination.

Yellow Fever vaccine manufactured by Bio-Manguinos in Brazil has been linked to four deaths in Peru. (Lot #17-DD) A different yellow fever vaccine manufactured by Sanofi Pasteur is used in the United States.



MALARIA IN THE DOMINICAN REPUBLIC

The CDC recommends anti-malarial drug therapy for travelers visiting certain areas of the Dominican Republic. The affected areas are the rural provinces bordering Haiti and all areas of the La Altagracia Province which includes all resort areas. Malaria is one of the world's most common diseases and a major cause of death worldwide. **It is preventable!** Chloroquine is the recommended anti-malarial drug for this area. Contact your health care provider or local travel clinic for more information on how to obtain a medication prescription.



WEBSITES



Centers for Disease Control and Prevention (CDC).

National Center for Immunization and Respiratory Diseases (NCIRD).

www.cdc.gov/vaccines

NCIRD provides leadership for the planning, coordination, and implementation of immunization activities nationwide.

Division of Viral Hepatitis

www.cdc.gov/hepatitis

The Division of Viral Hepatitis is part of the CDC. This website provides a substantial amount of information on the prevention of viral hepatitis.

Immunization Action Coalition (IAC)

www.immunize.org and

www.vaccineinformation.org

IAC is a nonprofit organization that promotes immunization for all people against vaccine-preventable diseases. These websites offer educational materials, photos, and video clips for parents, health professional, the media, and the general public.

BEWARE OF NOROVIRUS INFECTION



Noroviruses are among the most common causes of acute non-bacterial gastroenteritis in travelers worldwide. The highly contagious virus spreads quickly thru fecal-oral transmission from contaminated food, water or direct person-to-person contact. An outbreak usually involves large numbers of people and occurs within 24-48 hours after exposure to the virus. The infection is characterized by an acute-onset of nausea, violent vomiting, diarrhea, abdominal pain, low-grade fever or a combination of these symptoms. The illness is self-limiting and a full recovery can be expected in 1-4 days. Medical attention may be required for the very young or elderly due to dehydration.

To minimize the risk of getting this disruptive infection frequent and proper hand washing is a must! Vigorous hand washing with warm water and soap for at least 20 seconds especially after visiting the bathroom, changing diapers and before eating or preparing food can greatly reduce virus transmission. The clean-up of surfaces contaminated by fecal material or vomit should be done with a strong solution of bleach and water. Clothing or bed linens that have been contaminated should be washed immediately using hot water and soap. Confining ill people will help to prevent the spread of the disease. There is no medication available to treat or prevent the spread of the disease. Rest, hydration and supportive care are the most important measures to help with recovery.

Did you know . . .

International Immunizations are now available at Urgicare (518)563-5900
 79 Hammond Lane Plattsburgh, NY 12901

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Tips for Traveler's Diarrhea

Diarrhea is the most common illness of travelers. Approximately 25% - 50% of travelers may develop diarrhea, depending on the region of the world they visit. Diarrhea can last from 4 days to several weeks and affects men and women equally. Traveler's diarrhea is usually contracted by eating contaminated food or water. Most cases are caused by bacterial contamination.

Travelers with compromised immune systems, bowel disorders and people taking stomach acid blockers are more susceptible to the illness.

To Help Prevent Traveler's Diarrhea

- Always wash or sanitize hands after using the toilet and before eating or preparing food.
- Avoid touching your eyes, mouth and nose.
- Eat only freshly cooked food, served piping hot.
- Drink commercially bottled and sealed beverages or liquids made with boiling water (tea or coffee).
- Use ice made only with purified or filtered water or avoid it altogether.
- Avoid raw fruits, vegetables and raw or undercooked meats and seafood.
- Always purify and boil water before use when camping.

If You Develop Traveler's Diarrhea

- Stay hydrated - small frequent sips of clear liquids.
- Avoid alcoholic, caffeinated or sugary drinks.
- Adults – sports drinks like Gatorade or PowerAde are good.
- Children - Pedialyte or Rehydralyte.
- Over-the-counter medications from home may help control diarrhea and cramps.
- Antibiotic prevention for traveler's diarrhea should be discussed with your physician before travel.



Seek medical attention if:

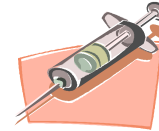
- Adults - you are light-headed or woozy, you have dry cracked lips, you have a fast pulse rate or you just don't feel good.
- Children - listless or abnormally tired, not eating/drinking, not making wet diapers or decreased urination.



Prevent Jet Lag

There is no quick-fix to get over jet lag but here are a few tips that might help.

- Several days before traveling, adjust your sleep schedule to the new time zone destination.
- Avoid alcoholic and caffeinated beverages the day before, during and the day after your flight.
- Drink plenty of water, especially during your flight to prevent dehydration.
- Break up your flight over a few days if possible.
- As soon as you board the plane reset your watch to your new time zone.
- Move around on the plane, exercise and stretch your legs to avoid blood clots.
- Control your sleeping while on-board the plane.
- Limit your sleep to no more than 2 hours immediately after arrival.
- Daylight can help reset your internal "clock". Take a 1 hour walk as soon as you get up in the morning.
- Avoid social isolation.
- Take a few personal items from home for your new environment.
- Request a quiet room away from entrance areas and elevators. Use "white noise" to cut down hotel sounds.
- Check room temperature. Sleep is disrupted if the room is warmer than 75F or cooler than 54F.
- Adjust your eating and sleeping schedules to the new time zone.
- Consult your physician before your trip if you suffer from any illness that may need to be monitored.



New Combination Hepatitis Vaccine

Did you know you can be vaccinated against both

Hepatitis A and Hepatitis B, at the same time in the same shot? Twinrix is the new 3 shot series combination immunization now available to people 18 years and older who are traveling to an affected area, have a chronic liver or kidney disease or work in health care or certain public safety jobs. Both of these diseases can cause permanent damage to your liver and are highly contagious. Hepatitis A and Hepatitis B are diseases that are preventable!! Call your health care provider or local health department for more information.



Phone Numbers

CDC-INFO Contact Center contact (800)CDC-INFO or (800)232-4636/ This operates 24/7 in English & Spanish. TTY: (888)232-6348

Did You Remember



- Your passport, if leaving the country or flying.
- Personal prescription medications - enough for the trip + week in the original containers (a copy of all prescriptions with generic name and a note from the MD on his letterhead stationary for controlled substances and injectable medications/syringes).
- Epi-Pen for anyone with a history of severe allergic reactions.
- Anti-malarial medicine, if applicable.
- Over-the-counter medicines for diarrhea, fever/pain, laxatives, antacids, antihistamines, antibiotic ointments, motion sickness or Sea Bands, bandaids.
- Insect repellent and sunscreen.
- Contact lens supplies, spare prescription glasses & a copy of your glasses prescription.
- Water purification supplies.