

## Reducing Travel Risks

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globulin (RIG) and a course of human diploid cell rabies vaccine (HDCV). If these are not available, rabies antiserum (equine) and Semple vaccine may need to be used.\*

### Footwear

Do not walk barefoot in Third World countries (except on the sand of sea beaches) because of the risk of hookworm and strongyloides. Always wear shoes on coral reefs.

### STDs

Be aware that in many Third World countries, there are STDs even more unpleasant than those found in Australia, eg. granuloma inguinale or LGV. In Africa, AIDS is especially prevalent in urban populations. In the Philippines and Thailand, antibiotic-resistant gonorrhoea is rife, as well as AIDS. Hepatitis B is a high STD risk in all developing countries.

Condoms, correctly used, do provide some protection against AIDS and gonorrhoea, less against non-specific urethritis and syphilis. Abstinence is the only certain protection.

*Clem Boughton, Prince Henry Hospital  
and University of NSW.*

\*The U.S., Australian or British embassies may be able to provide information concerning RIG and HDCV.

1. "Vaccination Certificate Requirements for International Travel", WHO Geneva. Available from Hunter Publications, 58A Gipps Street, Collingwood Vic 3066. Published annually.
2. "Health Information for International Travel". Supplement to *Morbidity and Mortality Weekly Report*, U.S. Department Health, Education and Welfare. Public Health Service Centers for Disease Control, Atlanta, Georgia. Published annually.
3. "Malaria Guidelines for Medical Practitioners". National Health and Medical Research Council (1989) Australian Government Publishing Service.
4. "Health Information for International Travel". Commonwealth Department of Health. Australian Government Publishing Service, Canberra, 1986. Periodically revised.

### FACT SHEETS

Health Public Affairs is developing information sheets on measures that can be taken to reduce health risks to travellers.

They contain information on malaria, AIDS, rabies, hepatitis B and bowel upsets. Currently, there are fact sheets for the Philippines and Thailand. There are plans to extend the range to include other countries.

The sheets will be made available to HPU for distribution.

TABLE 3

INFECTIOUS DISEASE  
NOTIFICATIONS, NSW,  
to end of March 1991

DISEASE	Number of Cases Notified					
	Period			Cumulative		
	Feb. 1990	Feb. 1991	March 1991	Feb. 1990	Feb. 1991	March 1991
AIDS	23	20	—	57	34	34
Acute viral hepatitis	—	—	34	—	—	34
Anthrax	—	—	1	—	—	1
Arboviral infection (NOS)	—	3	7	1	4	11
Brucellosis	2	—	1	2	—	1
Campylobacter infection	161	99	47	357	237	284
Chlamydia	42	24	30	102	48	78
Cholera	—	—	—	—	—	—
Diphtheria	—	—	—	—	—	—
Foodborne illness	1	—	10	1	2	12
Gastroenteritis (inst)	—	—	11	—	—	11
Genital herpes	102	26	19	195	74	93
Giardiasis	81	34	31	132	78	109
Gonorrhoea	36	24	29	90	37	66
Haemophilus influenzae	6	3	4	7	6	10
Hepatitis A	2	6	2	7	16	18
Hepatitis B	29	30	16	86	103	117
Hepatitis C	2	2	3	4	24	27
HIV inf.	136	47	—	306	162	162
Hydatid disease	—	1	—	—	1	1
Infantile diarrhoea	5	—	—	11	1	1
Legionnaires' disease	1	2	2	10	4	6
Leprosy	—	—	—	—	—	—
Leptospirosis	7	4	—	12	12	12
Malaria	14	4	—	35	4	4
Measles	2	10	9	10	23	32
Meningococcal infection	3	2	—	8	9	9
Mycobacterial disease	34	1	6	109	7	13
Non specific urethritis	124	111	114	265	212	325
Pertussis	18	2	—	68	6	6
Poliomyelitis	—	—	—	—	—	—
Q fever	15	2	8	28	5	13
Rabies	—	—	—	—	—	—
Ross River fever	25	23	27	36	50	77
Salmonella infection	70	107	117	168	273	400
Shigella infection	14	7	2	38	20	22
Syphilis	27	50	9	54	86	95
Tetanus	—	—	—	—	1	1
Typhoid & paratyphoid	4	22	—	8	25	25
Viral haemorrhagic fevers	—	—	—	—	—	—
Yellow fever	—	—	—	—	—	—
Yersinia infection	8	11	7	24	28	35

NOS Not Otherwise Specified

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Until now, the tabulations of infectious diseases in each issue of the Bulletin have reported provisional notifications with up to a 10-week delay. In this issue, the tabulations refer to the month of March.

The Infectious Diseases Data System (IDDS) was introduced into Public Health Units (PHUs) on 1 March to facilitate the transfer of data from notifying medical practitioners and laboratories. Three PHUs have successfully transferred data to the Epidemiology and Health Services Evaluation Branch (EHSEB) using IDDS — Western Sector, South Western Sydney and South Eastern Region.

We have modified the listing of conditions reported in this issue so that it more closely approximates the proposed list of notifiable diseases to be included in the new Public Health Act. We have removed those conditions that have not been reported, as well as those that are of no public health importance.

The condition "acute viral hepatitis" is a provisional diagnosis made by medical practitioners; when laboratory notification is received, the original case is "denotified". Foodborne disease includes the previous category of Food poisoning.

The following are key infectious disease events that have occurred in March:

■ The first case of human rabies ever reported in New South Wales was notified to Epidemiology and Health Services Evaluation Branch (EHSEB). A 10-year-old girl died after an encephalitic illness last December. Confirmatory diagnosis was made at post-mortem by a technique using immunofluorescent rabies antibody of brain tissue. The child had migrated to Australia five years previously. Staff of the Western Sector Public Health Unit have determined that the disease was not contracted in Australia and that there was no human-to-animal transmission. Investigations continue to exclude possible human-to-human transmission. The only reported cases of human-to-human transmission of rabies are six cases transmitted through corneal transplants. No organs were donated from the child.

■ The first case of human anthrax since 1987 was notified to EHSEB. A 35-year-old male involved in the slaughter and transport, from Western NSW to Sydney, of infected sheep carcasses developed pustules on his hands. The Western Sector PHU will report on this investigation in the next issue of the Bulletin.

- The New England Region PHU reports the incidence of Ross River Fever cases at 10.2/100000 population. General practitioners have been alerted by the PHU staff, and the local media have encouraged the community to protect itself against mosquito bites.
- The current measles outbreak in Central Sydney is not reflected in the tabulations of infectious diseases. This is due to reluctance of doctors to make formal notifications and to delays in transfer of data to EHSEB.

We remind medical practitioners that prompt notification of measles to the local PHU is important. Failure to notify cases can reduce the efficacy of public health action — the immunisation of susceptible contacts.

**TABLE 4**

**TOTAL CONFIRMED  
HIV-POSITIVE CASES  
BY RISK GROUP AND SEX\*,  
CUMULATIVE TO  
28 FEBRUARY 1991**

RISK GROUP	Male	Female	Transexual	Unknown	Total
Homosexual/ bisexual	5397	25	1	179	5602
Heterosexual	131	72	1	2	206
Injecting drug user (IDU)	173	48	0	16	237
Homo/bisexual + IDU	108	7	0	4	119
Heterosexual + IDU	21	19	0	2	42
Homosexual + transfusion	2	0	0	0	2
Transfusion	55	40	0	2	97
Haemophilia	53	0	0	0	53
Vertical transmission	11	6	0	3	20
Specified (NEC)	63	11	0	18	92
Unknown	4098	229	1	1981	6309
<b>TOTAL</b>	<b>10112</b>	<b>457</b>	<b>3</b>	<b>2207</b>	<b>12779</b>

\* Westmead and Prince of Wales Hospitals' data to 28/2/91, all previous positives excluded. St Vincent's Hospital data to 31/1/91, previous positives not excluded. Discrepancies with Table 7 (all cases to 30/12/90) in February issue have arisen due to recoding of exposure categories for some cases from St Vincent's Hospital. The upgrade of the St Vincent's database continues. Most records have now been entered into a new database and previous positive results will soon be excluded from the table. (NEC) not elsewhere classified.

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TABLE 5

INFECTIOUS DISEASE NOTIFICATIONS, BY HEALTH AREA & REGION,  
FOR MONTH OF MARCH, 1991

DISEASE	CSA	SSA	ESA	SWS	WSA	WEN	NSA	CCA	ILL	HUN	NCR	NER	OFR	CWR	SWR	SER	OTH	TOTAL
AIDS	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Acute viral hepatitis	-	-	-	3	27	2	-	-	-	-	-	-	-	-	-	2	-	34
Anthrax	-	-	-	-	1	-	-	-	-	-	-	-	-	-	-	-	-	1
Arboviral inf. (NOS)	-	-	-	-	-	-	-	-	-	-	-	-	-	3	2	2	-	7
Brucellosis	-	-	-	-	-	-	-	1	-	-	-	-	-	-	-	-	-	1
Campylobacter inf.	4	3	-	4	8	6	1	3	4	-	1	4	2	5	-	-	2	47
Chlamydia inf.	-	-	16	-	-	1	-	-	-	-	10	2	-	-	-	-	-	30
Cholera	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Diphtheria	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Foodborne illness	-	-	-	1	8	3	-	-	-	-	-	-	-	-	-	-	-	12
Gastroenteritis (inst)	-	-	-	1	4	6	-	-	-	-	-	-	-	-	-	-	-	11
Genital herpes	-	-	15	-	1	-	-	1	-	2	-	-	-	-	-	-	-	19
Giardiasis	-	-	-	-	-	-	-	1	-	-	29	-	-	-	-	-	-	31
Gonorrhoea	-	-	17	3	-	-	1	-	-	-	2	-	-	-	5	1	-	29
Haemophilus influenzae	-	-	-	-	-	-	-	-	-	-	-	1	-	-	2	-	-	4
Hepatitis A	-	-	-	-	-	-	-	1	-	-	-	1	-	-	-	-	-	2
Hepatitis B	-	-	4	2	2	-	-	-	-	-	5	2	1	-	-	-	-	16
Hepatitis C	-	-	-	-	-	-	-	-	-	-	2	1	-	-	-	-	-	3
HIV inf.	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Hydatid disease	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Infantile diarrhoea	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Legionnaires' disease	-	-	-	-	2	-	-	-	-	-	-	-	-	-	-	-	-	2
Leprosy	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Leptospirosis	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Malaria	-	-	-	-	9	-	-	-	-	-	-	-	-	-	-	-	-	9
Measles	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Meningococcal inf.	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Mycobacterial disease	-	-	-	1	3	-	-	1	-	-	-	-	-	1	-	-	-	6
Nonspecific urethritis	-	1	85	28	-	-	-	-	-	-	-	-	-	-	-	-	-	114
Pertussis	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Polio myelitis	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Q fever	-	-	-	-	-	-	-	-	-	-	3	3	-	2	-	-	-	8
Rabies	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Ross River fever	-	-	-	-	-	-	-	2	-	-	25	-	-	-	-	-	-	27
Salmonella inf.	13	17	7	16	9	11	7	8	3	4	6	3	3	4	1	2	3	117
Shigella inf.	-	-	-	-	-	-	-	1	-	-	-	-	-	1	-	-	-	2
Syphilis	-	-	-	1	4	-	-	-	-	-	4	-	-	-	-	-	-	9
Tetanus	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Typhoid & paratyphoid	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Viral haemorrhagic fevers	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Yellow fever	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Yersinia inf.	2	1	-	1	1	-	1	-	-	-	1	-	-	-	-	-	-	7

NOS not otherwise specified  
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TABLE 6

INFECTIOUS DISEASE NOTIFICATIONS, BY HEALTH AREA & REGION, NSW,  
FOR JANUARY - MARCH, 1991\*

DISEASE	CSA	SSA	ESA	SWS	WSA	WEN	NSA	CCA	ILL	HUN	NCR	NER	OFR	CWR	SWR	SER	OTH	TOTAL
AIDS	5	2	17	1	2	2	3	-	-	-	-	-	-	-	-	-	2	34
Acute viral hepatitis	-	-	-	3	27	2	-	-	-	-	-	-	-	-	-	2	-	34
Anthrax	-	-	-	-	1	-	-	-	-	-	-	-	-	-	-	-	-	1
Arboviral inf. (NOS)	-	-	-	-	-	-	-	1	-	-	-	-	-	4	2	2	3	11
Brucellosis	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1
Campylobacter inf.	9	20	2	28	18	41	24	4	12	3	23	22	3	20	-	-	55	284
Chlamydia inf.	1	-	37	-	-	1	5	-	-	1	26	6	-	-	1	-	-	78
Cholera	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Diphtheria	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Foodborne illness	-	-	-	1	8	3	-	-	-	-	-	-	-	-	-	-	-	12
Gastroenteritis (inst)	-	-	-	1	4	6	-	-	-	-	-	-	-	-	-	-	-	11
Genital herpes	9	2	51	3	3	4	-	1	-	-	10	6	-	2	-	1	1	93
Giardiasis	-	4	-	2	2	4	4	1	-	5	82	1	-	4	-	-	-	109
Gonorrhoea	-	1	26	5	-	-	2	-	1	-	4	-	2	-	-	-	25	66
Haemophilus influenzae	-	1	-	-	3	1	-	-	2	-	-	1	-	-	2	-	-	10
Hepatitis A	3	-	-	1	5	1	5	1	-	1	-	1	-	-	-	-	-	18
Hepatitis B	37	5	8	5	9	4	8	-	2	7	8	6	2	-	-	2	14	117
Hepatitis C	12	1	-	1	3	-	2	-	-	-	4	1	-	-	-	-	3	27
HIV inf.*	13	2	37	4	7	-	5	1	1	6	2	-	1	1	-	1	81	162
Hydatid disease	-	-	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-	1
Infantile diarrhoea	-	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-	-	1
Legionnaires' disease	-	-	-	-	3	2	1	-	-	-	-	-	-	-	-	-	-	6
Leprosy	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Leptospirosis	-	-	-	-	-	-	1	-	-	4	1	-	1	-	1	-	4	12
Malaria	-	-	-	-	1	-	3	-	-	-	-	-	-	-	-	-	-	4
Measles	-	-	-	-	1	1	3	-	-	17	6	2	-	-	-	2	-	32
Meningococcal inf.	-	1	-	-	-	-	1	-	-	3	2	-	-	-	-	2	-	9
Mycobacterial disease	-	1	-	-	2	1	3	1	2	-	-	-	-	3	-	-	-	13
Nonspecific urethritis	-	1	182	29	-	-	-	-	-	-	-	-	-	1	-	-	112	325
Pertussis	-	-	-	1	2	-	1	-	-	-	2	-	-	-	-	-	-	6
Polio myelitis	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Q fever	-	-	-	-	-	-	-	-	-	-	5	5	-	3	-	-	-	13
Rabies	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Ross River fever	-	-	-	-	-	-	-	2	-	-	4	43	5	-	4	-	19	77
Salmonella inf.	26	35	12	47	39	28	37	8	15	14	31	11	9	12	3	7	66	400
Shigella inf.	2	-	3	-	-	2	2	1	-	1	-	5	-	1	-	1	-	22
Syphilis	6	3	26	12	6	1	5	5	1	1	11	2	12	4	-	-	-	95
Tetanus	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1	-	1
Typhoid and paratyphoid	5	4	2	-	-	5	2	1	1	1	-	-	1	-	-	-	3	25
Viral haemorrhagic f.	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Yellow fever	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Yersinia inf.	5	7	-	1	4	3	7	2	-	-	2	2	-	1	-	-	1	35

\* February data relate to Prince of Wales and Westmead Hospitals. January data include data from St Vincent's Hospital, but do not exclude previous positive test results.

Abbreviations used in this Bulletin:

CSA Central Sydney Health Area, ESA Eastern Sydney Health Area, SSA Southern Sydney Health Area, SWS South Western Sydney Health Area, WSA Western Sydney Health Area, WEN Wentworth Health Area, NSA Northern Sydney Health Area, CCA Central Coast Health Area, ILL Illawarra Health Area, HUN Hunter Health Area, NCR North Coast Health Region, NER New England Health Region, OFR Orana &amp; Far West Health Region, CWR Central West Health Region, SWR South West Health Region, SER South East Health Region, IS Interstate, U/K Unknown, OS Overseas, NOS Not Otherwise Stated, inst institutional.

Please note that the data contained in this Bulletin are provisional and subject to change because of late reports or changes in case classification. Data are tabulated where possible by area of residence and by the disease onset date and not simply the date of notification or receipt of such notification.