

## ZIKA

Symptoms are usually mild and can include mild fever, skin rash, inflammation of the eyes (conjunctivitis), muscle and joint pain, malaise or headaches. Symptoms normally last for 2-7 days.

Zika infection during pregnancy causes microcephaly, i.e. babies born with small heads, and other fetal brain malformations. Zika is also a cause of Guillain-Barré Syndrome - a neurological condition that can lead to paralysis and death.

There is no specific treatment for the disease and no vaccine currently available.

## MALARIA

Symptoms appear 7 days or more (usually 10-15 days) after the bite of an infected mosquito. The first symptoms are fever, headaches, chills and vomiting. These symptoms may be mild and difficult to recognise as malaria.

The most dangerous type, *P. Falciparum* malaria, can progress rapidly to severe forms of the disease, especially in people with no or low immunity. Severe *falciparum* malaria is almost always fatal without treatment. Access to early diagnosis and prompt, effective treatment within 24-48 hours of the onset of malaria symptoms is critical.

Antimalarial medicines can be used to prevent and treat malaria.



## CHIKUNGUNYA

Symptoms include fever and severe joint and muscle pains, headaches, nausea, fatigue and a rash. Joint pain is often debilitating and can vary in duration. The onset of chikungunya, after a mosquito bite, usually occurs between 4 and 8 days, but can also range from 2 to 12 days.

Often symptoms are mild and the infection may go unrecognised, or be misdiagnosed in areas where dengue also occurs. Most patients recover fully, but in some cases joint pains may persist. Rare cases of eye, neurological and heart complications have been reported, as well as gastrointestinal complaints. Serious complications are uncommon, but in older people, the disease can lead to arthritic pains of longer duration and may cause death.

There is no specific treatment for the disease and no vaccine currently available.

## DENGUE

Flu-like symptoms occur 4-10 days after the bite of an infected mosquito; high fever accompanied by severe headaches, pain behind the eyes, muscle and joint pains, nausea, vomiting, swollen glands or a rash may occur.

The disease can develop into severe dengue (Dengue Haemorrhagic Fever (DHF)) which is a leading cause of serious illness and death among children in some Asian and South American countries. Symptoms of DHF include a drop in temperature, severe abdominal pain, persistent vomiting, rapid breathing, bleeding gums, fatigue, restlessness and blood in the vomit. Medical care is critical for the next 24-48 hours after symptoms are recognized to avoid complications and risk of death.

There is no specific treatment for the disease and no vaccine currently available for seafarers. Early detection and access to proper medical care lowers fatality rates to below 1 per cent.



## YELLOW FEVER

Symptoms include fever, muscle pains, backache, headaches, shivers, loss of appetite, nausea or vomiting and appear after 3-6 days of the bite of an infected mosquito.

Roughly 15 per cent of patients enter a second, more toxic phase within 24 hours. Symptoms of this phase may include high fever, jaundice, and abdominal pain with vomiting. Bleeding can occur from the mouth, nose, eyes or stomach and blood appears in the vomit and faeces, and kidney function may deteriorate. Half of the patients who enter the toxic phase die within 10-14 days, the rest recover without significant organ damage.

Vaccination is available for seafarers. A single dose of yellow fever vaccine can provide sustained immunity and life-long protection against yellow fever disease.