

ADVICE FOR FOREIGN TRAVELERS IN COLOMBIAN COUNTRY

THE TROPICAL DISEASES ARE THOSE WHICH MAINLY OCCUR IN TROPICS, MEANING HEAT AND HUMIDITY WEATHER.

DESPITE MOST OF THE PEOPLE WHO TRAVEL TO COLOMBIA AT THE BEGINNING ARRIVE TO BOGOTÁ, CITY WITH NO RISK OF TROPICAL DISEASE, USUALLY THE VISITORS TRAVEL TO MANY OTHER AREAS WHICH HAVE THE RISK FOR THESE INFECTIONS.

PREVENTION

BEFORE TRAVELLING

- Consult a travel medicine clinic or medical practitioner before the journey
- The consultation will determine the need for any vaccinations
- For Colombia, in spite is a country with endemic areas is not recommended prophylactic medication for Malaria.

DURING THE TRIP

- Avoid sandfly bites, particularly after sunset, by using insect repellents and insecticide-impregnated bednets.
- Avoid uncooked food and ice
- Drink bottled water
- Mosquito net and insecticide to treat fabrics (clothes, nets, curtains).
- Avoid bugs exposition at the evening and dawns.
- Adequate supplies of condoms and oral contraceptives

AFTER THE TRIP

- Consult if appears illness in the weeks following your return home, particularly if fever, persistent diarrhea, vomiting, jaundice, urinary disorders, skin disease or genital infection occurs.

GENERAL CONSIDERATIONS

- Adequately-sized clothes.
- Avoid dark colors, because it attracts mosquitoes.
- Frequent hands washing
- The bite leaves a non-swollen red ring, which can alert the traveller to its origin.

VACCINES

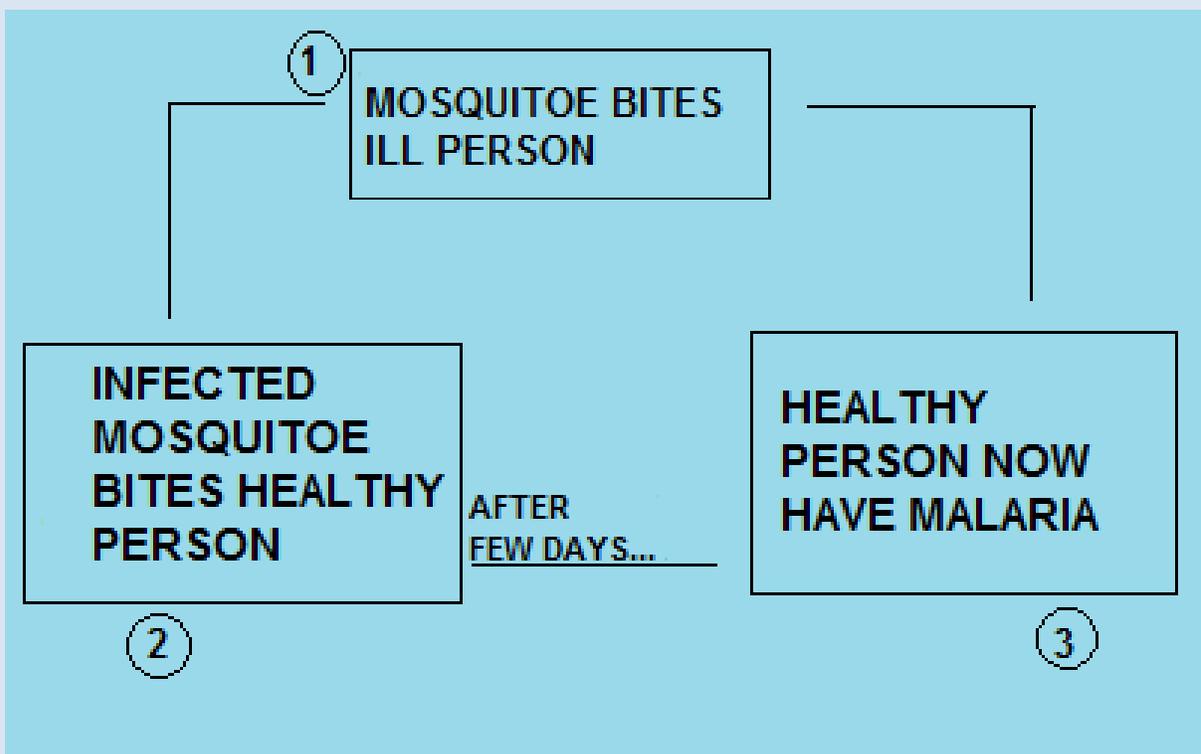
Women 10-49 years old	Vaccine: Adult Td	5 Doses: Initial, 1 month, 6 months, a year of the 3th and a year of the 4th	Prevent Diphtheria and tetanus
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First doses	Vaccine: Yellow fever	Booster each 10 years	Yellow fever in endemic areas
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Vaccine Contraindications:
True allergy to egg protein
Pregnancy
Immunodeficiency (congenital or acquired)
Thymus disease

MALARIA

- Caused by the protozoan parasite Plasmodium, present in the 85% Colombian territory, under 1.500 mts .
- 75% caused by P. vivax.
- The malaria parasite is transmitted by female Anopheles mosquitoes, which bite mainly between dusk and dawn.
- Symptoms: fever, chills, headache, muscular aching and weakness.



DENGUE

- Is transmitted principally by the *Aedes aegypti* mosquito, which bites during daylight hours.
- If a person gets infected, it's a risk to be reinfected even four times.
- There are no specific vaccines or antiviral treatments against dengue fever.



YELLOW FEVER

- Must have the vaccine the travelers in areas under 1800 m (forest areas y some natural parks).
- Symptoms same as Dengue
- The virus is transmitted by *Aedes aegypti* and *Haemagogus* mosquitoes
- In Colombia the infection has been extended to 70%.
- The disease provide immunity lifetime.



LEISHMANIASIS

Protozoan parasite which affects skin, mucosa and guts.

Skin: tiny nodules that progressively ulcerate.

Mucosa: injury in nasal mucosa, pharynx, larynx, palate or lips.

Visceral: fever, lassitude, anorexia, low weight, paleness and hemorrhage.

Produced by parasite through lutzomyia mosquitoes



CHAGAS DISEASE

- Protozoan parasite called *Trypanosoma cruzi* causing progressive myocardial damage leading to cardiac arrhythmias and cardiac dilatation, and gastrointestinal involvement leading to megaesophagus and megacolon
- Infection is transmitted by blood-sucking triatomine bugs called "pito".
- During feeding, infected bugs excrete trypanosomes, which can then contaminate the conjunctiva, mucous membranes, abrasions and skin wounds including the bite wound.
- Risk increase when trekking, camping or using poor-quality accommodation.



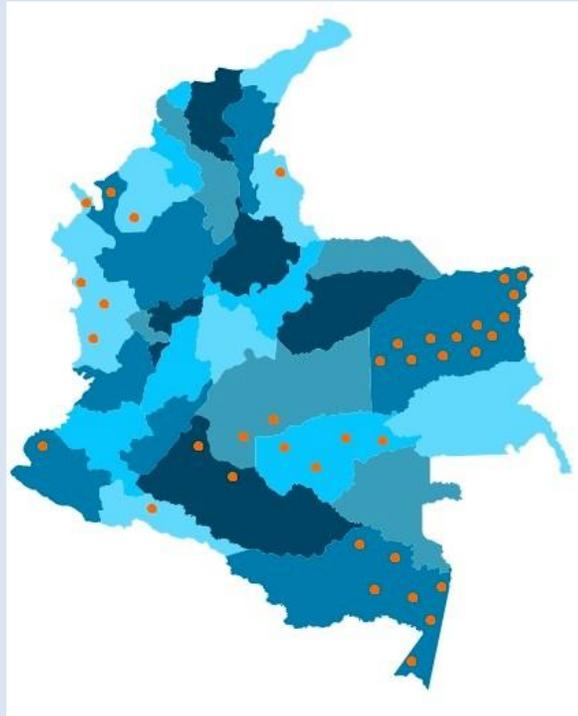
CHOLERA

A clinical syndrome associated with contaminated food or water caused by *Vibrio cholera* O:1bacteria

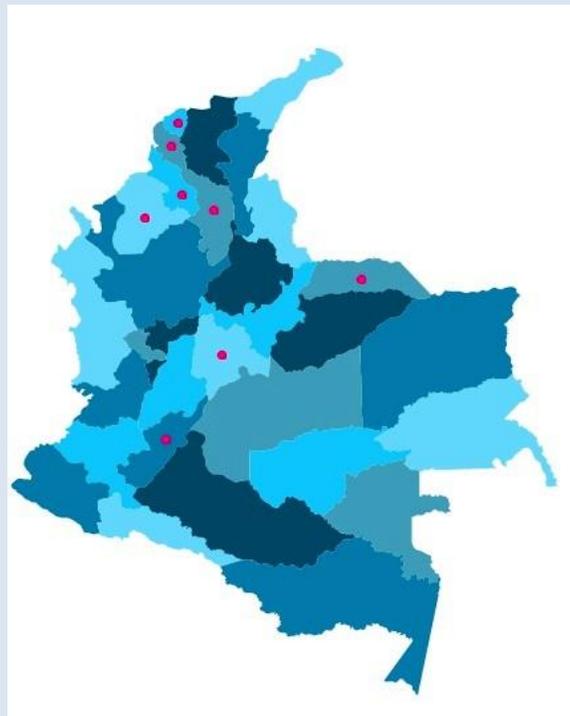
PRECAUTIONS FOR AVOIDING UNSAFE FOOD AND DRINK

- Avoid food that has been kept at room or ambient temperature for several hours, e.g. uncovered buffet food, food from street and beach vendors.
- Avoid uncooked food, apart from fruit and vegetables that can be peeled or shelled, and avoid fruits with damaged skins.
- Avoid ice unless it has been made from safe water.
- Avoid dishes containing raw or undercooked eggs.
- Avoid ice cream from unreliable sources, including street vendors.
- Avoid brushing the teeth with unsafe water.
- In countries where poisonous biotoxins may be present in fish and shellfish, obtain advice locally.
- Boil unpasteurized (raw) milk before consumption.
- Always wash your hands thoroughly with soap and water before preparing or consuming food.
- Boil drinking-water if its safety is doubtful; if boiling is not possible, a certified, well-maintained filter and/or a disinfectant agent can be used.
- Bottled or packaged cold drinks are usually safe provided that they are sealed.
- Beverages and thoroughly cooked food served at a temperature of at least 60 °C are usually safe.

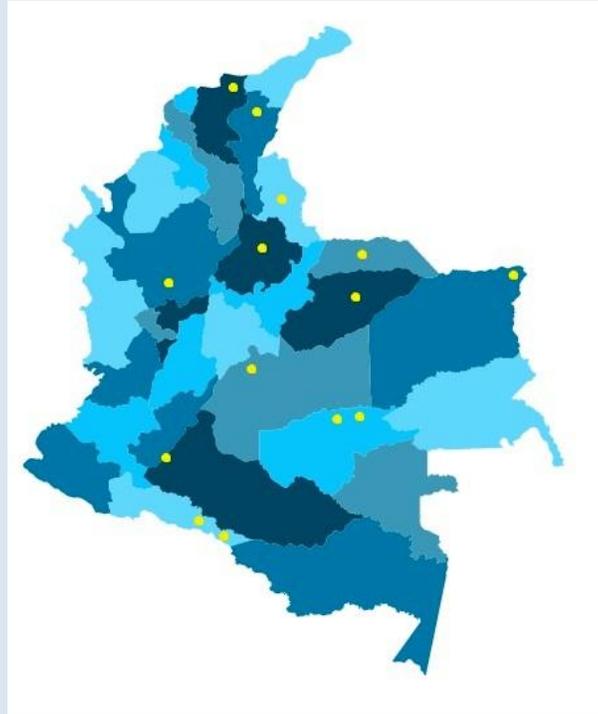
Malaria



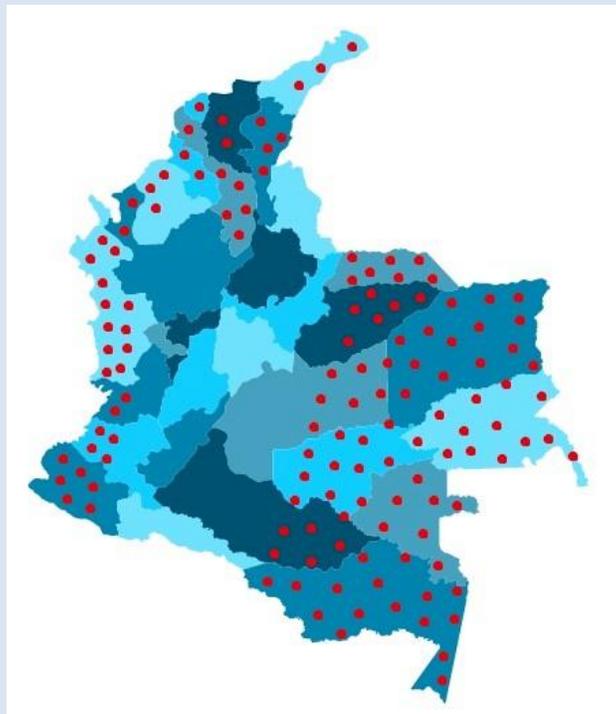
Dengue



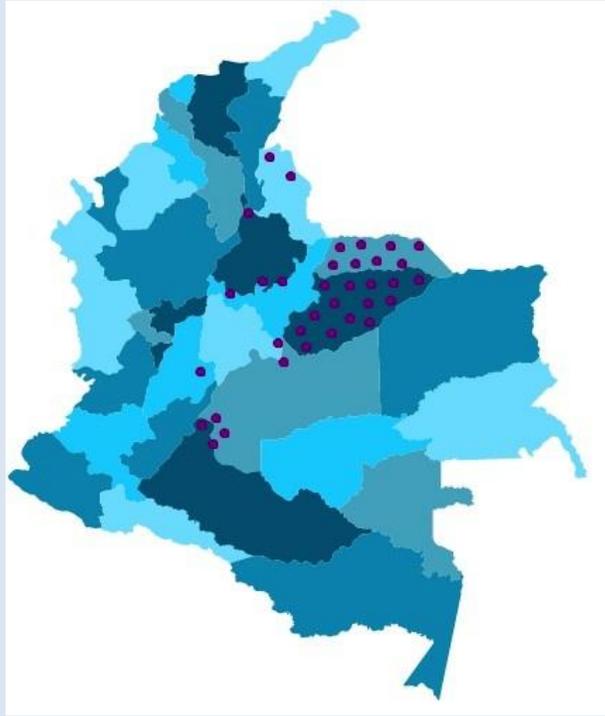
Yellow Fever



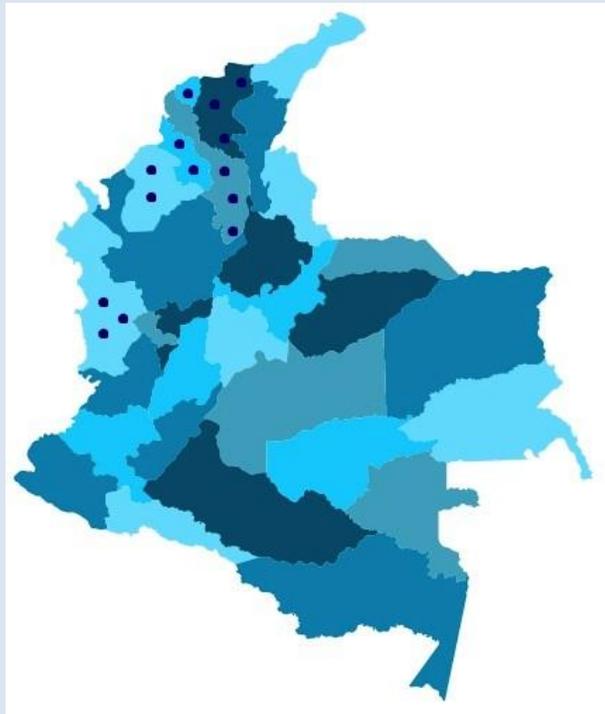
Leishmania



Chagas



Cholera



ENVIRONMENTAL HEALTH RISKS

Barometric pressure falls with increasing altitude, diminishing the partial pressure of oxygen and causing hypoxia. The partial pressure of oxygen at 2600 m, which is the altitude of Bogota, is 26% lower than sea level.

The altitude causes stress on the body, which requires at least a few days to acclimatize; the extent of acclimatization may be limited by certain medical conditions, especially lung disease. An increase in alveolar oxygen through increased ventilation is the key to acclimatization; this process starts at 1500 m. Despite successful acclimatization, aerobic exercise performance remains impaired and travelers may still experience problems with sleep.

The spectrum of High-altitude illness includes occasional high-altitude pulmonary edema and after 1–12 h at high altitude causes headache followed by anorexia, nausea, insomnia, fatigue and lassitude. Symptoms usually resolve spontaneously in 24–48 h and are ameliorated by oxygen or analgesics and antiemetics

PRECAUTIONS FOR TRAVELLERS UNACCUSTOMED TO HIGH ALTITUDES

- Avoid sleeping in altitudes over 2750 m if possible.
- Avoid overexertion and alcohol for the first 24 h at altitude; drink extra water.
- Travellers with pre-existing cardiovascular or pulmonary disease should seek medical advice before travelling to high altitudes.
- Travellers with the following symptoms should seek medical attention when experiencing, at altitude:
 - Symptoms that are severe or last longer than 2 days;
 - Progressive shortness of breath with cough and fatigue;
 - ataxia or altered mental status

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Gobernación del Cauca, Secretaria de Salud