

PLAGUE- INFORMATION FOR TRAVELLERS TO MADAGASCAR

Plague is an infectious disease caused by *Yersinia pestis*, a bacterium usually found in small mammals and their fleas. Humans can be infected

- by the bite of infected fleas,
- through direct contact with body fluids (eg. pus, blood) or
- by inhalation of droplets containing bacteria from an infected person or animal.

TRANSMISSION OCCURS AT A CLOSE DISTANCE, USUALLY DEFINED AS LESS THAN 2 METRES.

How to protect yourself if travelling to Madagascar

- Avoid crowded areas in places where plague has been reported
- Avoid direct contact with sick persons
- Avoid contact with rodents, sick or dead animals
- Use insect repellents with DEET (personal protection against fleabites)
- Practice good hand hygiene

Be alert for any of the following symptoms within 7 days of returning from Madagascar:

- sudden onset of fever with chills
- swollen and painful lymph nodes
- respiratory symptoms like cough, blood-tinged sputum and shortness of breath
- vomiting and nausea
- rapid deterioration of general condition.

SEEK MEDICAL HELP IF ANY OF THESE SYMPTOMS DEVELOP

You can only be infectious to others once you develop symptoms.

Call IDCU HELPLINE ON 21324086 IF YOU HAVE ANY QUERIES.