CDC Travelers’ Health, 2019

Jeff Nemhauser, MD
Medical Officer, Travelers’ Health Branch
CDC Division of Global Migration and Quarantine

May 22, 2019
Objectives

1. Develop or increase awareness of current travel health concerns
2. Learn about new developments in travel medicine
3. Learn about preparing for healthy travel
4. Describe resources CDC offers to help travelers and their clinicians
Protect the health of US residents traveling internationally or living abroad.
Travelers’ Health Branch Activities

- Studying and monitoring illness and injury among travelers
- Monitoring disease outbreaks and other health threats around the world that may affect travelers
- Providing travel health advice, including vaccine recommendations and requirements for international travelers and their healthcare providers
- Delivering health communication and education to a variety of audiences
- Developing and distributing event-specific advice regarding the risks of travel during an emergency
Current and Emerging Topics
Travel Health in the News
Measles

- Most US measles cases result from international travel
- Measles outbreaks are going on in many countries around the world
- Travelers should be vaccinated before their trip:
  - Infants 6–11 months: 1 dose of MMR (does not count toward the routine series)
  - People ≥12 months with no evidence of immunity: 2 doses separated by 28 days
  - People ≥12 months with documentation of 1 dose and no evidence of immunity: 1 additional dose before travel
    - A second dose was added to the routine series in 1989, so people born before then are likely to be in this category
Dengue

- First documented in the 1950s in the Philippines and Thailand
- Emerged in the Americas in the 1980s
- Now widely distributed throughout the tropics and subtropics; today about 40% of the world’s population live in areas where there is a risk
- Many people with dengue have mild illness, but there is a form of dengue that can cause severe symptoms that include intense stomach pain, repeated vomiting, bleeding from the nose or gums, and death
- Outbreaks tend to recur cyclically in endemic countries; 2019 is expected to be a big year for dengue
Ebola

- On August 1, 2018, the Ministry of Health of the Democratic Republic of the Congo reported an outbreak of Ebola in North Kivu and Ituri provinces.
- As of April 30, 2019, there have been 1,495 cases and 984 deaths.
- The US Department of State has classified this part of the country as a “reconsider travel” zone because of armed conflict.
- The deteriorating security situation is limiting efforts to respond to the outbreak.
Drug-resistant Infections

- 2015: Multidrug-resistant *Shigella sonnei* in international travelers
  - Ciprofloxacin prescribed to treat travelers’ diarrhea may increase the risk of drug-resistant diarrhea in travelers
- 2018: US residents who underwent cosmetic procedures in the Dominican Republic returned with nontuberculous mycobacterial infections
- 2018-2019: US residents who underwent bariatric surgery in Mexico returned with carbapenem-resistant *Pseudomonas aeruginosa* infections
- 2018-2019: US cases of *Candida auris* in patients with recent healthcare stays in other countries
What’s New in Travel Medicine
Dengue Vaccine

- May 1, 2019: FDA approved Dengvaxia
  - First live, attenuated dengue vaccine to protect against all 4 virus serotypes
  - Indicated in children ages 9–16 who live in endemic areas and have laboratory confirmation of previous dengue infection
  - In people not previously infected, Dengvaxia appears to increase the risk of severe dengue through antibody-dependent enhancement
  - Use in international travelers is expected to be limited
Yellow Fever Vaccine

- Production issues for US-licensed YF-Vax
  - YF-Vax ran out of stock in July 2018
  - Authorization from FDA to use alternate vaccine (Stamaril)
- The number of clinics providing vaccine has gone from ~4,000 to ~260
- Travelers should plan ahead to get the vaccine and be prepared to drive some distance from home
- Sanofi will update on YF-Vax resupply in late 2019
Challenges to Zika Surveillance

- Zika is frequently mild or asymptomatic
- People who are infected may not seek care
- Testing capacity may be limited, particularly in developing countries
- Positive test results may not be reported
- For these reasons, lack of reported cases does not equate to lack of risk
Zika: Updated Recommendations

- Because of limitations in surveillance and reporting, Zika travel recommendations were updated in February 2019.
- Countries that have ever reported Zika are considered always to have some level of potential risk.
- CDC no longer recommends that pregnant women avoid all travel to these countries.
- Instead, they should talk to a trusted healthcare provider and carefully consider the potential risk and consequences to pregnancy.
New Drug to Treat and Prevent Malaria—Tafenoquine

- Approved for prophylaxis of malaria and radical cure of *Plasmodium vivax* malaria
- Long terminal half-life (approximately 16 hours) offers potential advantages in less frequent dosing for prophylaxis and a single-dose course for treatment
- Can cause severe hemolytic anemia in people with G6PD deficiency
New Antibiotic for Travelers’ Diarrhea—Rifamycin SV (Aemcolo)

- Nonabsorbable antibiotic in the ansamycin class of drugs
- Indicated to treat travelers’ diarrhea caused by noninvasive strains of *Escherichia coli*
- Dose is 388 mg orally twice daily for 3 days
- Formulated with an enteric coating that targets drug delivery to the distal small bowel and colon
- May prevent unwanted disruption of the microbiota of the proximal small bowel
Plan for Healthy Travel
Pretravel Preparation

Visit a doctor at least 1 month before travel to get

- Recommended vaccines
- Medicines
- Advice on healthy travel
  - Food and water safety
  - Insect bite prevention
  - Traffic safety
  - Information for special populations (e.g., pregnant women, families with children, immunocompromised travelers)
Planning for Emergencies

- Prepare for travel emergencies before leaving home
  - Find the contact information of the US embassy or consulate nearest your destination
  - Research how to access healthcare services where you are going
- Leave a copy of your passport, credit cards, and itinerary with a trusted friend or relative
  - Arrange to check in regularly
- Register in the Smart Traveler Enrollment Program ([https://state.step.gov](https://state.step.gov))
  - Allows the US Department of State to find you in case of an emergency
Preparing for Illness and Injury

Pack a health kit

- Pack important items to prevent and treat common injuries and illnesses
- Include prescription medicines, with enough for your trip plus extra in case of travel delays
- Don’t assume over-the-counter items will be easily available

Know when to get medical help

- Diarrhea AND a high fever (above 102°F)
- Bloody diarrhea
- Fever or flu-like illness in a malaria risk area
- Animal bite or scratch
- Car accident or other serious injury
- Sexual assault
Travel Insurance

- Find out if your health insurance covers you abroad
- Consider supplemental travel health insurance and medical evacuation insurance
- Be prepared to pay out of pocket at the time of treatment
CDC Resources
- Online (free) at [www.cdc.gov/yellowbook](http://www.cdc.gov/yellowbook)
- Purchase from Oxford University Press and at major booksellers
  - Print edition
  - E-book
- 2020 edition available June 2019
Travelers’ Health Website
Travel Notices

- Level 1, Watch
  - Follow usual precautions
- Level 2, Alert
  - Use enhanced precautions
- Level 3, Warning
  - Avoid nonessential travel

- Measles
- Rubella
- Ebola (2014 epidemic)
Destination Pages

Versions for clinicians and travelers

- Easy-to-read vaccine and medicine charts
- Advice on food and water safety, bug bite prevention, and other healthy travel behaviors
- Healthy travel packing list
- Current travel notices
- Tips on when to seek care after travel
Print Materials for Travelers

- In English and Spanish
- Available free of charge
  - [www.cdc.gov/pubs](http://www.cdc.gov/pubs)
- Select “Travel Health” from the "Programs" drop-down menu
Mobile Apps

Can I eat THIS?

UPCOMING TRIPS
Greece 2019
5/27/2019 - 6/10/2019

Add New Trip
Stay in Touch
Newsletter and Travel Notice Alerts

Get email updates:

www.cdc.gov/Other/emailupdates/

- Create a user profile
- Add Subscriptions
- Select Travelers’ Health (scroll to bottom)
CDC-INFO

National contact center available to answer questions from the public and from healthcare providers

- **Phone calls**
  - 800-CDC-INFO
  - (800-232-4636)
  - TTY 888-232-6348
  - Monday – Friday
    - 8:00 a.m. – 8:00 p.m. Eastern
  - In English and Spanish

- **Emails**
  - [www.cdc.gov/dcs/ContactUs/Form](http://www.cdc.gov/dcs/ContactUs/Form)
Social Media

CDC Travelers’ Health  @CDCtravel  CDCTravel
Thank you!

Questions?

For more information, contact CDC
1-800-CDC-INFO (232-4636)

The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.