

Health Guide

Mass Gatherings



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Diseases of Transmission by Vectors and Zoonoses

Diseases Caused by the Environment

Leprosy

Viral Hepatitis B and C

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Summary

Presentation.....	3
Aids.....	4
Urban Arboviruses.....	5
Botulism.....	6
Cholera.....	7
Conjunctivitis.....	8
Diarrhea.....	9
Chronic Non Transmittable Diseases.....	10
Yellow Fever.....	12
Hepatitis B and C.....	13
Influenza.....	15
Leptospirosis.....	16
Malaria.....	17
Health Problems Related to Environmental Factors.....	18
Meningitis.....	19
Rabies	20
Measles	21
Acquired Syphilis.....	22
Tuberculosis.....	23
Central/CIEVS	
Strategic Information Center in Health Surveillance.....	24
Ial - Laboratory of Public Health Adolfo Lutz Institute.....	25
Vaccines Availabe in The State of São Paulo.....	26
Travellers.....	27

Presentation

The increasingly frequent occurrence of mass gatherings - collective sports, religious, cultural, and other forms of collective activity - attract a large contingent of people from all over the world. These events make possible the coexistence with different cultures, but they can bring the risk of dissemination of diseases, in the majority of infectious nature. Diseases eradicated in Brazil that exist in other countries can be reintroduced and endemic diseases in our country may constitute a risk for international travelers. In view of this, it is necessary to strengthen the health actions integrated in several health surveillance follow-ups, such as promotion, assistance, laboratories, as well as the development of specific actions to strengthen the activities of detection, monitoring and response to the occurrence of emergencies of public health.

The Mass Gatherings Health Guide is an update of the Health Guide in the Cup - 2014, prepared by the Center for Epidemiological Surveillance “Prof. Alexandre Vranjac, objectively presents some diseases of mandatory notification or of interest in the state of São Paulo, with emphasis on public health emergencies and health promotion. The Guide presents versions in Portuguese, English and Spanish and is intended for the population, health professionals and national and international travelers who will participate in events in São Paulo.

Regiane Cardoso de Paula
Director

Aids

Acquired Immunodeficiency Syndrome

AIDS is a disease caused by one virus – the Human Immunodeficiency syndrome virus (HIV) which may be sexually transmitted (by sperm or vaginal secretions), by the blood (sharing or reusing syringes and needles in intravenous drug use, blood transfusions and untested or untreated blood derivatives) and vertical (from the mother to the child during pregnancy, at the moment of birth or during breastfeeding). HIV attacks and destroys the defense cells of the organism, impairing the immunologic system. The period between exposure to HIV and the appearance of the first signs and symptoms is called acute phase and varies from 5 days to 3 months (average of 2 to 4 weeks). These symptoms are similar to flu symptoms, such as fever and malaise, and in most of the cases are unperceived. After the acute infection, a person may remain with no clinical manifestation for many years, until the organism loses its defense mechanisms and start to present the many different infections and cancers that characterize AIDS.

The diagnosis is made through HIV tests in blood exams. There are many medicines called antiretroviral drugs (ARV), known as “cocktails”, designed to maintain patients with undetectable levels of virus in the blood, avoiding future infections.

Remember AIDS has no cure.

The best measure to avoid HIV transmission is prevention, with the adoption of safe sex and damage reduction practices, such as: using condoms in sexual relationships (anal, vaginal or oral), using gel lubricants, not sharing needles and syringes, voluntary HIV testing for the sexually active and/or drug user population, use of ARV drugs in case of unsafe sexual relationships (post exposure prophylaxis – PEP), controlling sexually transmitted infections (STI), among others. If you experience some situation in which you were exposed to risk, look for information accessing the site <http://www.saude.sp.gov.br/centro-de-referencia-e-treinamento-dstaidsp/> or calling

STI/AIDS – 0800-162550, from 8h00 am to 6h00 pm.



Urban Arboviruses

Dengue, chikungunya and Zika

Urban arboviruses are infectious diseases caused by viruses transmitted by the bite of the female mosquito of the species *Aedes aegypti*. They are diseases of tropical and subtropical areas, where environmental conditions favor the development of the mosquito, which multiply in deposits with still water, with greater activity during the day.

All people are susceptible to urban arboviruses, and are known four serotypes of the dengue virus (DENV-1, DENV-2, DENV-3 and DENV-4), one serotype of the chikungunya virus and one of the Zika virus. It's important to remember that the person who has been infected by one of the serotypes of the dengue virus can still become ill for another serotype.

Chikungunya and Zika are viruses of recent introduction in the state of São Paulo, emerging in 2014. Dengue fever is endemic, with important transmission in several regions of the state, all with a period of higher transmission in the summer.

Urban arboviruses present similar symptoms, standing out in the chikungunya the intense joint pain, and in the case of Zika, intense pruritus and dry conjunctivitis. In dengue the main symptoms are fever, headaches, pain behind the eyes, muscle pain, deep tiredness and red spots. In dengue, the main symptoms are fever, headaches, pain behind the eyes, muscle pain, deep tiredness and red spots, and can progress to more severe forms with bleeding and shock. There is no specific treatment, being important the ingestion of liquids. If any of the diseases are suspected, seek the nearest health service.

These diseases can be prevented by avoiding the presence of mosquito breeding sites, leaving no recipients propitious for their proliferation. Therefore, do not use dishes in pots of plants, do not grow plants in water, keep water boxes or other water storage containers sealed, drained covered, and do not leave tires or any containers that can accumulate water.

Individuals traveling to cities with urban arboviruses should be warned against mosquito bites, especially during the day. It's recommended the use of light clothing with long sleeves and the use of repellents in the exposed areas, according to the manufacturer's instructions.

In case of suspicion, please contact Central/CIEVS/CVE/SES-SP (24 hours every day) in the telephone number 0800-555466, or at the email notifica@saude.sp.gov.br. For further information, go to www.cve.saude.sp.gov.br.

Further information click here: [Dengue](#), [Chikungunya](#), [Zika](#).

Botulism

Botulism is a disease that starts quickly and, though not frequent, is very severe since it causes paralysis. The major symptoms are weakness of the eyelids with difficulty to open and close the eyes, blurred vision, difficulties to swallow and to speak, followed by weakness of arms and legs and shortness of breath. This disease, if not promptly treated, may cause death.

Botulism is transmitted by foods prepared with no hygiene and inadequately preserved, contaminated with the toxin of a bacteria called *Clostridium botulinum*. Most dangerous foods are preserves, especially homemade, of fruits, vegetables and meats, as well as foods like pasta, pies and pastries with fillings when left unrefrigerated.

The disease may appear, in average, from 12 to 36 hours after ingestion of contaminated foods.

If a person present any of these symptoms, it is necessary to look immediately for hospital care in order to receive treatment as soon as possible.



All suspected cases of botulism in the State of São Paulo must be immediately notified to the Central/CIEVS/CVESES-SP (24 hours, every day) at the telephone (11) 0800-555466.

For further information, [click here](#).

Cholera

Cholera is an acute infectious intestinal disease that, in general, is light or without symptoms but, for 5% of the cases, may be severe. Major symptoms are: intense and liquid diarrhea that resembles “rice water”, vomits and cramps in the legs. If not quickly treated, may cause intense loss of body fluids (dehydration).

Cholera is transmitted by water and foods contaminated by a bacteria called *Vibrio cholerae*. Symptoms may appear in some hours to five days after ingestion of contaminated water or foods, but, in general, appear two or three days after consumption.

There is no cholera in the State of São Paulo and in Brazil, but the disease has been occurring in outbreaks and epidemics in countries in Asia, Africa, Latin and Central America and in the Caribbean, therefore demanding special attention in mass events such, in order to avoid dissemination of the disease among us.

In case the person presents the described symptoms, seek health services immediately in order to be treated as soon as possible.

All suspected cases of cholera in the State of São Paulo must be immediately notified to the Central/CIEVS/CVE/SES-SP (24 hours, every day) at the telephone (11) 0800-555466.

For further information, [click here](#).

Conjunctivitis

Conjunctivitis is the inflammation of the conjunctive, a transparent and thin membrane that covers the front part of the eye globe (the white part of the eyes, which is also called sclera) and the interior of the eyelids. This is a very common disease in the population. Since conjunctivitis is highly contagious, viral and bacterial conjunctivitis are very easily transmitted, especially when conditions like basic sanitation, personal hygiene and households are precarious.

Major signs and symptoms of conjunctivitis are: red eyes, tearing, swollen and reddened eyelids, glued eyelids at awakening and blurred vision that improves with blinking, due to the tearing and the secretion. In bacterial conjunctivitis there is a purulent yellow colored secretion in the corners of the eyes or at the border of the eyelids that may vary from moderate to intense. Viral conjunctivitis may cause superficial hemorrhage, eye secretions in small or moderate quantities and reduction of vision in the more severe cases. Fever and pharyngitis may also occur.

In viral conjunctivitis signs and symptoms tend to progress until circa the 3rd or 4th day of the disease and then resolve in circa 15 days until the cure. In bacterial conjunctivitis the clinical features recede in three to five days and, in most of the cases, resolve by themselves.

During the transmission period, viruses may remain in the environment, in average for 5 hours. Conjunctivitis transmission occurs from person to person until the features cease, which may last for 15 days. Bacterial conjunctivitis transmission varies, in average, for 5 days. In both cases, conjunctivitis may be transmitted for as long as eye secretions remain.

Direct transmission occurs from person to person, from eye to eye and, indirectly, through contaminated objects such as: handkerchiefs, towels, pillow cases, cosmetics and contact lenses. Infectious conjunctivitis in general start in one eye and pass to the other. It is transmitted in collective environments (schools, day care centers, industries, pools, and similar) and the transmission is easier when personal hygiene practices are not observed. Flies also act as mechanic vectors of the disease.

Guidelines that may be employed for viral conjunctivitis are:

- Local hygiene; wash the eyes with clean, boiled and cold water; do not use home remedies, observe general good practices of hygiene.
- If any symptoms appear, seek health services for evaluation.

Additional information may be found at: The public network offers emergency eye care services in the capital and in the interior of the State of São Paulo, [available here](#).

For notification of conjunctivitis outbreaks and other information: Central/CIEVS/SES-SP (24 hours, every day) at the telephone **0800-555466** or by the email notifica@cve.saude.sp.gov.br.

Diarrhea

Acute diarrhea is the most common manifestation of diseases caused by foods and water that may be contaminated with different microbes such as bacteria, viruses and parasites or other substances. Diarrhea outbreaks in mass events may be related to the consumption of foods prepared without hygiene or inadequately preserved. These outbreaks must be notified and investigated in order to discover the agent that caused them and the food involved in order to start sanitary measures.

General guidelines for the prevention of diarrhea, cholera and other food and waterborne diseases:

- **Always use treated water** from the public supply system, either to drink, to brush your teeth, to wash and prepare food, in the preparation of ice and to wash utensils.
- **When buying bottled water** check if the seal is intact. Prefer name brand sparkling bottled water bought from stores. Avoid water sold by street vendors.
- **Wash your hands often** every time before preparing food or eating, every time you use the bathroom, every time you come back from the street, every time you clean children or change diapers, if you are caring for people with diarrhea or other diseases, if you are breastfeeding or feeding your child and every time you care for pets..
- **Use only paper towels or personal cloth towels** when you dry your hands and face. In places in which no soap is available, scrub and wash thoroughly your hands with water and use alcohol gel.
- **Wash thoroughly fruits and vegetables** with potable/treated water and then place them in a solution of sodium hypochlorite (2,5%) or sanitary water (follow the instructions on the label).
- **Cook well** the foods to be consumed if you are going to prepare them. Always keep leftovers in the fridge, never at room temperature. Reheat the food before eating.
- **Observe the hygiene of the place in which you are going to have your meals** According to the standing sanitary legislation you may visit the kitchens of bars and restaurants. Avoid street food and places in which you do not find the license of the Sanitary Surveillance that must be clearly visible for all customers.
- **Personal hygiene practices** are fundamental to avoid spreading the disease to other people.
- **If you become sick with diarrhea or other diseases** caused by water or foods, look for the nearest Health Unit or Emergency Clinic.
- **If you have diarrhea or vomits** start using oral salts at home, water, juices, tea until you get to the nearest doctor.
- **If you are arriving from a country with cholera or typhoid fever** and present gastrointestinal symptoms in your arrival or in the following weeks, immediately seek health services for diagnosis, collection for laboratory exams and treatment.

All suspected cases of diarrhea outbreaks in the State of São Paulo must be notified to the Central/CIEVS/CVE/SES-SP (24 hours, every day) at the telephone (11) 0800-555466.

Other information [click here](#) and [here](#).

Chronic Non Transmittable Diseases

Non-communicable chronic diseases (NCDs) are an important public health problem, responsible for 75% of the causes of death in our country in 2015. Circulatory system diseases are the main cause of death in the state of São Paulo.

Estimates from the World Health Organization (WHO) indicate that a number of risk factors account for the majority of deaths from NCDs, among which smoking, excessive consumption of alcoholic beverages, obesity, excessive consumption of food fat intake, insufficient intake of fruits and vegetables, and sedentary lifestyle.

Obesity

Obesity is considered a chronic disease caused by multiple factors, as well as being, in itself, a risk factor that favors the occurrence of other chronic diseases. It is related to inadequate food habits and sedentarism, even though genetic factors also contribute for weigh gain. Cardiac diseases (mainly acute myocardial infarction, cerebrovascular diseases and hypertension), neoplasms (cancer), and diabetes are at increased risk for overweight and obese individuals.

Sedentarism

WHO estimates that sedentary life is associated with 30% of cases of ischemic heart disease and 27% of diabetes cases. Maintain a physical activity routine of at least 30 minutes daily, of mild or moderate intensity, on five or more days of the week such as walking, swimming, dancing, gymnastics, cycling, running, sports, and others. If you are not in the habit of exercising, start slowly with an activity that you enjoy and that is not excessive.

Tobacco Use

Regarded as a public health problem by the WHO, smoking accounts for approximately six million deaths a year worldwide, equivalent to one death every five seconds. Tobacco use increases the risk of coronary heart disease, high blood pressure, stroke, bronchitis, emphysema and cancer, important causes of mortality and in addition, is responsible for high social, economic and environmental costs. In the State of São Paulo, smoking is prohibited in collective use environments, public or private (Law 13,541 dated May 7, 2009).

To address NCDs, it is important to invest in health promotion actions, such as: smoking control, encouraging healthy eating practices, especially the inclusion of portions of fruits, vegetables and vegetables during meals, physical activity and excessive consumption of alcohol.

Accidents and Violence

They constitute a serious public health problem, with high social and economic costs. Worldwide, deaths from accidents and violence account for more than five million deaths a year. In Brazil, it is the third cause of death and in the state of São Paulo it occupies the 4th position. In 2017, in the state of São Paulo, they represented the first cause of death between the ages of 10 to 39 years and the second in the range of five to nine years.

According to the WHO, the nature of violence can be classified as physical, psychological, sexual, financial/economic, self-inflicted, trafficking in persons, slave labor, child labor, torture, legal intervention, neglect or neglect. Violence against children, adolescents, the elderly and women deserves special attention.

In 2011, domestic violence, sexual violence and other violence were included in the list of diseases, injuries and public health events of compulsory notification (Ordinance No. 104 of January 25th, 2011).

The national policy for the reduction of morbidity and mortality for Accidents and Violence defines the following actions, among others:

- Encouraging the promotion of safe and healthy environments and behaviors;
- Monitoring the occurrence of accidents and violence;
- Offering interdisciplinary attention for violence victims.

In 2014 the notification became immediate, that is, within 24 hours for cases of sexual violence or suicide attempt, as established by Ordinance No. 1,271, dated June 6th, 2014.

The standardization of the National Health Surveillance System, which includes the list of compulsory notification aggravations, including violence and suicide attempts, is contained in Consolidation Ordinance No. 4 of September 28th, 2017, which brings together the regulation of systems and subsystems of the Unified Health System.

If you need to report violence episodes, you can call:

- Violence against women – Disk **180**
- Violations of Human Rights related to themes and / or groups: children, adolescents, the elderly, people with disabilities, LGBT population, trafficking in persons, slave labor, other violence and human rights violations – Disk **100**
- Child's work – Municipal Council of Children and Adolescent's rights – Disk **(11) 3113-9639**
- Sexual violence/risk of STI/HIV – Disk **0800-162-550**
- Health Emergencies (SAMU) – Disk **192**
- Police – Disk **190**
- Firemen – Disk **193**

For notification of cases and information, contact Central/CIEVS/CVE/SES-SP (24 hours every day) at the telephone **0800-555466** or by the e-mail **notifica@saude.sp.gov.br**.

Yellow Fever

Yellow fever is an acute febrile infectious disease caused by a virus. In the wild and endemic form in Brazil (the last urban case of the disease was detected in 1942), the virus is transmitted by the bite of mosquitoes found in regions of forest and vegetation along the rivers.

After the bite of the infected mosquito, the disease takes three to six days to manifest. Signs and symptoms include high fever, chills, body aches, prostration, nausea and vomiting. Severe cases have yellowing of the skin and eyes, decreased urine and bleeding (gums, nose, ears, urine, vomiting with blood, faeces with the appearance of coffee grounds).

The yellow fever vaccine is the most effective prevention measure against the disease and is available free of charge by the public health service, so it is necessary that all persons residing in areas recommended for vaccination or traveling to these areas be vaccinated (in case of travel, vaccinate at least 10 days before). It is important to emphasize that the whole state of São Paulo is currently considered an area of risk for transmission of the disease and, therefore, with vaccine recommendation.

[Vaccination Rooms.](#)

For notification of suspected cases and information:

Central/CIEVS/CVE/SES-SP (24 hours, every day), at the telephone **0800-555466** or by the e-mail **notifica@saude.sp.gov.br**

Hepatitis B and C

Hepatitis B

Hepatitis B is an infectious disease that attacks the liver, caused by the Hepatitis B virus. The virus is present in the blood, in the sperm and in vaginal secretions.

The disease can be transmitted:

- By **sexual relations** without condoms with an infected person;
- **From the infected mother to the son** during pregnancy and deliverance;
- By **sharing material** for drug use (syringes, needles or pipes), items for personal hygiene (shaving blades, toothbrushes, nail cutters or other items that pierce or cut) or in making tattoos and placing piercings;
- By accidents caused by **sharp and cutting objects**.
- By **contaminated** blood or blood derivatives transfusion.

Most of the cases of Hepatitis B do not present symptoms. When cases occur, major symptoms are: fatigue, dizziness and/or vomits, fever, abdominal pains, yellowing of the skin and the eyes, dark urine and clear feces. These signs usually appear one to six months after infection.

Hepatitis B diagnosis is made by a specific blood test. After positive results, the physician will prescribe the correct treatment.

Hepatitis B can be prevented by the proper vaccine, available at the public health network for people until 49 years of age. The vaccine is administered in three doses in a period of six months. Condoms must be used in all sexual relations; never share syringes, needles or any other sharp and cutting objects of personal use (nail cutters, shaving blades and similar).

Protect yourself against the disease!

Hepatitis C

Hepatitis C is an infectious disease that attacks the liver, caused by the hepatitis C virus. The major transmission form is by the contact with blood that occurs, for instance, in sharing objects like nail cutters, shaving blades, needles, syringes, tattoos needles, surgical instruments and material for drug use.

Most hepatitis C carriers do not present symptoms. When present, major symptoms are fatigue, dizziness, nausea and/or vomits, fever, abdominal pain, yellowing of the skin and the eyes, dark urine and clear feces.

Since this is a silent disease, most of the patients do not know they are carriers of the disease until specific laboratorial tests are performed. Early diagnosis of hepatitis C allows more efficient treatment.

After positive results, the physician will prescribe the correct treatment, depending on the type of the virus (genotype) and of the impairment of the liver (fibrosis).

There is no vaccine against hepatitis C, but the disease is very easy to avoid, just don't share with other people anything that may have been in contact with blood, such as syringes, needles and cutting objects. **Protect yourself!**

Where to find assistance?

- Seek the closest health service of the Unified Health System (SUS);
- Electronic addresses:

[List of Establishments / Services of the Municipal Health Department.](#)

<http://www.emilioribas.sp.gov.br>

<http://www.cve.saude.sp.gov.br/>

<http://www.aids.gov.br/pt-br/publico-geral/o-que-sao-hepatites-virais>

For notification of cases and information:

Central/CIEVS/CVE/SES-SP (24 hours, every day) at the telephone **0800-555466** or by the e-mail notifica@saude.sp.gov.br

Influenza

Influenza (Flu) is caused by influenza viruses A and B; it is a highly contagious disease with potential for global dissemination. Influenza can affect all age groups, but the groups in higher risks of developing complications and death are children under two years old, persons over 60 years of age, pregnant women, women who gave birth recently and people with chronic diseases. Most common way of transmission is direct (person to person) through breathing secretions.

Major signs and symptoms are: high fever, throat ache, body aches and malaise. Major complication is pneumonia, which is responsible by a large number of hospital admissions. Influenza may be confounded with other viral diseases (such as the common cold) which also occur during influenza seasons.

Important measures for prevention and control:

- Observe rest periods, drink plenty of fluids and keep your nutrition healthy.
- Cover the nose and the mouth when sneezing or coughing.
- Wash your hands often, with soap and water, or use alcohol gel.
- Do not share glasses, cutlery and foods.
- Try not to touch your mouth or your eyes.
- Whenever possible, avoid crowded places or poorly ventilated spaces.
- Avoid close contact with people who are sick.
- Keep your vaccination schedule up to date.

For notification of suspected cases and cases caused by a new viral subtype and information: Central/CIEVS/CVE/SES-SP (24 hours, every day), at the telephone 0800-555466 or by the e-mail notifica@saude.sp.gov.br

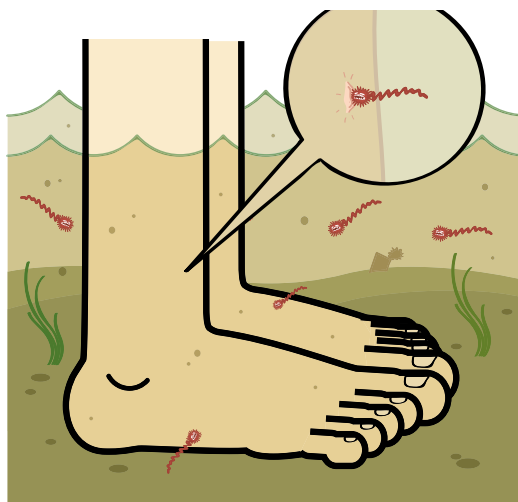
For further information, [click here](#).

Leptospirosis

Leptospirosis is a disease caused by a bacterium and accidentally transmitted to persons mainly through the contact with water and muddy soils contaminated with the urine of infected animals; among us, the most frequent situation is the contact with water and mud from floods contaminated with the urine of urban rodents (rats or black rats). Other important risks are the contact with the water from creeks, lakes, dams, sewages, trash, rubble, septic tanks or discarded material.

The disease causes acute fever, along with body aches and headache and, in the more severe cases, yellow coloring of the skin (jaundice), alteration in the volume of urine, hemorrhages in the skin, mucous membranes and internal organs (lungs, stomach and intestine) therefore, if not treated quickly and correctly, the disease may kill.

After contact with the bacteria, it takes, in average, 5 to 14 days for symptoms to appear, but this period may vary from one to 30 days. The disease is not transmitted from person to person.



Prevent the disease: do not enter flooded or muddy areas without using protection like rubber boots and gloves. Discard any foods that may have been in contact with contaminated waters.

For notification of suspected cases and information:

Central/CIEVS/CVE/SES-SP (24 hours, every day) at the telephone **0800-555466** or by the e-mail **notifica@saude.sp.gov.br**

For further information, [click here](#).

Malaria

Malaria is an acute infectious febrile disease, known as “ague”. Transmission occurs mainly by the bite of the Anopheles mosquito and, eventually, through blood transfusion of sharing contaminated syringes.

Malaria transmitting mosquitoes develop in rural environments, generally associated to rivers and lagoons. They also develop in water accumulated in plants like bromelias, in areas of Atlantic forest.

Symptoms are: high fever, chills, sweating, headaches, muscular pain, nausea and vomits. The disease may evolve to severe and complicated malaria, so it is important to seek medical attention as soon as possible. In the State of São Paulo sporadic cases are reported, especially in the Atlantic forest regions.

Pay attention to symptoms repeating every day at the same hour.

If you are travelling to a forest area:

- Avoid the hours in which mosquitoes are most active: at sunset and sunrise.
- Use clear, long sleeved, clear colored clothes during your stay.
- Use repellent in exposed skin, according to the guidelines of the product. Do not use repellent on children without medical guidance.
- In lodgings located in the forest area: use mosquito nets, look for nets on doors and windows and use the air conditioning.

If you present symptoms, you will find, at the [site](#), the list of reference unities that treat malaria in the State of São Paulo. Seek the nearest Public Hospital and mention you have been in a region in which malaria transmission occurs and/or the places you have been for the last 30 days.

For notification of suspected cases and information:

Central/CIEVS/CVE/SES-SP (24 hours, every day), at the telephone **0800-555466** or by the e-mail **notifica@saude.sp.gov.br**

Health Problems Related to Environmental Factors

World Health Organization estimates that 25% of the disease charge is related to environmental factors such as, for instance, the presence of chemical products that lead to air and water pollution, natural disasters, contaminated soil and global warming. Monitoring the quality of these factors is essential to avoid health problems. Low air humidity may also cause health disorders and increasing the intake of fluids is an important measure. Some risk situation may be provoked by accidents involving vehicles that transport chemical products, explosions, leakages and/or spilling of substances, situations that may cause the exposition of persons to these products. This exposition may occur by contact of the skin, ingestion or inhalation of the dangerous chemical product.

“Every person exposed to dangerous chemical products that may be present in the environment, even with no immediate symptoms, must seek medical attention as soon as possible, since symptoms may appear after some time (days or weeks) after exposure”.

What people must do in case they become exposed to chemical products:

- Identifying the source of contamination and how the person was exposed;
- Immediately move away or seek protection from the source of contamination, in order to stop the exposition;
- Immediately seek health services.

More information regarding exposition to dangerous chemical products

In the Center for Toxicological Attention – CEATOX, phone 0800-7713733

For notification of cases of exposition to dangerous chemical products and information:

Central/CIEVS/CVE/SES-SP (24 hours, every day), at the telephone 0800-555466 or by the e-mail notifica@saude.sp.gov

Meningitis

Meningitis occurs by an infection that may be caused by bacteria or viruses. Transmission occurs from person to person; many times close or direct contact with respiratory secretions is required and transmission may persist until the agent disappears from the mouth or the nose, which in general happens 24 hours after the administration of antibiotics. Groups in higher risk are children under two years of age and people over 60 years old.

Major signs and symptoms are: fever, headache, vomits, stiffness of the neck, drowsiness, and convulsions. Presenting these signs and symptoms, avoid contact with other people until you are evaluated by a health professional.

It is important to seek medical services as soon as possible in order to obtain correct diagnosis and treatment. Meningitis may evolve to severe cases and lead to important complications and sequels. Suspected cases must be notified to the municipal or state epidemiologic surveillance.

Important measures for prevention and control:

- Quick and correct diagnosis and treatment.
- Not sharing glasses, cutlery and food.
- Whenever possible, avoid crowded or poorly ventilated places.
- Keep environments always clean and ventilated.
- Avoid close contact with sick people.
- Keep your vaccination schedule up to date.

For notification of suspected cases and information: Central/CIEVS/CVE/SES-SP (24 hours, every day) or by the e-mail **notifica@saude.sp.gov.br**

For further information, [click here](#).

Rabies

Rabies is a fatal infectious disease transmitted to human beings by the inoculation of the virus that is present in the saliva and the secretions of infected animals. Mammals of all species are the only animals that transmit the disease and become sick by the rabies virus. Transmission occurs by bites, scratches, licking or even by the simple contact with the saliva of an infected animal.

In any region of the world, today, the major transmitters of the virus are bats and other wild mammals. In some specific regions, other mammals, such as herbivores and even cats and dogs are also risk animals.

Current vaccines and sera employed for the prevention of the disease are safe products of high quality and, when indicated, may be administered to any patient, including pregnant women and people of all ages. Normally, indication of these products is made after occurrence of a situation in which there was the risk of virus transmission.

Preventing human rabies:

- Never touch, feed or play with unknown animals, even if they appear to be healthy.
- If you find any fallen bat, alive or dead, do not touch the animal and call the responsible institution that will perform the collection and forward it to analysis.
- In case of accident caused by any mammal, with bites, scratches or links, wash the affected body part with plenty of water and soap, and look for medical attention as soon as possible, in order to evaluate the need for rabies prophylaxis, with vaccine and sera.
- In case of bats, look for the health service if you had contact with the animal, even if no injuries occur.

If you need to notify:

Pasteur Lounge: telephone: (11) 3896-1185

For further information [click here](#).

If you need a list of the reference locals for human rabies prophylaxis, [click here](#).

For notification of suspected cases and information:

Central/CIEVS/CVE/SES-SP (24 hours, every day) at the telephone **0800-555466** or by the e-mail **notifica@saude.sp.gov.br**

Measles

Measles is a highly transmissible viral disease, and may eventually develop into serious complications and death, especially in children under five years of age. Transmission occurs from person to person, through respiratory secretions that are expelled by coughing or sneezing, notably in enclosed environments such as day care centers, schools, clinics and means of transportation, including airplanes and cruise ships.

The main signs and symptoms are: fever, red spots on the body, cough, coryza and red eyes. Endemic circulation of measles was halted in the Americas in 2002, and the region received the Certification of elimination in 2016. Since 2018 there has been an overall increase in the number of measles cases and the sustained circulation of the virus in two countries of the Americas, Venezuela and Brazil (states of the northern region). In 2019, isolated cases and limited outbreaks and with a small number of cases were registered in the State of São Paulo related to virus importation.

Important steps in prevention and control:

- Immediately notify, within 24 hours, the Municipal Health Secretariats and/or State Secretariat of Health;
- Collect clinical specimens (blood/serum, nasopharyngeal secretion and urine) to perform the laboratory diagnosis;
- Adopt control measures (selective vaccine against suspected cases and their increase in the presence of reactive serology);
- Keep the immunization record updated;

The triple viral vaccine (MMR) is the safest and most effective prevention measure against measles, also protecting against rubella and mumps, and is available on the public health services.

In the national routine vaccination schedule, all individuals between one and 29 years of age should have two doses of measles vaccine. It is recommended that adults born after 1960, without evidence of any dose, receive at least one dose of the triple viral vaccine (MMR). All healthcare providers should have two doses of MMR. This vaccine is not recommended for children younger than six months of age, pregnant women, and people with immunodepression problems.

In the presence of signs and symptoms:

- Remain at rest and avoid public places;
- Seek the health service;

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For further information, [click here](#).

Acquired Syphilis

Syphilis is an infection caused by a bacteria called *Treponema pallidum*, of predominantly sexual transmission, and the incubation period of the disease lasts from 9 to 90 days being, in average, of 21 days after risk exposure.

Natural history of syphilis is characterized by phases of activity and phases on clinical inactivity, called latency. Primary phase is characterized by the presence of an ulcer (a wound) – hard chancre, located, in general, at the genitals, that heals over, with or without treatment, in 3 to 8 weeks. The secondary phase occurs within 6 weeks to 6 months after the appearance of the chancre and is characterized by the appearance of skin lesions, on the palms of the hands or the soles of the feet, like red spots that may also resolve with or without treatment, after 4 to 12 weeks. The tertiary phase may appear after many years, in general 10 to 20 years after the primary phases, in case the syphilis has not been treated, and the main alterations are neurological, cardiovascular, in the joints or the bones or cutaneous-mucosal.

Laboratorial diagnosis is performed by syphilis tests in blood exams. Treatment is made with antibiotics, and the preferred one is benzathine penicillin, with different doses prescribed according to each phase of the disease. Sexual partners must be investigated and treated, when appropriate. If left untreated, syphilis, in pregnant women, may result in the transmission of the disease from the mother to the baby who, then, will be born with congenital syphilis.

Adoption of safe sexual practices, emphasizing the correct use of condoms, is the best measure to avoid a sexually transmitted infections (STI).

If you engaged in some situation that might have exposed you to risk or present the symptoms mentioned above, [click here](#), or dial STI/AIDS: 0800-162550, from 8h00 am to 6h00 pm.

Tuberculosis

Tuberculosis (TB) is an infectious disease that attacks primarily the lungs, but may also occur in other regions of the body. The disease is transmitted from person to person. Sneezes, coughs or the speech of a sick untreated person spread in the air bacteria that may be inhaled by other people. Through the airways, the bacteria may reach the lungs, multiplying and, depending of the conditions of the person, cause the disease.

Cough is the major symptom of pulmonary tuberculosis, with or without fever, night sweating, lack of appetite, weight loss, fatigue and chest pains.

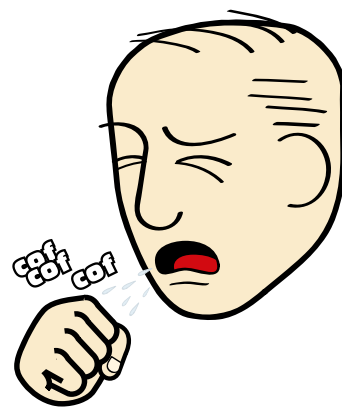
People with persistent cough for more than 3 weeks, with or without secretions, must seek health services in order to perform the sputum test, specific for tuberculosis diagnosis. Tuberculosis is a curable disease and the treatment must be performed preferably, in outpatient settings with supervision of the nearest health service.

Where to find medical attention:

All public health services of the city of São Paulo perform the sputum test and the treatment free of charge, [click here](#).

For notification of suspected cases and information:

Central/CIEVS/CVE/SES-SP (24 hours, every day) at the telephone 0800-555466 or by the e-mail notifica@saude.sp.gov.br



IAL - Laboratory of Public Health Adolfo Lutz Institute

The Adolfo Lutz Institute (IAL), as the Central Public Health Laboratory of the state of São Paulo, contributes to the planning, execution and monitoring of Epidemiological, Sanitary and Environmental Surveillance actions for health promotion, prevention and control of diseases and compulsory notification.

The IAL consists of the Central Laboratory and 12 regional laboratory centers in the municipalities Araçatuba, Bauru, Campinas, Marília, Presidente Prudente, Ribeirão Preto, Rio Claro, Santos, Santo André, São José do Rio Preto, Sorocaba and Taubaté.

In addition to normal activities, as a laboratory reference in all its units, IAL has a contingency plan with teams specially structured to meet potential demand. This will include an extension of the sampling period and the special operation of the technical areas.

The rapid communication of the results is carried out concomitantly for the Central/CIEVS, technical areas of the CVE and surveillance network, by e-mail or specific information system, not excluding other forms of communication in situations where applicable.

In the map we present the distribution of the public health laboratories and the Death Verification Services in the state of São Paulo.

Public Health Laboratory Network



Further information is available at: www.ial.sp.gov.br

Vaccines Available in The State of São Paulo

The State Immunization Program has completed 50 years. Currently, throughout the country, 17 vaccinations are available free of charge at any public health service for all children, adolescents and adults.

In view of the epidemiological situation of measles and yellow fever, travelers are advised to update their vaccination status.

The measles-mumps-rubella vaccine (MMR) is available for individuals aged one to 29 years with a two-dose vaccination schedule, with an interval of four weeks. Other adults born after 1960 must have at least one dose. Two doses of the MMR vaccine are recommended for health professionals.

The vaccine against yellow fever is indicated throughout the state of São Paulo from the age of nine months, in a single dose, due to the expansion of the yellow virus from 2016.

All vaccine schedules are available at:

www.saude.sp.gov.br/cve-centro-de-vigilancia-epidemiologica-prof.-alexandre-vranjac/

Pre-vaccination schedule for children (seven years old and over) and teenagers.

INTERVALO ENTRE AS DOSES	VACINAS
First Visit	Bcg, Hepatitis B, Dt, Vip, Hpv Measles, Mumps, Rubella - Scr
2 Months After The First Visit	Hepatitis B, Dt, Vip, Measles, Mumps, Rubella - Scr, Meningococcal C
4-6 Months After The First Visit	Hpv, Hepatitis B, Dt, Vip, Yellow Fever
Each 10 Years For Entire Life	dT

Vaccination Schedule for Adults between 20 - 59 years old

INTERVALO ENTRE AS DOSES	VACINAS
First Visit	Dt, Hepatitis B, Measles, Mumps, Rubella - Scr
2 Months After The First Visit	Dt, Hepatitis
4-6 Months After The First Visit	Hpv, Hepatitis B, Dt, Vip, Yellow Fever
Each 10 Years For Entire Life	dT

Travellers

Depending of the place the traveler will visit, it is necessary to take some precautions and some measures need to be taken in advance. Regardless of the destination, vaccines included in the schedule must be updated. The vaccine against yellow fever is mandatory for entry into some countries and must be taken at least ten days before travel.

The vaccine is also recommended for some states and cities en Brazil.

You will find, below, some tips and information that may be useful in your travel, in order to help you protecting your health. Look for information about the place you are going to visit.

Check for disease risks, for the need of previous vaccination or other preventive measures.

- Wash your hands often, with soap and water;
- In warm climate regions, remember to use solar filters, hats and light clothing;
- Always use condoms, preventing sexually transmitted diseases, including AIDS and hepatitis. Do not share syringes;
- People using medicines must bring them in their original packaging accompanied by medical prescription.
- Do not walk barefoot; avoid swimming in lagoons and small stagnant water creeks, avoiding diseases like schistosomiasis (an endemic disease in some States of the country) and accidents with aquatic animals.
- Do not swim or go fishing on your own. Drowning is an important cause of death among tourists.
- Do not drive after drinking alcohol (prohibited for minors under 18 years old);
- When travelling by car, always use the seatbelts. Keep children in the back seat with the proper seatbelts or the proper car seat for children aged less than seven and half years.
- One of the proper measures to avoid diseases transmitted by mosquito bites (dengue, malaria, leishmaniosis and others) us the proper use of repellents. Look for products containing DEET in concentrations equal to or higher than 35% or based on icaridina in concentrations equal to or higher than 20%. Prefer clear colored clothes that cover most of your skin. First, apply the solar filter and then apply the repellent as the last layer.

- Avoid raw or poorly cooked foods.
- Use treated or bottled water and check if the seal is intact.
- Avoid consumption of food sold by street vendors.
- Animals, dead or alive, must be avoided, due to the risk to transmit diseases like rabies and others. In case some accident caused by animals occurs, seek health services immediately.
- If you have fever, skin lesions, diarrhea or any other abnormal condition, seek health services.
- Keep your vaccine schedule up to date.

Sites specialized in attention to travellers [click here](#).

