



GUIA DE SAÚDE NA COPA

Vigilância Epidemiológica

HEALTH DURING THE WORLD CUP GUIDE
Epidemiologic Surveillance

GUIA SALUD DE LA COPA
Vigilancia Epidemiologica



Todas as Copas!





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Todos em Campo!



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FIFA World Cup Brazil 2014™ will be held in 12 host cities (São Paulo, Belo Horizonte, Manaus, Curitiba, Cuiabá, Porto Alegre, Fortaleza, Natal, Recife, Salvador, Brasília and Rio de Janeiro). The State of São Paulo will host 15 delegations, receiving visitors from many different states and countries.

This event allows us to get in touch with different cultures, but can also bring health concerns. Diseases that are eradicated in Brazil and still exist in other countries can be reintroduced and diseases that are endemic in our country may represent risk for international travelers.

This Health Guide for FIFA World Cup Brazil 2014™ is designed to present some diseases for which notification is mandatory and other important features in the state of São Paulo, emphasizing public health emergencies and health promotion. The Guide is designed for the public in general, health professionals and national and international travelers attending FIFA World Cup 2014™.

Diseases are presented in a clear and objective description, along with preventive and controlling measures, in three different languages: Portuguese, English and Spanish.

We hope this Guide will be useful and contribute to help you enjoy FIFA World Cup Brazil 2014™ very healthy!

Ana Freitas Ribeiro

Director

Epidemiologic Surveillance Center



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 blood (sharing or reusing syringes and needles in intravenous drug use, blood and untested or untreated blood derivatives transfusions) and also via vertical transmission (from mother to child during pregnancy, during delivery 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 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 cases go unnoticed. After the acute infection, a person may remain with no clinical manifestation for many years, until the organism loses its defense mechanisms and starts 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 that AIDS has no cure.

The best way to avoid HIV transmission is prevention; adoption of safe sex practices that reduce injuries, such as: use of condoms in sexual intercourse (anal, vaginal or oral), use of 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 intercourse (post exposure prophylaxis – PEP), control of sexually transmitted diseases (STD), among others. In case you have gone through any situation in which you were exposed to risk, look for information accessing the site **www.crt.saude.sp.gov.br** or calling dial STD/ AIDS: **0800162550**, from 8h00 am to 6h00 pm.



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 improperly preserved, contaminated with the toxin of a bacteria called *Clostridium botulinum*. The most dangerous foods are canned goods or pickles, especially those 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 presents any of these symptoms, it is highly recommended to immediately look 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 **Central/CIEVS/CVE/SES-SP** (24 hours, every day) telephone number **0800-55 54 66** or at by email **notifica@saude.sp.gov.br**.

For further information, please access:

ftp://ftp.cve.saude.sp.gov.br/doc_tec/hidrica/doc/BOTU09_CRMissao.pdf.



Cholera/diarrhea and diarrhea outbreaks



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 food, but, in general, they appear within 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 Asia, Africa, Latin and Central America countries, and in the Caribbean, therefore demanding special attention in mass events such as FIFA World Cup Brazil 2014™, in order to avoid dissemination of the disease among us.

In case the person presents the described symptoms, it is recommended to 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 **Central/CIEVS/CVE/SES-SP** (24 hours, every day) by telephone, **0800555466** or by email **notifica@saude.sp.gov.br**. For further information, access: **http://www.cve.saude.sp.gov.br/htm/hidrica/hidri_colera.htm**.

Diarrhea and Diarrhea Outbreaks

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 improperly preserved. These outbreaks must be notified and investigated in order to discover the agent that caused them and the food involved in order to proceed to sanitary measures.

All suspected cases of diarrhea outbreaks in São Paulo state during the World Cup in Brazil must be notified to **Central/CIEVS/CVE** (24 hours) by telephone **0800-555466**. Other information is available at: **ftp://ftp.cve.saude.sp.gov.br/doc_tec/hidrica/doc/surtodta_pergresp.pdf**



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

- 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. Sparkling bottled water bought in shops is the most recommended. Avoid water sold by street vendors.
- ALWAYS WASH YOUR HANDS before preparing food or eating, after using the bathroom, when you come back from the street, when cleaning children or changing diapers, if you are taking care of people with diarrhea or other diseases, if you are breastfeeding or feeding your child and every time you have contact with pets.
- USE ONLY PAPER TOWELS OR PERSONAL CLOTH TOWELS to dry your hands and face. In places where 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 sodium hypochlorite solution (2,5%) or sanitary water (follow the instructions on the label).
- COOK THOROUGHLY 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 WHERE YOU ARE GOING TO HAVE YOUR MEALS According to sanitary legislation in force, you may visit kitchens in bars and restaurants. Avoid street food and places where you can't find Sanitary Surveillance license, which 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 physician.
- IF YOU ARE COMING FROM A COUNTRY WITH CHOLERA OR TYPHOID FEVER OCCURRENCES and present gastrointestinal symptoms in your arrival or in the following weeks, immediately seek health services for diagnosis, laboratory exams and treatment.



Conjunctivitis

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. Viral and bacterial conjunctivitis are very easily transmitted, especially when conditions like basic sanitation, personal and households hygiene are precarious.

Major signs and symptoms of conjunctivitis are: red eyes, tearing, swollen and reddened eyelids, glued eyelids after sleep and blurred vision. In bacterial conjunctivitis there is a purulent yellow colored secretion in the corners of the eyes or at the border of the eyelids. Viral conjunctivitis may cause superficial hemorrhage, eye secretions 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 about the 3rd or 4th day of the disease and then go into remission taking up to 15 days to complete cure. In bacterial conjunctivitis the clinical features recede in three to five days and, in most cases, are healed without medication.

During the transmission period, viruses may remain in the environment, usually for 5 hours. Conjunctivitis

transmission occurs from person to person until symptoms cease, which may last for 15 days. Bacterial conjunctivitis transmission occurs, 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.

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.

Emergency eye care services are available at the site: ftp://ftp.cve.saude.sp.gov.br/doc_tec/outros/conjuntivite_unid_ref.pdf

For notification of conjunctivitis outbreaks:

Central/CIEVS/SES-SP (24 hours, every day) by telephone **0800-555466** or by email: **notifica@saude.sp.gov.br**. For further information access: **http://www.cve.saude.sp.gov.br/html/cve_conju.htm**

Dengue Fever

Dengue is an infectious, mosquito-borne disease caused by a virus present in *Aedes aegypti* species mosquitoes. This is a tropical and subtropical disease occurring in areas where environmental conditions favor the development of *Aedes aegypti* mosquitoes. The mosquito in general bites during the day and multiplies in still waters catchments.

Four serotypes are known (DenV-1, DenV-2, DenV-3 and DenV-4). All persons are susceptible and it is important to remind that a person that had one of the four serotypes of the disease may still become ill from another type.

Dengue is endemic in Brazil and in the State of São Paulo, with important levels of transmission in many different regions of the State, especially during the summer, with circulation of the four dengue types.

Once infected, it takes 3 to 10 days for a person to present dengue symptoms. Initial dengue symptoms are fever, headaches, pain behind the eyes, muscular pain, joint aches, fatigue and red spots. The disease varies from a fever with no other symptoms to the most severe forms with bleedings and Shock Syndrome.

There is no specific treatment for dengue, and one important measure is to increase fluid ingestion. In case of suspected dengue, seek the nearest health service. Avoid dengue by not leaving inside or outside your house, items that favor the multiplication of dengue mosquito. Remove plates from under flower vases; keep lids of domestic water tanks or other water reservoirs tightly shut; keep drains covered, do not leave tires or other items that may collect water outdoors.

Persons travelling to cities with dengue transmission must avoid mosquito bites, especially during the day. Recommendations include use of clear and long clothes, use of mosquito repellents in exposed skin areas according to manufacturer instructions.

In cases of suspicion, contact the **CENTRAL/CIEVS/CVE/SES-SP** (24 hours every day), by telephone, **0800555466** or by e-mail **notifica@saude.sp.gov.br**.

Further information is available at:

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

http://www.cve.saude.sp.gov.br/htm/zoo/pdf/dengue13_folder.pdf



Chronic non transmittable diseases



Chronic non-communicable diseases

Chronic non-communicable diseases – NCDs represent an important public health problem, being responsible for 68.1% of death causes in our country in 2010. Circulatory system diseases are the major cause of death in the State of São Paulo.

Estimates from World Health Organization (WHO) indicate that a set of risk factors is responsible for most of the deaths caused by NCDs among which, tobacco use, excessive consumption of alcohol, obesity, excessive consumption of fatty foods, lack of adequate consumption of vegetables and fruits and sedentariness are the most outstanding.

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 sedentariness even though genetic factors also contribute to weight gain. Cardiac diseases (especially acute myocardial infarcts, cerebrovascular diseases (CVA) and hypertension), cancer and diabetes register increased risk in overweight or obese persons.

Sedentariness

Estimates from WHO show that sedentariness is associated to 30% of ischemic heart diseases cases and 27% of diabetes cases. Keep a physical activity routine of at least 30 daily minutes of light or moderate intensity for five or more days in a week, like walking, swimming, dance, gymnastics, biking, running, sports or other activities. If you do not have the habit of physical activity, the sportive atmosphere of FIFA World Cup Brazil 2014™ may be the right stimulus for you. Start slowly, with a pleasurable activity and do not commit excesses.

Tobacco use

Considered by WHO as a public health issue, tobacco use is responsible for around six million deaths worldwide per year, which results in one death at every five seconds. Tobacco increases risk of coronary heart disease, hypertension, CVA, bronchitis, emphysema and cancer, important mortality causes. Furthermore, tobacco use is responsible for high social, economical and environmental costs. In the State of São Paulo, smoking is forbidden in closed spaces of collective use, either public or private (Law 13541, May, 7th, 2009).



In order to face NCDs it is important to reinforce health promotion actions, among which: control of tobacco use, encouragement of healthy food habits, especially the inclusion of vegetables and fruits in meals, physical activity and reduction of excessive alcohol consumption.

Accidents and Violence

Accidents and violence represent a serious public health issue, with high social and economical costs. Deaths caused by accidents and violence are responsible for more than five million deaths per year worldwide. In Brazil, they account for the 3rd death cause, registering 12% of total death causes in 2011.

The nature of violence may be classified as physical, psychological, sexual and abandonment or neglect. Violence against children, adolescents, the elderly and women deserve special attention.

In 2011, domestic, sexual and other kinds of violence were included in the list of diseases, disorders, hazards and events in public health that require mandatory notification (Ordinance 104, January 25th, 2011).

The National Policy for Reduction of Morbimortality Caused by 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 to violence victims.

Let's promote peace culture during FIFA World Cup Brazil 2014TM.

We are one single team, and we respect our opponents.

If you need to report violence episodes, contact:

- Violence against women – Dial 180
- Human traffick, sexual exploitation, pedophilia, slave work and other Human Rights violations – Dial 100
- Child labor – Municipal Council of Children and Adolescent's rights – dial 31139639
- Sexual violence/risk of STD/HIV infection – Dial STD/AIDS 0900162550
- Health Emergencies – Dial 192
- Military Police – Dial 190
- Fire service – Dial 193

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



Yellow fever

Yellow fever

Yellow Fever is an acute febrile infectious disease caused by a virus. In the Wild type yellow fever form, found in Brazil, the virus is transmitted by the bite of mosquitoes found in regions of forest and vegetation along river banks.

It takes 3 to 6 days after the infected mosquito bite for the disease to manifest. Symptoms are high fever, chills, body aches, fatigue, nausea and vomits. More severe cases present yellowing of skin and eyes, urine reduction, bleedings (in gums, nose, ears or blood in urine, bloody vomits and feces that resemble coffee drags). The vaccine against yellow fever is the most efficient protective measure against the disease, therefore vaccine is mandatory for all persons living in areas where vaccination is recommended, as well as for people who are travelling to these areas (in case of travelers, vaccine must be taken at least 10 days before the trip). The vaccine is distributed free of charge, and immunization lasts for 10 years. The list of cities for which vaccination is recommended is available at www.cve.ssaude.sp.gov.br.

In Brazil there are sporadic records of wild yellow fever in some regions. The last case of urban yellow fever was recorded in 1942.

In urban areas, yellow fever is transmitted by the bite of the female infected *Aedes Aegypti* mosquito that develops in artificial still water catchments. Avoid yellow fever recurrence in urban areas by not leaving, inside or outside your house, items that favor the multiplication of the mosquito. Remove plates under flower vases; keep lids of domestic water tanks or other water reservoirs tightly shut; keep drains covered, do not leave tires or other items that may collect water outdoors.

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

Areas with and without vaccine recommendation



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 intercourse with an infected person without use of condom;
- From infected mother to child during pregnancy and delivery;
- 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 by tattoos and piercings;
- By accidents caused by sharp and cutting objects.
- By contaminated blood or blood derivatives transfusion.

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

Hepatitis B diagnosis is carried out by means of specific blood test. In case of positive results, the physician will prescribe the correct treatment.

Hepatitis B can be prevented by vaccination, available at the public health network for people up to 49 years old. The vaccine is administered in three doses in a period of six months. Condoms must be used in all sexual intercourses and syringes, needles or any other sharp and cutting objects of personal use (nail cutters, shaving blades and similar) must not be shared . Protect yourself against the disease!



Hepatitis B e C

Hepatitis C

Hepatitis C is an infectious disease that attacks the liver, caused by the hepatitis C virus. The major transmission form is by 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 skin and 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 laboratory tests are performed. Early diagnosis of hepatitis C allows more efficient treatment.

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

There is no vaccine against hepatitis C, but the disease is very easy to avoid, just avoid sharing 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 nearest health service of the Unified Health System (SUS);
- Electronic addresses:

http://www.prefeitura.sp.gov.br/cidade/secretarias/upload/saude/arquivos/organizacao/Unid_Munic_Saude_Zona.pdf

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

<http://www.saude.sp.gov.br/centro-de-referencia-etreinamento-dst aids-sp/>

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

<http://www.aids.gov.br/>

For notification of cases and information: Central/CIEVS/ CVE/SES-SP (24 hours, every day) by telephone, 0800-555466 or by 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 old, pregnant women, women who have recently given birth and people with chronic diseases. The 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 for 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 nose and 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), by telephone: **0800-555466** or by the e-mail **notifica@saude.sp.gov.br**

For further information, access:

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



Leptospirosis

Leptospirosis

Leptospirosis is a disease caused by a bacterium and accidentally transmitted to persons mainly through 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 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.

Prevention: avoid entering in flooded or muddy areas without using protection like rubber boots and gloves.

Discard any food 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) by telephone **0800-555466** or by e-mail: **notifica@saude.sp.gov.br**.



Malaria

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

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

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 hours when 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 manufacturer instructions. Do not use repellent on children without medical guidance.
- In lodgings located in the forest area: use mosquito nets, nets on doors and windows and air conditioning.

If you present symptoms, you will find, at www.cve.saude.sp.gov.br website, the list of reference units that treat malaria in the State of São Paulo. Seek the nearest Public Hospital and inform that you have been in a region where 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), by telephone **0800-555466** or by e-mail **notifica@saude.sp.gov.br**.



Health problems related to environmental factors



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, 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 situations may be provoked by accidents involving vehicles that transport chemical products, explosions, leakages and/or spilling of substances, situations that may expose people to these products. This exposition may occur by contact of skin, ingestion or inhalation of dangerous chemical products.

“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 some time (days or weeks) after exposure”.

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

- Identify 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:

- Center for Toxicological Attention – CEATOX, phone 08007713733

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

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, and stiffness of the neck, drowsiness, and convulsions. Upon appearance of 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 e-mail **notifica@saude.sp.gov.br**.

For further information, access:
<http://www.cve.saude.sp.gov.br>.



Rabies

Rabies

Rabies is a fatal infectious disease transmitted to human beings by inoculation of a virus present in the saliva and 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 disease prevention are high quality safe products 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 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) 38961185**

For further information: <http://www.saude.sp.gov.br/instituto-pasteur/paginas-internas/profilaxia-da-raiva/soro-anti-rabico-heterologo-sar-ou-erig-iequine-rabiesimmuno-globulini>.

If you need a list of reference locations for human rabies prophylaxis, access: http://www.cve.saude.sp.gov.br/html/imuni/posto_sorod1.htm

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

Measles

Measles is a highly transmissible disease that may result in severe complications and cause death, especially in children under five years old. Transmission may occur from person to person by respiratory secretions that are expelled by coughs or sneezes, especially in closed environments such as day care centers, schools and transportation vehicles, including airplanes.

Major signs and symptoms are: fever, red spots on the body, cough, coryza and red eyes. The triple viral vaccine (MMR), available at the public health network, is the safest and most efficient preventive measure against measles, protecting against rubella and mumps as well.

Endemic circulation of measles was interrupted, in the Americas, in 2002, but there are reports of imported cases.

Important measures for prevention and control:

- Immediately (within 24 hours) notify State and Municipal Health Secretaries;
- Perform collection of clinical specimens (blood, nasopharyngeal secretions and urine) in order to obtain laboratorial diagnosis;

- Adopt control measures (selective vaccine blockage for suspected cases that may be broadened if serology is reactive);
- Keep your vaccination schedule up to date.

Vaccination is indicated for children under one year old and when children reach 15 months (two doses) and for adults born after 1960 and women who have recently given birth (single dose).

If you feel signs and symptoms:

- Maintain rest and avoid public places
- Seek for health services immediately.

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

For further information, access:
<http://www.cve.saude.sp.gov.br>



Acquired Syphilis

Acquired Syphilis

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

Syphilis natural history is characterized by phases of activity and phases of 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 in 3 to 8 weeks, with or without treatment. The secondary phase occurs within 6 weeks to 6 months after chancre appearance and is characterized by 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 joints, 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 disease (STD). If you engaged in some situation that might have exposed you to risk or present the symptoms mentioned above, access www.crt.saude.sp.gov.br or dial **STD/AIDS: 0800162550**, 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 on 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.

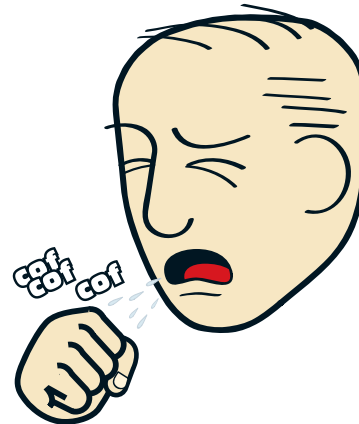
Tuberculosis is a curable disease and treatment must be performed, preferably, in outpatient settings with supervision by the nearest health service.

Where to find medical attention:

All public health services of São Paulo city perform sputum test and treatment free of charge.

ftp://ftp.cve.saude.sp.gov.br/doc_tec/tb/2014/tb_unidades_capital.pdf

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



Vaccines available in the state of São Paulo



Vaccines available in the state of São Paulo

The State Immunization Program just turned 45 years old. Currently, all over the country 16 vaccines are available, free of charge, in any health unity, for all children under 6 years old, according to the schedule below.

In addition to vaccines scheduled for children, those recommended for adolescents, adults, pregnant women and the elderly are also available, free of charge, in any Basic Health Unity.

In March, 2014, HPV vaccine was included in the schedule and girls aged 11, 12, and 13 started to receive the quadrivalent vaccine against types 6, 11, 16 and 18.

Vaccination against hepatitis B is available for all persons up to 49 years old.

Vaccination against yellow fever is only indicated for persons who live or will travel to risk areas.

Each year, two National Vaccination Campaigns are held; the first in April, against influenza, for health professionals, children, pregnant women and women who have recently given birth, people with chronic diseases and the elderly. The second Campaign against poliomyelitis is designed for children under 5 years

old, in order to keep this disease eradicated, since no cases occur in the country since 1989.

Vaccination schedules are available at www.cve.saude.sp.gov.br.

Vaccination Schedule for the State of São Paulo

Age	Vaccines
At birth	BCG, Hepatitis B
2 months	IPV (Inactivated Polio Vaccine), Pentavalent (DTP, Hib-Hb), Rotavirus, Pneumococcal 10 valent
3 months	Meningococcal C
4 months	OPV (oral poliovirus vaccine), rotavirus, pneumococcal 10 valent
5 months	Meningococcal C
6 months	IPV, pentavalent, pneumococcal 10 valent
9 months	Yellow fever
12 months	MMR (measles, mumps, rubella), meningococcal C
15 months	OPV, DPT (diphtheria, Pertussis, tetanus), pneumococcal 10 valent, MMR-varicella
4 to 6 years	OPV, DPT
6 and < 2 years	Influenza (yearly) CVE/SES-

CVE/SES-SP

Travelers

The State Committee for Travelers' Health of São Paulo State Secretary of Health recommends some measures designed to reduce disease and injury risks for a traveler.

Depending on the location of destination, some previous precautions and measures are required. Regardless of the destination, vaccines included in schedule must be updated. Vaccine against yellow fever is mandatory in some countries and must be taken at least ten days before traveling. It is also required in some states and cities in Brazil.

Below you will find some tips and information that may be useful in your travel, in order to help you protect your health. Look for information on the place you are going to visit. Check for disease risks, the need of previous vaccination or other preventive measures.

- Always wash your hands, 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, thus 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 seatbelts. Keep children in the back seat with proper seatbelts or proper car seat for children under seven and half years old.
- One of the proper measures to avoid diseases transmitted by mosquito bites



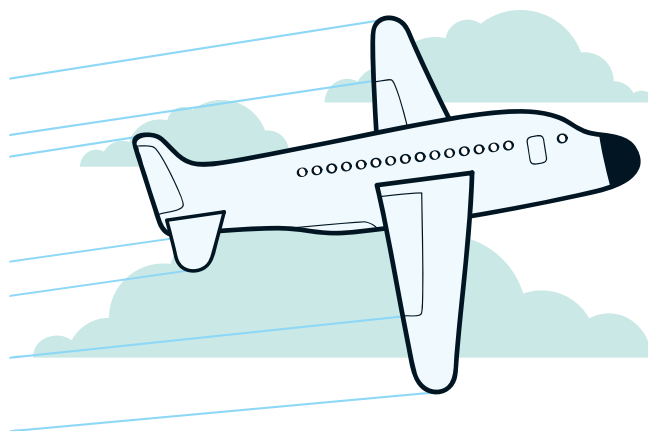
Travellers

(dengue, malaria, leishmaniosis and others) is the use of appropriate 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 seal is intact.
- Avoid consumption of food sold by street vendors.
- Animals, dead or alive, must be avoided, due to diseases risk 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.

Websites specialized in travelers assistance:

http://www.cve.saude.sp.gov.br/htm/viajante/cve_viajante.htm



Strategic information on health surveillance center – Central/CIEVS

The Central/CIEVS is responsible for the monitoring of possible emergencies in public health, and is available nonstop every day of the week. The staff includes physicians and other health professionals available to offer information and perform investigation of compulsory notifiable diseases. Notifications may be presented by fax, telephone (0800555466), e-mail or via online notification form. The CIEVS committee holds weekly meetings with institutions from the São Paulo State Secretary of Health and São Paulo municipal CIEVS in order to follow up ongoing disease and disorders investigations. During FIFA World Cup Brazil 2014™ the staff will open a situation room, in which daily monitoring of occurrences will be performed.

Further information can be accessed at:

http://www.cve.saude.sp.gov.br/htm/notifica_rapi.htm

Online notification

The screenshot shows the 'NOTIFICAÇÃO DE CASO - INDIVIDUAL' form. At the top, there is a header with the CVE logo and the text 'NOTIFICAÇÃO DE CASO - INDIVIDUAL'. Below this, there is a section for 'Dados do Paciente' (Patient Data) with fields for name, date of birth, sex, and address. The form is divided into two main columns. The left column contains fields for '1 - Nome', '2 - Data', '3 - Sexo', '4 - Endereço', '5 - Data primeiro sintoma', '6 - Nome do Paciente', '7 - Sexo', '8 - Data nascimento', '9 - Idade', '10 - Nome da Mãe', '11 - Telefone particular', '12 - Identificação de residência', '13 - Endereço (rua, av., v. comp. etc.)', '14 - Estado', and '15 - Ponto de notificação'. The right column contains fields for 'Data notificação', '1 - Suspeita', '2 - Confirmado', '3 - Data', '4 - Hora', '5 - Agente', '6 - Data entrada de notificação', '7 - Data de início', '8 - Data de término', '9 - Data de início', '10 - Data de término', '11 - Data de início', '12 - Data de término', '13 - Data de início', '14 - Data de término', '15 - Data de início', '16 - Data de término', '17 - Data de início', '18 - Data de término', '19 - Data de início', '20 - Data de término', '21 - Data de início', '22 - Data de término', '23 - Data de início', '24 - Data de término', '25 - Data de início', '26 - Data de término', '27 - Data de início', '28 - Data de término', '29 - Data de início', '30 - Data de término', '31 - Data de início', '32 - Data de término', '33 - Data de início', '34 - Data de término', '35 - Data de início', '36 - Data de término', '37 - Data de início', '38 - Data de término', '39 - Data de início', '40 - Data de término', '41 - Data de início', '42 - Data de término', '43 - Data de início', '44 - Data de término', '45 - Data de início', '46 - Data de término', '47 - Data de início', '48 - Data de término', '49 - Data de início', '50 - Data de término', '51 - Data de início', '52 - Data de término', '53 - Data de início', '54 - Data de término', '55 - Data de início', '56 - Data de término', '57 - Data de início', '58 - Data de término', '59 - Data de início', '60 - Data de término', '61 - Data de início', '62 - Data de término', '63 - Data de início', '64 - Data de término', '65 - Data de início', '66 - Data de término', '67 - Data de início', '68 - Data de término', '69 - Data de início', '70 - Data de término', '71 - Data de início', '72 - Data de término', '73 - Data de início', '74 - Data de término', '75 - Data de início', '76 - Data de término', '77 - Data de início', '78 - Data de término', '79 - Data de início', '80 - Data de término', '81 - Data de início', '82 - Data de término', '83 - Data de início', '84 - Data de término', '85 - Data de início', '86 - Data de término', '87 - Data de início', '88 - Data de término', '89 - Data de início', '90 - Data de término', '91 - Data de início', '92 - Data de término', '93 - Data de início', '94 - Data de término', '95 - Data de início', '96 - Data de término', '97 - Data de início', '98 - Data de término', '99 - Data de início', '100 - Data de término'.

Public health laboratory – Instituto Adolfo Lutz – IAL

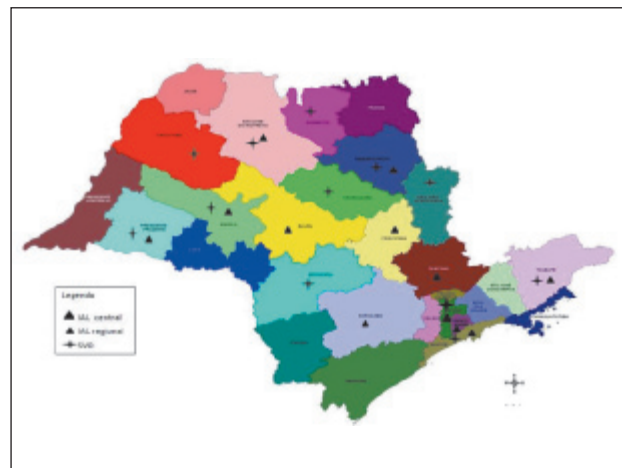
Instituto Adolfo Lutz (Adolfo Lutz Institute – IAL) encompasses a Central Laboratory and 12 Regional Centers (CLR) (Figure 3). The CLR of Campinas, Santos, Sorocaba, Ribeirão Preto and the Central Laboratory will work as laboratory references for the respective regions in which the visiting Soccer Delegations will be located, and the staff will be ready to answer to the potential increase in demand, including longer periods to receive samples and special working schedule for technicians.

Rapid communication of results will be made at the same time for the Central/CIEVS, for Epidemiologic Surveillance Center technical areas and for the surveillance network, either by e-mail or by a specific information system, as well as by other forms of communication whenever any situation so demands.

Further information is available at:

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

Public Health Laboratory Network



IAL/SES-SP

