

# BUG BULLETIN

THE LATEST INFORMATION ABOUT HEALTH PROTECTION  
IN WESTERN SYDNEY LOCAL HEALTH DISTRICT

THE BUG BULLETIN IS NOW AVAILABLE  
AS A DIGITAL NEWSLETTER AND WILL NO  
LONGER BE AVAILABLE IN HARDCOPY.

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[WSLHD-CentreForPopulationHealth@health.nsw.gov.au](mailto:WSLHD-CentreForPopulationHealth@health.nsw.gov.au)

## INFECTIOUS DISEASES UPDATES

- Polio outbreak in Papua New Guinea – an outbreak of circulating vaccine-derived poliovirus that started in June 2018 is on-going. Polio is very unlikely to spread in Australia because of our high rates of vaccine coverage, good sanitation, and the ability of the health system to respond to cases. However, make sure your patients travelling to the region have completed a three dose course of polio vaccine and had a booster dose.

<https://www.health.nsw.gov.au/Infectious/alerts/Pages/polio-alert.aspx>

- Ebola virus Disease outbreak affecting two eastern provinces of the Democratic Republic of the Congo (DRC). As of 20 November, 386 EVD cases, including 219 deaths, have been reported in North Kivu Province and Ituri Province. Please remain alert to the possibility of Ebola virus disease (EVD) in sick travellers.

Consider EVD in patients who report fever AND a history of travel to an area affected by an Ebola outbreak within 21 days of illness onset OR contact with a known EVD case.

<https://www.health.nsw.gov.au/Infectious/diseases/Pages/ebola-virus-disease.aspx>

- Measles is still circulating in many parts of the world – including countries within the Americas, Europe, Africa and South-East Asia. Australia was classified as Measles free by the World Health Organisation in 2014. However we

## TRAVEL HEALTH

Are your patients travelling HOME to visit family and friends?  
Ensure they know how to keep safe when travelling overseas.

For more information visit <http://www.health.nsw.gov.au/Infectious/factsheets/Pages/staying-healthy-when-travelling-overseas.aspx>



continue to see cases of measles related to overseas travel or in travellers.

Please suspect measles in people presenting with fever, cough, coryza AND/OR conjunctivitis, with OR without a rash, AND notify Public Health immediately.

<https://www.health.nsw.gov.au/Infectious/diseases/Pages/measles.aspx>

## FOOD SAFETY IN SUMMER – EATING OUTDOORS

Food poisoning bacteria can grow quickly in food, especially in hot weather and in fresh foods such as salad and cold meats. Make sure your patients are protected not just against the sun and mosquitos, but that food is safe too. Here are some tips from the Food Safety Information Council (<http://foodsafety.asn.au/>):

**Chill** - Remember the simple rule for food safety - keep hot foods hot and cold foods cold. Put all perishable foods in a cooler when travelling.

**Separate** - Keep cooked and uncooked food separate

**Cook** - Remember sausages, hamburgers and poultry need to be cooked all the way through – use a meat thermometer to check

they have reached 75°C in the centre. Intact steaks and whole pieces of red meat can be cooked to taste. Protect food from flies and, as with cold perishables, avoid leaving it around for more than four hours, (or two hours if there are leftovers to be put into the fridge).



## BEAT THE HEAT THIS SUMMER

Make sure your patients have a plan to beat the heat More information on the health effects of severe heat illness is available from NSW Health Information for health professionals - Beat the Heat website: <http://www.health.nsw.gov.au/environment/beattheheat/Pages/information-for-health-professionals.aspx>

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If you have any suggestions or stories to share please contact the ID team on  
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