

TOPIC:	SWINE FEVER	REF. NO.	03/09
VESSEL CATEGORY:	ALL VESSELS	AREA:	ALL AREAS

We would like to advise Members of the following latest advice received from our correspondent in Mexico regarding the Swine Fever outbreak. We would like to remind Members that even though the focus is presently on Mexico these guidelines are equally pertinent worldwide.

It is advised that Mexico is closely monitoring the development of this epidemic illness. The epicenter of reported cases appears to be focused in the states of central Mexico, specifically in Mexico City. Mexican Sanitary Authorities have already undertaken emergency actions to prevent the illness from spreading which has been more dramatic in these areas due to the high concentrations of their populations.

The symptoms of Swine Fever are like a common flu but with a particularity high fever (up to 39°C). If these symptoms are experienced it is important to notify the Health Authorities immediately to allow them to evaluate the patient and confirm / discard diagnosis. Swine fever, if not properly treated, may worsen into pneumonia and rarely into death.

For vessels' crews arriving in Mexico we strongly recommend the following preventive actions:

1. To maintain extreme hygienic conditions on the vessel
2. For crew members to maintain extreme hygienic practices
3. Avoid shaking hands and to wash hands constantly
4. Avoid close places where people congregate, e.g. subway (tube), schools, churches and cinemas
5. Avoid sharing cutlery, dishes and clothing
6. Do not smoke in close places
7. Allow ventilation and sun to enter the ship's accommodation as much as possible
8. Persons should avoid exposing themselves to sudden temperature changes
9. Crew members should drink high quantities of liquids
10. Crew members should eat foods with an elevated amount of vitamins A and C (papaya, orange, lemon and carrot etc)
11. Crew members should avoid contact with persons that present flu like symptoms.

If anybody on board a vessel presents a sudden high fever, headache, cough and muscular / articulation pain, the Health Authorities must be advised **immediately** in order to start medical evaluations as soon as possible. In cases where a crew member presents these symptoms prior to arrival at a port, a notice must be given in advance.

As further episodes of Swine Fever are emerging worldwide we strongly recommend that these precautions are followed by all Members on all trade routes. In case of any crew member presenting symptoms, we recommend that Members inform the local correspondent as well as the local Authorities.

For additional up to date information please refer to the World Health Organization
<http://www.who.int/en/>

Source of information:

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