

## PREVENTIVE NOTICE OF TRAVEL TO THE DEMOCRATIC REPUBLIC OF THE CONGO AND GUINEA FOR ACTIVE OUTBREAKS OF EBOLA VIRUS DISEASE

25 | March | 2021

[UIES-NOTICE-TRAVEL-EBOLA-DRC&amp;GUINEA-v01.02-2021]

### Key Points:

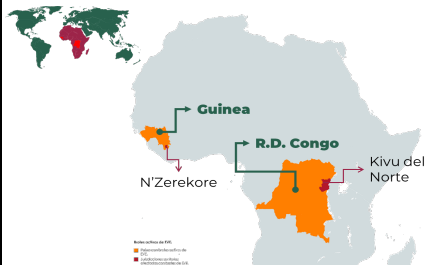
- The **Ebola virus disease (EVD)**, known as *Ebola hemorrhagic fever*; is an acute, serious disease and reaches a lethality of up to 60%, it is caused by the **Ebola virus**.
- There are **experimental treatments and vaccines that are not available in Mexico**.
- The **Ebola virus infection can be acquired through direct contact or objects contaminated with blood and body fluids from sick individuals** (such as urine, feces, saliva, sweat, vomit, breast milk, amniotic fluid, semen, and vaginal fluids) from people sick or deceased. They are contagious until they show symptoms of the disease.
- Transmission can also occur through sexual contact with a patient; **even after recovered**; for up to 12 months after their recovery.
- Another way to become infected is **contact with bats, forest antelopes, and non-human primates** (such as monkeys and chimpanzees), blood, fluids, or raw meat prepared from these or unknown animals (bushmeat).
- Recently, the **Democratic Republic of the Congo** has declared an **EVD outbreak in the province of North Kivu**. Until March 14, a total of **12 cases** (11 confirmed and one probable) and 5 deaths (fatality rate 45.5%) were registered.
- Also, **Guinea** has been experiencing an **EVD outbreak since February 14, in N'Zérékoré prefecture**. Until March 13, a total of **18 cases** (14 confirmed and 4 probable) and nine deaths (fatality rate 50.0%) were registered.

### Risk Level

**LEVEL 3 - HIGH**  
Avoid all non-essential international travel.

The possibility of getting sick from this event is high, and there are no specific preventive medical measures against this disease.

### Countries and territories with reports of active EVD outbreaks in Africa.



### Symptoms:

- Sudden fever greater than 38.6 ° C.
- Exhausted.
- Vomiting and / or diarrhea
- Lack of appetite.
- Headache, stomachache and / or sore throat.
- Bruises on the skin.

In advanced cases, **bleeding** may occur in different parts of the body:

- Nose.
- Gums.
- Bloody stools
- Urine.

### People most at risk of becoming infected with the Ebola virus:

- People traveling to areas where outbreaks are active, in DR Congo (North Kivu province), and Guinea (N'Zérékoré prefecture).
- Health personnel who care for sick patients with symptoms suggestive of EVD.
- People who have contact with individuals with symptoms of EVD.
- Sexual contact with recovered EVD patients.
- Contact with objects potentially contaminated by patients suffering from EVD or deceased.
- Contact with live or dead wild animals.

### Before Travelling:

- Due to the COVID-19 pandemic and these EVD outbreaks, it is determined to **AVOID NON-ESSENTIAL INTERNATIONAL TRAVEL**, preferably postpone your trip for another time.
- **Some countries have implemented specific restrictions or preventive measures** (may include isolation and quarantine of travelers, as well as certificates or laboratory tests upon arrival in the destination country)
- In case you have to travel, register in the **Registration System for Mexicans Abroad** [<https://sirme.sre.gob.mx/>] and consult the **Traveler's Guide of the Ministry of Foreign Relations**. [<https://guiadelviajero.sre.gob.mx/>]

### During your travel:

- **Avoid contact with blood and body fluids of infected or sick people** (including sexual contact).
- Do not touch items that may have been in contact with the blood or body fluids of an infected person.
- **Avoid contact with wild animals** (alive or dead) that may be infected (monkeys, chimpanzees, antelopes and / or wild bats).
- **Avoid contact and handling of human corpses and / or animals that could be infected.**
- **Wear a mask covering the nose and mouth.**
- **Avoid visiting areas where outbreaks are occurring.**
- If you are medical or paramedical personnel and do not have the proper training and personal protective equipment, avoid treating people who are sick or suspected of having EVD.
- Keep an eye on the media during your stay in these countries and always maintain preventive measures (frequent hand washing).
- **If you become ill during your stay, seek medical attention and avoid self-medicating.**
- Stay informed of the situation at your destination.

### After Travelling:

- If you traveled internationally, especially to the **Democratic Republic of the Congo** and / or **Guinea**, in the **last 21 days**, upon your return to Mexico, **watch for symptoms of illness such as sudden fever greater than 38.6 ° C, extreme tiredness, vomiting and / or diarrhea, poor appetite, headache, stomachache and / or sore throat**, if so, **seek immediate medical attention**. Don't self-medicate.
- When going to emergency rooms or hospitals, **inform health personnel about your travel history** to these regions of the world.
- **If you have symptoms, avoid exposing other people, follow preventive measures, wear a mask and include hand washing with soap and water or with alcohol-based gel solutions; as well as maintaining adequate physical distancing.**

### Additional Information:

- Health Secretariat <https://www.gob.mx/salud/articulos/todo-sobre-el-virus-del-ebola>
- Secretariat of Foreign Relations <https://guiadelviajero.sre.gob.mx/>
- World Health Organization <https://www.who.int/es/news-room/fact-sheets/detail/ebola-virus-disease>
- Pan American Health Organization [https://www.paho.org/hq/index.php?option=com\\_content&view=article&id=10122:2014-que-es-el-ebola&Itemid=41117&lang=es](https://www.paho.org/hq/index.php?option=com_content&view=article&id=10122:2014-que-es-el-ebola&Itemid=41117&lang=es)

For any doubt you can contact the EPIDEMIOLOGICAL AND HEALTH INTELLIGENCE UNIT at **55 5337-1845 y 800-0044-800**, where you will be attended by highly trained personnel 24 hours a day.