



**National Institute of Health - Pakistan
(Centers for Disease Control)**

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National Focal Point for IHR



No: F.1-22/Advisory/CDC/2023

Islamabad, 26 June 2023

Subject: Travel Advisory for the Prevention and Control of Marburg Viral Disease

Purpose:

The Outbreak of Marburg viral disease has been confirmed by World Health Organization in United Republic of Tanzania on 21st March 2023 with confirmation of 09 cases along with 06 deaths. Earlier in February 13, 2023, the Government of Equatorial Guinea (GREG) also declared first outbreak of Marburg virus disease (MVD). The travel associated cases were also reported from Uganda, Netherland and US. Keeping in view the risk of outbreak potential for Marburg viral disease, the National Institute of Health is issuing this advisory with the objective to alert and sensitize the points of entry and healthcare workers to be vigilant in the detection of any suspected case who is travelling to/ from any area where the cases have been reported and to strengthen and improve the level of preparedness for prevention, control and management of Marburg virus disease.

The information about the illness is summarized below:

Clinical Picture:

The incubation period of Marburg viral disease ranges from 02 to 21 days and patient may present with sudden onset of high-grade fever, chill, severe body ache and myalgia. Severe watery diarrhoea, abdominal cramping, nausea/vomiting can begin on the 3rd day. The patients may develop maculopapular rash most commonly on trunk after 5th day of symptoms onset. The patients may progress the disease severely and develop jaundice, inflammation of the pancreas, severe weight loss, delirium, shock, liver failure, massive hemorrhaging, and multi-organ dysfunction. Moreover, patients develop severe hemorrhagic manifestations between 5 and 7 days, and fatal cases usually have some form of bleeding, often from multiple areas.

The case definition for suspected and investigating Marburg viral disease (MVD):

1. Any person, suffering from or died from sudden onset of high-grade fever, and had contact with a suspected, probable, or confirmed MVD case, or a dead or sick animal; OR
2. Any person with sudden onset of high-grade fever, AND at least three of the following symptoms: headache, lethargy, anorexia/loss of appetite, aching muscles or joints, stomach pain, difficulty swallowing, vomiting, diarrhea, hiccups; OR
3. Any person with inexplicable bleeding; OR
4. Any sudden, inexplicable death.

Prevention & Treatment:

- Any case suspected for MVD should be quarantines/isolated for 21 days in the designated hospital
- No vaccine or specific treatment for MVD is yet available. The patient care is mainly supportive.
- Ensure hand hygiene and cough antequate for prevention and personal protection.

Prevention Measures for incoming Travelers:

Travelers are encouraged to report, if they have signs/ symptoms of fever, headache, abdominal pain, diarrhea which appear within 21 days of travel from endemic areas for MVD. In this situation traveler should:

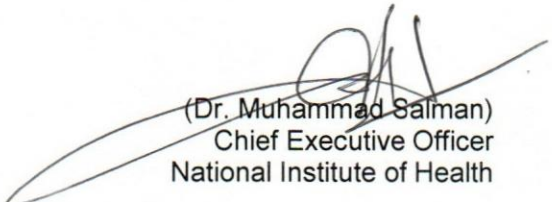
- Inform the Airport health staff immediately
- Seek medical care immediately from designated hospitals and inform about complete travel history and signs/ symptoms.
- As per directions of the doctor, isolate in the hospital and avoid contacts with others.
- Cover mouth and nose with face mask.
- Cough or sneeze into a disposable tissue or the inner crook of your elbow in order to avoid contamination of your hands.
- Wash hands often with soap and water for at least 20 seconds. Use hand sanitizer if soap and water are not available.
- Follow recommendation by International Air Transport Association (IATA) with regard to managing suspected communicable disease on board an air craft.

Preventive Measures for outgoing Travelers:

- Be careful while travelling to the areas having cases of Marburg Viral Disease.
- Follow instructions of local health authorities of the affected area and WHO travel advice.
- Wash hands often with soap and water for at least 20 seconds. Use hand sanitizer if soap and water are not available.
- Cover mouth and nose with face mask.
- Cough or sneeze into a disposable tissue or the inner crook of your elbow in order to avoid contamination of your hands.
- Avoid visiting crowded places and stay at home.
- Avoid close contact with anyone with fever, headache and diarrheal symptoms.
- Avoid close contact with confirmed case of Marburg viral disease, and avoid visiting Marburg virus disease case in hospital or at his/ her home.
- Avoid unprotected contact with live/ wild/ farm animals.
- In case of symptoms compatible to Marburg viral disease, immediately contact health authorities and designated healthcare facilities of the area.

For any further assistance in this context, the Center for Disease control (CDC), NIH (051 – 9255237 and Fax No. 051-9255099) may be contacted.

This advisory may please be widely distributed among all concerned and NIH may please be kept informed of the measures undertaken in respective areas of jurisdiction.


(Dr. Muhammad Salman)
Chief Executive Officer
National Institute of Health

Distribution Overleaf:

Distribution:

1. Secretary, Health Department, Government of the Punjab, Lahore
2. Secretary, Health Department, Government of Sindh, Karachi
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5. Secretary, Health Department, Government of AJK, Muzaffarabad
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7. Chief Executive Officer, Islamabad Healthcare Regulatory Authority, Islamabad
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19. Executive Director, Pakistan Institute of Medical Sciences, Islamabad
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21. Executive Director, CDA Capital Hospital, Islamabad
22. Executive Director, Federal Government TB Hospital, Rawalpindi
23. Executive Director, National Institute of Rehabilitation Medicine (NIRM), Islamabad
24. Director General Health Services, Capital Development Authority, Islamabad
25. Director General, PAEC Hospital, Islamabad
26. Director General, KRL Hospital, Islamabad
27. Director General, NESCOM Hospital, Islamabad
28. Director, Border Health Security (BHS), Karachi
29. District Health Officer, ICT, Islamabad
30. Director, Nuclear Oncology & Radiotherapy Institute (NORI), Islamabad
31. Commandant, PAF Hospital, Islamabad
32. Commandant, Naval Complex Hospital, (PNS Hafeez), Islamabad
33. Medical Superintendent, Social Security Hospital, Islamabad
34. Director, Federal General Hospital, Park Road, Islamabad
35. Executive Director, Shifa International Hospital, Islamabad
36. Executive Director, Qauid-e-Azam International Hospital, Islamabad
37. Executive Director, Maroof International Hospital, Islamabad
38. Commandant, Combined Military Hospital (CMH), Rawalpindi
39. Commandant, Military Hospital (MH), Rawalpindi
40. Medical Superintendent, Cantonment General Hospital, Rawalpindi
41. Medical Superintendent, District Headquarter Hospital, Rawalpindi
42. Medical Superintendent, Fauji Foundation Hospital, Rawalpindi
43. Medical Superintendent, Holy Family Teaching Hospital, Rawalpindi
44. Medical Superintendent, Benazir Bhutto Hospital, Rawalpindi
45. Medical Superintendent, WAPDA Hospital, Rawalpindi
46. Medical Superintendent, Railway Hospital, Rawalpindi
47. In-charge, Federal Disease Surveillance Unit (FDSRU), NIH Islamabad
48. Officer In-charge, Provincial Disease Surveillance & Response Unit (PDSRU) at Provincial Health Directorates, Lahore, Hyderabad, Peshawar, Quetta, Gilgit and Muzaffarabad
49. Deputy Commissioners with the request to direct all concerned departments at district level

Copies to:

1. Chief Secretary, Govt of Punjab, Sindh, KPK, Balochistan, GB and AJK.
2. Surgeon General, Pakistan Army, Medical Directorate, GHQ Rawalpindi
3. Chief Commissioner, ICT Administration Islamabad
4. WHO Country Representative, Islamabad
5. SPS to Federal Minister of Health, M/o NHR&C, Islamabad
6. SPS to Secretary, M/o NHR&C, Islamabad
7. PS to Director General Health, M/o NHR&C, Islamabad