



<b>TO: Chief Directors</b>	<b>Metro Health Services (MHS)</b>
	<b>Rural Health Services (RHS)</b>
	<b>Strategy and Health Support</b>
<b>District Managers:</b>	<b>Metro Health Services (MHS) Substructures</b>
	<b>Rural Districts</b>
<b>Directors:</b>	<b>Professional Support Services</b>
	<b>Emergency Medical Services</b>
	<b>Forensic Pathology Services</b>
	<b>Facilities Management: Provincial Environmental Health</b>
	<b>Communication</b>
<b>Chief Executive Officers (CEOs):</b>	<b>Central, Regional and District Hospitals</b>
<b>Managers:</b>	<b>Private Hospitals and Private Clinics</b>
<b>Heads of Health / Executive Directors:</b>	<b>Local Authorities/Municipalities/City of Cape Town</b>
	<b>South African Military Health Services</b>
<b>Managers:</b>	<b>Port Health, Border Management Authority</b>
	<b>National Health Laboratory Services</b>
	<b>Private Laboratories</b>
	<b>General Practitioners</b>
<b>Chief Director:</b>	<b>Department of Agriculture: Veterinary Services</b>

**Circular H 73/2023**

**AVIAN INFLUENZA SURVEILLANCE IN OCCUPATIONALLY EXPOSED PERSONS: SCREENING OF INDIVIDUALS FOLLOWING POSSIBLE EXPOSURE TO HIGH PATHOGENICITY AVIAN INFLUENZA A (H5N1) IN POULTRY**

This circular is an update of Circular H77/2021, issued on the 15<sup>th</sup> of June 2021

**1. BACKGROUND**

- 1.1 Avian influenza (bird flu) is a disease caused by influenza type A viruses (such as H5N1) usually carried in wild birds. Infected birds can spread the virus through their nasal secretions (mucous), saliva or faeces (droppings). These viruses occur naturally among wild aquatic birds (like ducks and geese) and can infect domestic poultry (like chickens and guinea fowl) and other bird and animal species. While most wild birds can be affected with avian influenza viruses but do not usually get sick, some species, including poultry may get very sick and die. Outbreaks of avian influenza in bird populations happen from time to time. Rarely do avian influenza strains cause disease in humans.
- 1.2 Human infections with 'bird flu' are uncommon and can occur in individuals who have close contact with birds, either live or dead, that are infected with high pathogenicity avian influenza viruses. Avian influenza viruses do not usually spread from person-to-person.
- 1.3 The best way to prevent avian influenza is to avoid sources of exposure whenever possible:
  - 1.3.1 Avoid unprotected contact with poultry and other birds that look sick or have died,
  - 1.3.2 Recommend personal protective equipment (PPE) use when in direct contact with birds that are potentially infected.
- 1.4 There is currently no human vaccine against avian influenza. However, it is recommended that poultry workers, and especially those with underlying conditions considered high risk for severe influenza, receive the annual seasonal vaccine at public health facilities (See Influenza NICD recommendations for the diagnosis,

management, prevention and public health response, April 2023 - [https://www.nicd.ac.za/wp-content/uploads/2023/05/Influenza-guidelines\\_-25April-2023-final.pdf](https://www.nicd.ac.za/wp-content/uploads/2023/05/Influenza-guidelines_-25April-2023-final.pdf) ).

- 1.5 High pathogenicity avian influenza (HPAI) A (H5N1) has been identified on poultry farms in the Cape Winelands and Garden Route Districts of the Western Cape Province from the end of April 2023 to the 1<sup>st</sup> of June 2023. See press statement released on the 1<sup>st</sup> of June 2023. <https://www.westerncape.gov.za/news/avian-influenza-situation-western-cape>
- 1.6 **It is important to conduct active surveillance on individuals potentially exposed to avian influenza viruses in poultry, to identify human infections. This includes referring all people with respiratory symptoms that have been exposed to infected poultry for testing at the clinics listed below in Table 1.**
- 1.7 There is close collaboration between the Department of Agriculture, Department of Health, and the National Institute for Communicable Diseases around surveillance for 'bird flu' in the animal population and amongst occupationally exposed humans.
  - Symptomatic cases, where possible transmission is suspected from affected birds/poultry or ostriches to humans will be investigated.
  - Persons who are in contact with live or dead birds, especially those in the poultry industry are advised to wear personal protective equipment including disposable gloves, disposable aprons/clothing, well-fitted goggles, disposable head/hair cover, and N95 masks capable of preventing inhalation of aerosolised virus particles.
- 1.8 Where a suspected or confirmed outbreak of avian influenza has occurred, only limited numbers of persons should be exposed, and all persons should use appropriate personal protective equipment. Hand washing with disinfectant soap after contact with birds is essential.

## 2. **SURVEILLANCE & LINKAGE TO DISTRICT AND HEALTH FACILITIES**

- 2.1 With the identification of avian influenza in poultry/bird population in districts in the Western Cape, it is necessary to do surveillance on symptomatic people who are working on the premises/farms. The affected HPAI poultry and health districts are listed below. Symptoms include cough, runny nose, fever, sore throat, conjunctivitis, headache, myalgia, and fatigue.

**Table 1: List of health facilities in the affected districts to conduct testing of symptomatic HPAI exposed individuals.**

H5N1 Positive Farms/Premises	District	Areas	Dedicated Facilities	District Coordinator (CDC, Environmental Health)
Poultry Farms	Cape Winelands	Wellington (5 farms)	Windmeul Clinic Wellington CDC TC Newman CHC, Paarl Paarl Hospital	<b>Ms Surina Neethling</b> 023-348-8120, 072-227-6058 <b>Mr. Randall Humphreys</b> 023-348-2336, 082-824-2010
	Garden Route	George (1 farm)	Blanco Clinic, George George Hospital	<b>Mr. Eugene Engle</b> 044-803-2752, 083-441-8555 <b>Ms Gerda Terblanche</b> 044-803-2755/2700, 084-581-6648 <b>Mr. Nathan Jacobs</b> 044-813-2926, 081-030-4557

- 2.2 The attached documents have been made available:

- 2.2.1 Avian Influenza Guidance, NICD, compiled November 2022
- 2.2.2 Avian Influenza Frequently Asked Questions, NICD, compiled June 2017
- 2.2.3 How to collect nasal/oropharyngeal swabs for detection of respiratory viruses, NICD, updated 4 November 2022
- 2.2.4 Case Investigation Form: Request for Avian Influenza testing, NICD, Version November 2022
- 2.2.5 Screening and Case definition: Avian Influenza, November 2022
- 2.2.6 Centre for Respiratory Diseases and Meningitis: Specimen Submission Form, November 2022

All the above documents (except the provincial pamphlet/flyers) can be found on the NICD website: <https://www.nicd.ac.za/diseases-a-z-index/avian-influenza/>

**The Provincial procedures and flyers are listed in the attached annexures and flyers, for implementation:**

- 2.2.7 Annexure 1: Provincial Procedure for Screening of Individuals following possible exposure to High Pathogenicity Avian Influenza A ((H5N1) in birds/poultry.

- 2.2.8 Annexure 2: Avian Influenza Surveillance: Department of Agriculture affected farms/premises & linkage to Department of Health (District services)
- 2.2.9 Information pamphlets/flyers (English, Afrikaans, and Xhosa), Western Cape Department of Health and NICD

Please bring the content of this circular to the attention of all relevant staff at your facilities, institutions, district/sub-districts, and relevant stakeholders. We trust in your continued support in the control of communicable diseases in our province.

Yours sincerely.

.....A.D. Creiman

**JO ARENDSE**

**CHIEF DIRECTOR: ECSS**

**DATE: 14 / 10 / 2023**

## **Annexure 1: Provincial Procedure for Screening of Individuals following possible exposure to High Pathogenicity Avian Influenza A ((H5N1) in birds/poultry**

It is important to conduct active surveillance of individuals potentially exposed to avian influenza viruses in birds or poultry to identify human infections. The spread of avian influenza viruses from one person to a close contact is very rare, and when it has happened, it has only spread to a few people. However, because of the possibility that avian influenza viruses could change and gain the ability to spread easily between people, potentially leading to a global influenza pandemic, monitoring for human infection and person-to-person spread is extremely important for public health.

### **1. RISK OF INFECTION OF HPAI A (H5N1) TO EXPOSED PERSONS**

- Since 1997, the H5N1 virus has been described to occasionally cause infection in humans, resulting in severe respiratory disease with high mortality (60%). The virus does not infect humans easily and spread from person-to-person appears to be unusual. Infection occurs most often through direct unprotected contacts (no gloves, protective wear, facemasks, or eye protection) with infected birds. People can become infected by breathing virus in droplets in the air or dust, or by touching an infected bird or surfaces contaminated with infected bird mucous, saliva or faeces and then touching their eyes, mouth, or nose.
- **Healthcare providers should be on alert for respiratory illness or conjunctivitis amongst persons who may have been exposed to infected poultry.** Exposed persons include farm workers, abattoir workers, animal health personnel and any field workers in contact with poultry (chicken, ostriches etc.) from farms with suspected/confirmed HPAI or from wild bird rehabilitation centres that have handled confirmed or suspected HPAI cases.

### **2. SURVEILLANCE FOR OCCUPATIONALLY EXPOSED INDIVIDUALS**

- The Department of Agriculture, Department of Health, and the National Institute for Communicable Diseases work together around surveillance for avian influenza amongst animal populations and occupationally exposed humans.
- The Department of Agriculture informs the Department of Health (Communicable Disease Control) of any suspected or confirmed outbreaks of avian influenza in the animal / poultry population.
- Persons who are in contact with live or dead birds, especially those in the poultry industry are advised to wear personal protective equipment including gloves, disposable aprons/clothing, and masks capable of preventing inhalation of aerosolised virus particles. Only limited numbers of persons should be exposed. Hand washing with disinfectant soap after contact with birds, is essential.
- The Department of Agriculture completes Annexure 2: Avian Influenza Surveillance: Department of Agriculture and Department of Health (District Services) linkage form and forward to the Provincial CDC Unit. The following details are required: the name of farms or premises with positive avian influenza result, location (district/sub-district), measures undertaken (e.g., culling), number of workers on the farm, name and contact details of the farmer/manager, and the details of the state veterinarian. The linkage forms are updated by the Provincial CDC unit as new farms/premises are identified by the Department of Agriculture.
- The Provincial CDC unit liaise and coordinates with the appropriate in response teams at district and sub-district level to ensure a joint human agricultural investigation is conducted. This involves liaison with the nearest health facility primary health care staff, Environmental Health, and laboratories to ensure specimens are collected from suspected cases based on the below case definition.
- Provincial pamphlets on avian influenza will be provided to staff working with birds/poultry by the State Veterinarians and animal technicians; or Environmental Health Practitioners from the Department of Health/ municipalities in collaboration with the specific State Vet of the region/district.

### 3. **SCREENING AND CASE DEFINITION**

- All suspected cases of potential transmission of avian influenza virus from infected birds/poultry to humans should be investigated.
- Clusters (e.g., 3 or more cases in 72 hours, or 5 or more cases in a 5-day period) of severe respiratory illness (hospitalised or ICU admission or death) with evidence of common exposure or epidemiological link (attention should be given to recent travel or exposure to animals implicated in zoonotic transmission of respiratory pathogens) are notifiable in South Africa and should be investigated (Category 1NMC: Respiratory disease caused by a novel respiratory pathogen).
- If an individual has been in contact with potentially infected birds (sick or dead birds and poultry) and become sick within 10 days of the exposure, they must present to the nearest doctor or healthcare facility and avoid close contact with other people as much as possible.
- **When medical care is sought, the healthcare practitioner should alert the National Institute for Communicable Diseases (NICD) on the clinician hotline (0800-212-552).**
- **Persons meeting the case definition below, should be investigated as a matter of urgency.**
  - **Report the suspected case to the Provincial Communicable Disease Control Unit, 021-830-3727; 021-815-8660/1/2/3 or 072-356-5146 / 082-327-0394) or the District CDC Coordinator or equivalent.**
  - Infectious Disease Specialist or Medical Virologist on call at Tygerberg Hospital; 021- 938-4911; Groote Schuur Hospital, 021-404-9111, may also be contacted for any advice on clinical management etc.
- Follow the procedure for potentially exposed persons in the Screening and Case definition: Avian Influenza, November 2022, document.

#### **Case Definition for person under investigation**

Any of the following symptoms: *cough, fever, sore throat, runny nose, difficulty breathing or conjunctivitis*

#### **PLUS**

A documented history of having had exposure (direct contact or proximity of <15 metres) to potentially infected birds (alive or dead) OR having had worked in a poultry house with infected birds, in the 10 days preceding the onset of symptoms.

- Due to high human influenza transmission currently (influenza season), an exposed farm worker that develop symptoms, still most likely will have human influenza. As avian influenza can be associated with worse outcome and other risks, these individuals will be tested for both human and avian influenza.

### 3. **SPECIMEN COLLECTION AND LABORATORY TESTING**

- Laboratory tests for HPAI A (H5N1) should be conducted on patients who satisfy both the clinical and epidemiological criteria included in the definition of a possible case.
- The specific tests on patients who satisfy the case definition will be conducted at the NICD, Centre for Respiratory Diseases and Meningitis (CRDM) laboratory in Johannesburg. Specimens can be sent to the NHLS laboratories marked for "Attention of CRDM, NICD". For any laboratory enquiries / assistance call 011-555-0315 / 0317.
- The required specimens should be collected URGENTLY from persons meeting the case definition, by healthcare workers at the dedicated/specific public health facilities. See Standard Operating Procedures: How to collect nasal/oropharyngeal swabs for detection of respiratory viruses, 4 November 2022.



- Dedicated health facilities should consult the nearest NHLS laboratory to ensure sample collection material / equipment/kits is available, and samples should be sent by regular, routine routes to NHLS labs, which will process further.
- Health facilities in the Garden Route District should forward the specimens to the George Hospital NHLS Laboratory, and they will be forwarding it to the NICD.
- If samples are collected in the private health facility, the private laboratories should forward the samples to the NICD as part of their routine transport of influenza surveillance samples e.g., viral watch etc.
- Prior arrangements will need to be made with the Provincial CDC Unit, district coordinator/equivalent and health facility staff - If managers at poultry farms, abattoirs, and bird sanctuary or rehabilitation centres are requesting of testing of all workers (symptomatic and asymptomatic).
- **Specimens for testing (see attached SOP for collection for nasal/oropharyngeal swabs)**
  - Infection prevention and control measures (gloves, well fitted surgical mask/N95 mask) should be employed by the health care worker when taking specimens.
  - A nasal/nasopharyngeal or a combined nasal/ nasopharyngeal swab in viral or universal transport media, is the appropriate specimens to collect.
  - A completed Case Investigation Form: Request for Avian Influenza A (H5N1) testing and a Centre for Respiratory Disease and Meningitis, Specimen Submission Form, MUST accompany the specimen/s (attached).
  - Make sure you have contact details (2 or more numbers if possible) for follow-up in the event of a positive result.
  - Advise the suspected case/patient to avoid close contact with other people until the symptoms resolve.
- **Contact details for assistance:**
  - Specimen collection procedures and clinical advice: Call Dr Sibongile Walaza, 011-386-6410 or Prof Cheryl Cohen, 011-386-6593
  - Laboratory testing, specimen transport or collection advice: 011-555-0315 or 011-555-0317

#### 4. **MANAGEMENT OF CASES UNDER INVESTIGATION**

- Persons meeting the case definition should be investigated as a matter of urgency. The appropriate specimen must be taken, and the Provincial Communicable Disease Control Unit notified of the suspected case.
- Persons with mild upper respiratory tract illness should be counselled to return immediately if the symptoms worsen, particularly if shortness of breath develops.
- Should a suspected case present with signs and symptoms of lower respiratory tract infection (shortness of breath or dyspnoea or clinical/radiological evidence of pneumonia) requiring admission, oseltamivir must be started immediately (75mg bd po for 5 days). Investigate and treat for other common causes of lower respiratory tract infection (particularly bacterial pneumonia). Please consult the NICD hotline or one of the Infectious Disease Specialists at Tygerberg or Groote Schuur Hospital.
- All suspected cases should be counselled regarding the importance of hand hygiene and cough etiquette.
- Infection Prevention and Control (IPC) precautions when caring for patients with suspected, probable, or confirmed infection with HPAI are the same as those practiced when caring for patients with seasonal influenza.
- When working in direct contact with patients, Standard and Droplet Precautions should be applied.

## 5. RESOURCES

The attached documents are available: <https://www.nicd.ac.za/diseases-a-z-index/avian-influenza/>

- 5.1 Avian Influenza Guidance, NICD, compiled November 2022
- 5.2 Avian Influenza Frequently Asked Questions, NICD, compiled June 2017
- 5.3 How to collect nasal/oropharyngeal swabs for detection of respiratory viruses, NICD, updated 4 November 2022
- 5.4 Case Investigation Form: Request for Avian Influenza testing, NICD, Version November 2022
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- 5.6 Centre for Respiratory Diseases and Meningitis: Specimen Submission Form, November 2022
- 5.7 Annexure 2: Avian Influenza Surveillance: Department of Agriculture affected farms/premises & linkage to Department of Health (District services)
- 5.8 Information pamphlets (English, Afrikaans, and Xhosa), Western Cape Department of Health and NICD

## 6. CONTACT DETAILS

Herewith the contact numbers of role-players involved in avian influenza surveillance:

**Table 1: List of Department of Agriculture Officials in the Western Cape Province, June 2023**

	Name	Designation	Tel / Cell	Email
1.	Msiza, G. Dr	Chief Director: Veterinary Services	021-808-5002 (tel) 084-604-6705 (cell)	<a href="mailto:gininda.msiza@westerncape.gov.za">gininda.msiza@westerncape.gov.za</a>
2.	Bhandi, S. Dr	Director: Animal Health (Acting)	021-808-5052 (tel) 083-687-1094 (cell)	<a href="mailto:solomon_bhandi@westerncape.gov.za">solomon_bhandi@westerncape.gov.za</a>
3.	Roberts, L. Dr	State Veterinarian: Epidemiology	021-808-5058 (tel) 072-184-8642 (cell)	<a href="mailto:laura.roberts@westerncape.gov.za">laura.roberts@westerncape.gov.za</a>
4.	Van Helden, L. Dr	State Veterinarian: Epidemiology	021-808-5017 (tel) 072-460-1984 (cell)	<a href="mailto:lesley.vanhelden@westerncape.gov.za">lesley.vanhelden@westerncape.gov.za</a>
5.	Cloete, A. Dr	State Veterinarian: Training	021-808-5254 (tel) 082-901-1710 (cell)	<a href="mailto:annelie.cloete@westerncape.gov.za">annelie.cloete@westerncape.gov.za</a>
6.	Janse van Rensburg, L. Dr	State Veterinarian: George	044-873-5527 (tel) 083-797-0010 (cell)	<a href="mailto:leana.jansevanrensburg@westerncape.gov.za">leana.jansevanrensburg@westerncape.gov.za</a>
7.	Malan, V. Dr	State Veterinarian: Boland	021-808-5028 (tel) 082-228-9076 (cell)	<a href="mailto:vivien.malan@westerncape.gov.za">vivien.malan@westerncape.gov.za</a>
8.	Kloppers, C. Dr	State Veterinarian: Swellendam	021-808-5059 (tel) 083-641-5163 (cell)	<a href="mailto:christi.kloppers@westerncape.gov.za">christi.kloppers@westerncape.gov.za</a>
9.	Fox, C. Dr (Acting)	State Veterinarian: Beaufort West	023-414- 9221 (tel) 082-699-6043 (cell)	<a href="mailto:cathy.fox@westerncape.gov.za">cathy.fox@westerncape.gov.za</a>
10.	Lombard, C. Dr	State Veterinarian: Vredendal	027-213-3106 (tel) 073-465-3860 (cell)	<a href="mailto:chanel.lombard@westerncape.gov.za">chanel.lombard@westerncape.gov.za</a>
11.	Swart, M. Dr	State Veterinarian: Malmesbury	022-433-8910/15 (tel) 083-469-2404 (cell)	<a href="mailto:michael.swart@westerncape.gov.za">michael.swart@westerncape.gov.za</a>
12.	Fox, C. Dr	State Veterinarian: Oudtshoorn	044-203-9445 (tel) 082-699-6043 (cell)	<a href="mailto:cathy.fox@westerncape.gov.za">cathy.fox@westerncape.gov.za</a>
13.	Pepler, A. Dr	Sate Veterinarian: Worcester	021-808-5052 (tel) 060-962-0118 (cell)	<a href="mailto:ansulize.pepler@westerncape.gov.za">ansulize.pepler@westerncape.gov.za</a>

**Table 2. Public health officials responsible for Communicable Disease Control, Environmental Health, and CDC coordinators / equivalent, in the Western Cape**

	Province	Name	Designation	Tel/Cell	Email
1.	SPC: Communicable Disease Control	Ms Charlene Lawrence	Provincial CDC Coordinator	021- 830-3727 (tel) 072-356-5146 (cell)	Charlene.Lawrence@westerncape.gov.za
2.		Ms Janine Bezuidenhoudt	Provincial NICD Epidemiologist	021-815-8663 (tel) 082-327-0394 (cell)	Janine.Bezuidenhoudt@westerncape.gov.za <a href="mailto:janineb@nicd.ac.za">janineb@nicd.ac.za</a>
3.		Ms Washiefa Isaacs	CDC: Provincial NICD NMC Surveillance Manager	072-310-6881(cell)	Washiefa.Isaacs@westerncape.gov.za <a href="mailto:washiefai@nicd.ac.za">washiefai@nicd.ac.za</a>
4.		Ms Levani Naidoo	ASD: Outbreak Response	021-815-8676 (tel) 060-508-0896 (cell)	Levani.Naidoo@westerncape.gov.za
5.		Ms Farzanah Frieslaar	ASD: EPI Disease Surveillance	021-815-8740 (tel) 079-368-3693 (cell)	Farzanah.Frieslaar@westerncape.gov.za

7.		Mr. Francois Booyesen	CDC: Administrative Officer	021-815-8661(tel) 061-600-3385 (cell)	Francois.Booyesen@westerncape.gov.za
7.		Ms Felencia Daniels	CDC: Administrative Clerk	021-815-8660 (tel) 082-585-7295 (cell)	Felencia.Daniels@westerncape.gov.za
8.	<b>Facilities Infrastructure Management</b>	Mr. Stanley Nomdo	Assistant Director: Environmental Health	021-918-1564 (tel) 072-133-5644 (cell)	Stanley.Nomdo@westerncape.gov.za
9.	<b>Assurance: Infection Prevention and Control</b>	Dr. Ziyanda Vundle	Public Health Specialist	082-862-4331 (cell)	Ziyanda.Vundle@westerncape.gov.za
10.	<b>Communication</b>	Ms Marika Champion	Director	074-011-2244 (tel) 021-483-3235 (cell)	Marika.champion@westerncape.gov.za
11.	<b>Emergency Medical Services</b>	Dr. Wayne Smith	Head of Disaster Medicine and Special Events	021-815-8819 (tel) 082-991-0760 (cell)	Wayne.Smith@westerncape.gov.za
12.	<b>Tygerberg Hospital</b>	Prof. Jantjie Taljaard	Infectious Disease Specialist	021-938-9645 (tel) 083-419-1452 (cell)	jjt@sun.ac.za
13.	<b>Groote Schuur Hospital</b>	Prof. Marc Mendelson	Infectious Disease Specialists	021-404-5105 (tel) 082-684-5742 (cell)	Marc.mendelson@uct.ac.za
14.	<b>Forensic Pathology Services</b>	Ms Vonita Thompson	Director	082-443-3009 (cell)	Vonita.thompson@westerncape.gov.za
	<b>Rural Health Services (Districts)</b>	<b>Name</b>	<b>Designation</b>	<b>Tel/Cell</b>	<b>Email address</b>
1.	<b>Rural Health Services Chief Directorate</b>	Dr. David Pienaar	Public Health Specialist	021-483-9901 (tel) 083-275-9333 (cell)	David.Pienaar@westerncape.gov.za
2.		Ms Eugenia Sidumo	Deputy Director: Professional Support Services	044-695-0047 (tel) 082-735-5463 (cell)	Eugenia.Sidumo@westerncape.gov.za
3.	<b>Cape Winelands</b>	Ms Surina Neethling	Deputy Director: Specialised Support Services	023-348-8120 (tel) 072-227-6058 (cell)	Surina.Neethling@westerncape.gov.za
4.		Ms Roenell Balie	Manager: Facility Based Services	023-348-8122 (tel) 082-397-4467 (cell)	Roenell.balie@westerncape.gov.za
5.		Mr. Randall Humphreys	Cape Winelands District Municipality Environmental Health	023-348-2336 (tel) 082-824-2010 (cell)	humphreys@capewinelands.gov.za
6.	<b>Central Karoo</b>	Dr. Abraham Muller	Medical Manager: Central Karoo	023-414-8200 (tel) 078-214-3300 (cell)	Abraham.Muller2@westerncape.gov.za
7.		Ms Annalette Jooste	Deputy Director: Specialised Support Services	023-414-3590 (tel) 083-445-8106 (cell)	annalette.jooste@westerncape.gov.za
8.		Ms Janine Nel	Deputy Director: Comprehensive Health	023-414-3590 (tel) 083-708-1679 (cell)	Janine.Nel@westerncape.gov.za
9.		Mr. Gerrit van Zyl	Central Karoo District Municipality Environmental Health	023-449-1000 (tel) 083-654-9688 (cell)	gerrit@skdm.co.za
10.		Mr. Nathan Jacobs	Environmental Health	044-813-2926 (tel) 081-030-4557 (cell)	Nathan.Jacobs@westerncape.gov.za
11.	<b>Garden Route</b>	Mr. Eugene Engle	Deputy Director: Specialised Support Services	044-803-2752 (tel) 083-441-8555 (cell)	Eugene.Engle@westerncape.gov.za
12.		Mr. Nathan Jacobs	Environmental Health	044-813-2926 (tel) 081-030-4557 (cell)	Nathan.Jacobs@westerncape.gov.za
13.		Ms Gerda Terblanche	Assistant Manager: Nursing	044-803-2755/2700 (tel) 084-581-6648 (cell)	Gerda.Terblanche@westerncape.gov.za
14.		Mr. Johan Compion	Garden Route District Municipality	044-803-1501(tel) 082-803-5161 (cell)	jcompion@edendm.co.za
15.	<b>Overberg</b>	Ms Beatrice Groenewald	Child Health Coordinator	028-214-5852 (tel) 082-969-9297 (cell)	Beatrice.groenewald@westerncape.gov.za
16.		Ms Aletta Ludik	Assistant Manager: Facility Based Services	028-214-5851 (tel)	Aletta.Ludik@westerncape.gov.za
17.		Ms Petro Robertson	Deputy Director: Comprehensive Health	023-348-8142 (tel) 072-067-1309 (cell)	petro.robertson@westerncape.gov.za



18.		Ms Mashudu Mukoma	Overberg District Municipality, Environmental Health	028-425-1157 (tel) 064-890-4995 (cell)	Mmukoma@odm.org.za
19.	<b>West Coast</b>	Ms Hildegard Van Rhyn	Clinical Program Coordinator	022-487-9354 (tel) 082-871-9709 (cell)	Hildegard.VanRhyn@westerncape.gov.za
20.		Ms Anne Campbell	Deputy Director: Comprehensive Health	022-487-9263 (tel)	Anne.Campbell@westerncape.gov.za
21.		Mr. N. De Jongh	Municipal Health Services Manager - Environmental Health)	022- 433-8413 (tel) 082-567-6654 (cell)	ndejongh@wcdm.co.za
	<b>District: Cape Town Metropolitan District</b>	<b>Name</b>	<b>Designation</b>	<b>Tel/Cell</b>	<b>Email address</b>
1.	<b>Metro Health Services (MHS) Chief Directorate</b>	Prof. Hassan Mahomed	Public Health Specialist (MHS)	021-815-8697 (tel) 082-334-5763 (cell)	Hassan.Mahomed@westerncape.gov.za
2.		Ms Anneline Janse Van Rensburg	Deputy Director: Comprehensive Health	021-815-8696 (tel) 082-897-2310 (cell)	Anneline.jansevanrensburg@westerncape.gov.za
3.	<b>MHS- Northern Tygerberg Substructure</b>	Ms Michelle Williams	Deputy Director: Professional Support Services	021-815-8882 (tel) 083-235-1155 (cell)	michelle.williams@westerncape.gov.za
4.		Ms Delaray Fourie	Deputy Director: Comprehensive Health Programmes	021-815-8879 (tel)	Delaray.fourie@westerncape.gov.za
5.		Ms Rayneze Saayman	Clinical Programme Coordinator: Facility Based Programmes	021-815-8888 (tel) 073-782-6854 (cell)	Rayneze.Saayman@westerncape.gov.za
6.	<b>MHS- Klipfontein Mitchells Plain Substructure</b>	Ms Pearl Van Niekerk	Quality Assurance Manager	021-370-5000 (tel) 078-409-0030 (cell)	pearl.vanniekerk@westerncape.gov.za
7.	<b>MHS- Khayelitsha Eastern Substructure</b>	Ms Razia Vallie	Deputy Director: Professional Support Services	021-360-4633 (tel) 076-375-1945 (cell)	Razia.Vallie@westerncape.gov.za
8.	<b>MHS- Southern Western Substructure</b>	Ms Portia Hudsonberg	Facility Based Manager	021-202-0947 (tel) 082-321-5594 (cell)	Portia.Hudsonberg@westerncape.gov.za
9.	<b>City of Cape Town (CoCT)</b>	Dr. Natacha Berkowitz	Epidemiologist	021-400-6864 (tel) 083-406-6755 (cell)	Natacha.Berkowitz@capetown.gov.za
10.		Ms Bettie Leedo	Programme Manager: Environmental Health	072-658-3865 (cell)	Bettie.Leedo@capetown.gov.za
11.	<b>CoCT: Eastern</b>	Ms Theda De Villiers	Head: PPHC	021-444-4667 (tel) 074-290-3647 (cell)	Theda.DeVilliers@westerncape.gov.za
12.		Mr. Heinrich Fritz	Head: Environmental Health, Area: East	021-444 5032 (tel) 084-222-1479 (cell)	Heinrich.fritz@capetown.gov.za
13.	<b>CoCT: Khayelitsha</b>	Ms Bukelwa Mbalane	Head: PPHC	021-360-1152 (tel) 084-499-3949 (cell)	Bukelwa.mbalane@capetown.gov.za
14.		Ms Lena Stofile	Head Environmental Health, Area East:Khayelitsha	021-444-2331 (tel) 084-800-4419 (cell)	Lena.Stofile@capetown.gov.za
15.	<b>CoCT: Northern</b>	Ms Everin Van Rooyen	Head: PPHC	021-400-3917 (tel) 071-896-1674 (cell)	Everin.VanRooyen@capetown.gov.za
16.		Mr. Reinhardt Avenant	Head Environmental Health: Northern Sub District	021-400-4385 (tel) 084-222-1472 (cell)	Reinhardt.Avenant@capetown.gov.za
17.	<b>CoCT: Tygerberg</b>	Ms Marilyn Dennis	Head: PPHC	021-444-0899 (tel) 079-517-3318 (cell)	Marilyn.Dennis@capetown.gov.za
18.		Mr. Andy Lucas	Head Environmental Health; Area Central Tygerberg	021-444-0879 (tel) 082-421-5805 (cell)	Andy.Lucas@capetown.gov.za
19.	<b>CoCT: Klipfontein</b>	Ms Stephanie Sirmongpong	Head: PPHC	021-444-0894 (tel) 084-792-7247 (cell)	Stephanie.Sirmongpong@capetown.gov.za
20.	<b>CoCT: Mitchells Plain</b>	Ms Marcelle Segels	Acting Head: PPHC	083-764-8267 (cell)	Marcelle.Segels@capetown.gov.za
21.		Ms Zanele Figlan	Head Environmental Health	021-400-4076 (tel) 083-700-2141(cell)	Ntombizanele.Figlan@capetown.gov.za
22.	<b>CoCT: Southern</b>	Ms Kelebogile Sannah Shuping	Head: PPHC	021-444-3261 (tel) 064-559-3526 (cell)	Kelebogile.Shuping@capetown.gov.za

23.		Mr. Anzil Sampson	Head: Environmental Health	021-444-3259 (tel) 082-533-8183 (cell)	Anzil.Sampson@capetown.gov.za
24.	CoCT: Western	Ms Melissa Stanley	Head: PPHC	021-444-1741 072-329-6361(cell)	Melissa.stanley@capetown.gov.za
25.		Mr. Gavin Heugh	Head Environmental Health; Area: North	021-444-1739 (tel) 084-220-0141(cell)	Gavin.Heugh@capetown.gov.za

**Table 3: National Health Laboratories Services, NHLS Referral Laboratories in the Western Cape**

	Name	NHLS Laboratories and Designation	Telephone / Cell	Email
1.	Ms M. Mohamed	NHLS: Area Manager	021-417-9376/77	Nasima.Mohamed@nhls.ac.za
2.	Mr. I. De Villiers	Green Point Laboratory Manager, Lab Support services	021-417-9366	Izak.Devilliers@nhls.ac.za
3.	Prof. W. Preiser	NHLS Microbiology, Tygerberg Hospital	021-938-9353 082-556-0682	preiser@sun.ac.za
4.	Dr. G. Van Zyl	NHLS Virology, Tygerberg Hospital	021-938-9691	guvz@sun.ac.za
5.	Dr. M. Naidoo	NHLS Virology, Tygerberg Hospital	021-938-9057	Michelle.Naidoo@nhls.ac.za
6.	Dr. S. Korsman	NHLS Virology, Grootte Schuur Hospital	021-404-6414 082-376-6710	Stephen.Korsman@nhls.ac.za
7.	Prof. D. Hardie	NHLS Virology, Grootte Schuur Hospital	021-404-5201	Diana.Hardie@nhls.ac.za
8.	Dr. Z. Valley-Omar	NHLS Virology, Grootte Schuur Hospital	073-257-0500	z.valley-omar@uct.ac.za
9.	Dr. M. Hsiao	NHLS Virology, Grootte Schuur Hospital	021-404-5200 083-445-1592	Marvin.Hsiao@uct.ac.za

**Table 4: National Health Laboratories Services, NHLS Laboratories in the Western Cape**

	NHLS Laboratories	Laboratory Manager / Person in charge	Telephone / Cell	Email
1.	Paarl	Ms N. Singh	021-860-2746 082-617-2813	Natasha.Singh@nhls.ac.za
2.	Vredendal	Ms J. Marcus	027-213-3924 083-625-6310	Jacky.Marcus@nhls.ac.za
3.	Vredenburg	Ms M. Mouton	022-713-4468	Marianne.Mouton@nhls.ac.za
4.	Karl Bremer	Ms O. Max	022-719-1634 073-762-5465	Odette.Max@nhls.ac.za
5.	Mitchells Plain	Ms M. Hill	021-371-7921 082-605-9756	Marguerita.Hill@nhl.ac.za
6.	Worcester	Ms P. Dlakavu	023-348-1407/1401	Portia.Dlakavu@nhls.ac.za
7.	Helderberg	Ms M. Adams	021-852-3623 076-489-1572	Moveen.adams@nhls.ac.za
8.	George	Ms A. Bench	044-874-2022	Anna.Bench@nhls.ac.za
9.	Mossel Bay	Ms D. Van Heerden	044-690-3745	Daneld.Vanheerden@nhls.ac.za
10.	Oudtshoorn	Mr. P. De Klerk	044-279-1104 067-428-0601	Peter.Deklerk@nhls.ac.za
11.	Knysna	Ms S. Muller	044-382-0991	Samantha.Muller@nhls.ac.za
12.	Beaufort West	Mr. C. Brink	023-415-1447	Cornelius.Brink@nhls.ac.za
13.	Khayelitsha	Mr. L. Ramashoai,	021-360-4522/4521 073-249-1949	Leneuwe.Ramashoai@nhls.ac.za
14.	Hermanus	Ms S. Van Wyk	028-312-1005 082-328-1592	Sonja.Vanwyk@nhls.ac.za

**Table 5: Contact details of officials at Private Laboratories in Western Cape**

	Private Laboratory	Name and Designation	Telephone	Email
1.	PathCare	Ms I. Howes; Head Office, (Enquiries)	021-596-3400/2130	howesi@pathcare.org
2.	PathCare	Dr. Jean Maritz; Clinical Virologist	021-596-3400	Jean.Maritz@pathcare.org
3.	Ampath	Dr. JD Deetlefs; Pathologist	021-596-5000	deetlefsj@ampath.co.za
4.	Lancet	Dr. J. Wojno; Pathologist	021-673-1700	Justyna.wojno@lancet.co.za









# VOËLGRIEP

## **WAT IS VOËLGRIEP?**

- Voëlgriep is 'n virus infeksie wat gevind word in pluimveë, wilde-voëls, eende, volstruise, ens.
- Voëlgriep veroorsaak baie selde infeksies in mense.

## **WIE KAN VOËLGRIEP KRY?**

- Mense wat werk op pluimvee-/eend-/volstruisplase en of met voëls wat geïnfekteerd is met voëlgriep virusse (gesond, siek of dood), het 'n risiko om ook geïnfekteer te word.
- Die risiko vir infeksie met voëlgriep in mense is egter baie laag.
- Voëlgriep virusse versprei selde van persoon tot persoon.

## **WAT IS DIE TEKENS EN SIMPTOME VAN MOONTLIKE VOËLGRIEP INFEKSIES?**

- Simptome van voëlgriep kan lig of matig wees en sluit in griep-agtige simptome soos loopneus, ligaamspyne, koors, rooi-oë, hoes en seerkeel; tot ernstige simptome wat kort asemheid en benoude bors (sukkel om asem te haal) insluit.

## **WAT MOET JY DOEN AS JY SIEKTE SIMPTOME HET?**

- Indien u griep/verkoue-agtige simptome ervaar soos loopneus, ligaamspyne, koors, rooi-oë ervaar en onlangs in nabye kontak was met siek/ dooie/ gesonde pluimveë, voëls, eende of volstruise was - wat moontlik geïnfekteerd is/was met voëlgriep virus; moet u onmiddelik:
  - Jou bestuurder of voorman inlig.
  - Gaan na die naaste kliniek en vertel hul van u simptome, asook dat u in nabye kontak was met voëls wat voëlgriep het, of moontlik met die virus geïnfekteer is.
  - Indien u nie na 'n kliniek kan gaan nie, rapporteer dit asseblief aan u plaasbestuurder of voorman, wat dan sal help dat u mediese aandag kry.
- Die verpleegter/dokter sal 'n neus en keel-depper van u neem (die depper is soortgelyk aan 'n oorstokkie).
- Net omdat jy griep-agtige simptome het en met siek of moontlik geïnfekteerde voëls werk, beteken dit nie dat jy voëlgriep het nie.
- Net 'n laboratorium toets kan voëlgriep infeksie bevestig.

## **HOE KAN JY JOUSELF BESKERM?**

- Die risiko om geïnfekteerd te raak met voëlgriep is baie laag, maar indien u werk met geïnfekteerde/ siek/ dooie pluimveë, voëls, eende of volstruise, maak seker dat u altyd beskermende klere en bybehore aan het.
  - Dit sluit in 'n N95 gesig masker, handskoene, vollengte oorpak en plastiek voorskoot.
- Volg ook die instruksies vir ontsmetting nadat u werk voltooi is.

## **VIR MEER INLIGTING:**

Departement van Gesondheid en Welstand, Oordraagbare Siekte Beheer  
Tel: 021-830-3727 or 021-815-8660/1/3/8676

# AVIAN INFLUENZA

## WHAT IS AVIAN INFLUENZA?

- Avian influenza, is also known as 'avian flu' or 'bird flu'.
- It is a viral infection found in poultry, birds, ostriches, etc.
- Avian influenza viruses can very rarely cause infections in humans.

## WHO CAN GET AVIAN INFLUENZA?

- People who are working on poultry/ostrich/ duck farms with birds that are infected with avian influenza (sick, dead or appearing well) are at highest risk of getting infected with avian influenza viruses.
- The risk of human infection is very low.
- Avian influenza viruses are rarely spread from person to person.

## WHAT ARE THE SIGNS AND SYMPTOMS OF POSSIBLE AVIAN INFLUENZA INFECTIONS IN HUMANS?

- Symptoms of avian influenza virus in humans may range from mild including flu like symptoms such as runny nose, body pains, fever, red eyes, cough, sore throat; to severe including shortness of breath, difficulty breathing.

## WHAT SHOULD YOU DO IF YOU DEVELOP SYMPTOMS?

- If you develop flu-like symptoms such as a runny nose, body pains, fever, red eyes, cough, sore throat; or shortness of breath, difficulty breathing and you have been working in close contact with the birds/chickens/ ducks/ostriches that may be or are infected with the avian influenza virus, you should:
  - Inform your manager/supervisor
  - Go to your nearest clinic and tell them that you have a cold or flu or sore eyes or difficulty breathing and that you work with birds/chickens/ducks/ostriches that may be or are infected with avian influenza.
  - If you cannot go to the clinic, then report this to your supervisor who will help you to see a healthcare provider.
- The nurse or doctor will collect a sample from your nose and throat using a swab similar to an earbud.
- Just because you have symptoms and work with birds does not mean you are infected, only a laboratory test can confirm avian influenza.

## HOW TO PROTECT YOURSELF

- The risk of being infected with avian influenza is low, however, when you are working with infected birds/chickens/ ducks/ostriches make sure that you always wear personal protective clothing such as a N95 face mask, goggles, gloves and overalls.
- Also follow the instructions for disinfection after work is completed.

## FOR MORE INFORMATION:

Department of Health and Wellness, Communicable Disease Control (CDC)  
Tel: 021-830-3727 or 021-815-8660/1/3/8676

# I AVIAN INFLUENZA

## **YINTONI I “AVIAN INFLUENZA”?**

- iAvian influenza, ikwaziwa/ikwabizwa ngokuba yi avian flu okanye i “bird flu”.
- Isisifo esifunyanwa kwiinkukhu, iintaka, amadada, iinciniba njalo njalo.
- Iintsholongwane ze “Avian flu” zingadala izifo ebantwini kodwa oku kunqabile.

## **NGUBANI ONUKUPHATHWA YI “AVIAN FLU”?**

- Abantu abasebenza kwiifama zeenkukhu, amadada okanye iinciniba, ezinentaka ezifunyenwe yi-Avian flu (ezigulayo, ezifileyo okanye ezikhangeleka ziphilile) basengozini yokusulelwa yintsholongwane ye Avian flu.
- Umkhuhlane weentaka i Avian flu, awunabungozi bungako eluntwini.
- Kunqabile ukuba iintsholongwane ze Avian flu zisuke komnye umtu zichaphazele omye umntu.

## **ZINTONI IIMPAWU ZESIFO SE AVIAN INFLUENZA EBANTWINI?**

- Iimpawu ze avian flu eluntwini zinganga xhomisi mehlo, ziquka impawu zomkhuhlane weflu ezinjengee mpumlo ezivuzayo, umzimba obuhlungu, ukutshisa komzimba (ifiva) amehlo abomvu, ukukhohlela, umqala obuhlungu; ziyokutsho kwimpawu ezibonakalisa ukugula kakhulu, ziquka ukuphelelwa ngumoya nokuvaleka kwesifuba.

## **KUFUNEKA WENZENI XA UNEMPAWU ZE AVIAN FLU?**

- Xa uneempawu zomkhuhlane weflu ezinjengee mpumlo ezivuzayo, umzimba obuhlungu, ukutshisa komzimba(ifiva), amehlo abomvu, ukukhohlela, umqala obuhlungu, okanye ukuphelelwa ngumoya nokuvaleka kwesifuba kwaye ubusebenza ngeentaka/iinkukhu/amadada/iinciniba ezinentsholongwane ye Avian influenza, kufuneka:
  - Wazise umphathi wakho
  - Uye kwiziko lezempilo elikufutshane nawe (eKliniki) ubachazele ukuba usebenza ngeentaka/ iinkukhu/amadada/iinciniba ekunokwenzeka ukuba zinesifo se Avian influenza.
  - Ukuba awukwazi ukuya ekliniki, chazela umphathi wakho emsebenzini oku, azokuthi akwazi ukukuncedisa ukuba udibane nabezempilo.
- Umongikazi okanye ugqirha uzakuthata incindi/imifinya empumlweni nasemqaleni wakho, esebenzisa umcinga othambileyo ofana ne “earbud”.
- Ukuba nempawu zomkhuhlane nokusebenza ngeentaka/iinkukhu/amadada/iinciniba akuthethi ukuba usulelwe yi Avian flu, luvavanyo (test) lwaselaborathri qha elinokuqinisekisa ukuba uneAvian influenza.
- Ukuba awukwazi ukuya ekliniki, chazela umphathi wakho emsebenzini oku, azokuthi akwazi ukukuncedisa ukuba udibane nabezempilo.

## **UNGAZIKHUSELA KANJANI?**

- Amathuba okusulelwa yi Avian flu mancinci kakhulu, kodwa xa usebenza ngentaka (iinkukhu, amadada, iinciniba) kufuneka uqinisekise ukuba uhlala unxibe iimpahla zokuzikhusela ezinjenge “face mask”, iiglavs ne ovaroli.
- Yaye kufuneka ulandele imigaqo yokukuzicocisisa xa ugqiba ukusebenza.

## **NGAYO YONKE INTO OFUNA ULWAZI NGAYO:**

Department of Health and Wellness Communicable Disease Control (CDC)

Tel: 021-830-3727 or 021-815-8660/1/3/8676