



# WEEKLY EPIDEMIOLOGICAL REPORT

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## Human Rabies Part II

### Incubation Period

The incubation period is about 2-3 months. However, it may range from one week to one year. This depends on the location of the virus entry and virus load.

### Symptoms

The first symptom is fever with pain and unusual or unexplained tingling, pricking, or burning sensation (paraesthesia) at the wound site. When the virus spreads to the central nervous system, a progressive and fatal inflammation of the brain and spinal cord develops and other symptoms appear. Then the person may experience delirium, abnormal behaviour, hallucinations, hydrophobia (fear of water), and insomnia. Once these clinical signs of rabies appear, the disease is nearly always fatal, and treatment is typically supportive.

The disease occurs in two forms:

**Furious rabies**-Patient shows signs of hyperactivity, excitable behaviour, hydrophobia (fear of water) and sometimes aerophobia (fear of drafts or fresh air). Patient dies in a few days due to cardio-respiratory

arrest. About 80% of Human Rabies occurs in this form.

**Paralytic rabies**-This form of Human Rabies goes through a longer course than the furious form. Muscles gradually become paralyzed. This starts at the site of the bite or scratch. The patient slowly goes into a coma and dies. However, this form of rabies is often misdiagnosed.

### Diagnosis

Human rabies can be confirmed intra-vita and post mortem by various diagnostic techniques that detect whole viruses, viral antigens, or nucleic acids in infected tissues (brain, skin, urine, or saliva).

### Post-exposure prophylaxis (PEP)

This is the immediate treatment for a bite victim after rabies exposure. This consists of extensive washing and local treatment of the wound as soon as possible after exposure, Anti tetanus immunization, a course of potent and effective anti-rabies vaccine (ARV), administration of rabies immunoglobulin (RIG), if indicated.

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First aid is immediate and thorough flushing and washing of the wound for a minimum of 15 minutes with soap and water, detergent, povidone iodine or other substances that kill the rabies virus.

Globally over 29 million people receive post-exposure vaccination for prevention of Rabies each year.

**Animal confinement**



A healthy domestic dog, cat, or ferret that bites a person should be confined and observed for 14 days from the day of exposure.

**Prevention**

Prevention strategies are eliminating rabies in dogs, public awareness-raising and improving access to timely post-exposure prophylaxis.

Vaccination of dogs is a proven most cost-effective strategy for preventing rabies in people. It reduces the deaths due to Rabies as well as the cost for PET. One another important measure in the prevention of Rabies is educating children and adults on dog behaviour, bite prevention and the need of rabies vaccination of dogs to decrease both the incidence of human rabies and the financial burden of treating dog bites. Provision of education and information on responsible pet ownership, how to prevent dog bites, and immediate care measures after a bite are very important in this process.

**Pre-exposure immunization**

This is only provided for certain high-risk persons to the

exposure to rabies virus such as laboratory workers handling live rabies, veterinarians and supportive staff whose professional or personal activities might bring them into direct contact with dogs and other mammals may be infected.

**Sources**

<http://www.who.int/>

<http://www.rabies.gov.lk>

<https://www.cdc.gov/rabies/>

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Table 1: Selected notifiable diseases reported by Medical Officers of Health 02<sup>nd</sup> - 08<sup>th</sup> Nov 2019 (45<sup>th</sup> Week)

RDHS Division	Dengue Fever		Dysentery		Encephalitis		Enteric Fever		Food Poisoning		Leptospirosis		Typhus Fever		Viral Hepatitis		Human Rabies		Chickenpox		Meningitis		Leishmaniasis		WRCD	
	A	B	A	B	A	B	A	B	A	B	A	B	A	B	A	B	A	B	A	B	A	B	A	B	T*	C**
Colombo	886	14919	3	55	2	13	1	22	1	63	18	232	1	12	1	10	0	0	7	411	2	46	0	4	49	100
Gampaha	473	11874	1	42	0	8	0	4	0	25	4	114	0	4	1	9	0	2	2	387	1	26	0	164	49	98
Kalutara	279	6709	1	72	0	7	1	21	0	61	16	551	0	7	1	5	0	2	10	625	0	101	0	3	63	100
Kandy	541	6023	0	97	0	13	0	4	0	31	4	87	0	88	0	6	0	3	5	259	1	62	0	45	64	100
Matale	154	1022	1	27	0	4	0	1	0	6	2	45	0	6	0	9	0	2	1	85	0	5	9	255	59	100
NuwaraEliya	21	287	1	99	0	2	1	10	0	11	0	51	0	76	0	9	0	0	5	136	3	56	0	0	26	100
Galle	197	5872	1	48	0	7	0	3	0	7	11	424	0	50	1	46	0	2	14	418	0	48	0	5	61	98
Hambantota	45	1683	2	36	0	4	0	3	4	12	8	145	2	126	0	4	0	1	5	278	0	42	51	723	72	100
Matara	124	3394	1	36	0	4	0	7	0	20	20	444	1	42	0	21	0	1	2	299	0	16	18	538	59	100
Jaffna	381	3537	25	351	0	13	1	33	4	110	1	34	31	387	1	6	0	1	2	273	0	21	0	0	20	93
Kilinochchi	3	172	21	78	0	2	0	15	1	10	0	19	1	27	0	1	0	0	0	9	0	8	0	14	50	100
Mannar	1	111	1	5	0	2	0	9	0	1	0	1	0	8	0	0	0	0	1	1	0	5	0	1	54	100
Vavuniya	18	331	3	32	0	11	0	29	0	17	0	55	0	5	0	0	0	0	0	83	0	12	0	4	60	99
Mullaitivu	8	156	1	15	0	1	0	13	0	5	0	27	0	8	0	0	0	0	0	16	0	7	0	4	27	100
Batticaloa	92	1476	7	198	0	2	0	13	0	43	2	48	0	1	0	0	0	1	10	253	0	28	0	0	50	100
Ampara	14	274	0	79	0	2	0	0	0	17	4	46	0	2	0	11	0	0	5	297	1	17	0	4	57	100
Trincomalee	62	1177	2	42	0	0	0	0	0	63	1	19	0	19	0	5	0	1	0	230	1	10	0	5	33	99
Kurunegala	95	2169	2	73	3	22	0	6	0	30	17	192	1	27	0	22	0	3	10	559	2	93	7	737	61	100
Puttalam	114	1404	1	31	0	4	0	1	0	19	5	38	0	16	0	3	0	0	0	130	0	49	0	9	61	100
Anuradhapura	31	704	1	53	0	11	0	5	0	13	6	128	0	34	0	24	0	2	16	472	1	89	10	510	43	99
Polonnaruwa	13	378	1	29	0	3	0	2	1	5	3	74	0	4	0	16	0	2	5	292	2	22	13	277	60	100
Badulla	90	1174	1	89	0	9	0	10	0	89	8	213	2	124	1	22	0	0	3	317	2	163	0	15	63	100
Monaragala	0	333	0	36	0	4	0	0	0	79	0	189	0	82	0	41	0	0	0	212	0	112	0	22	60	69
Ratnapura	155	3227	3	106	1	36	0	10	0	21	34	944	1	43	0	33	0	4	3	391	2	155	3	160	47	100
Kegalle	120	2046	1	39	0	18	0	2	0	28	16	243	0	55	1	94	0	0	9	455	0	52	1	55	68	100
Kalmune	35	715	0	93	0	1	0	1	0	64	1	31	0	3	0	4	0	0	6	232	0	26	0	0	63	99
<b>SRI LANKA</b>	<b>3952</b>	<b>71167</b>	<b>81</b>	<b>1861</b>	<b>6</b>	<b>203</b>	<b>4</b>	<b>224</b>	<b>11</b>	<b>850</b>	<b>18</b>	<b>4394</b>	<b>40</b>	<b>1256</b>	<b>7</b>	<b>401</b>	<b>0</b>	<b>27</b>	<b>121</b>	<b>7120</b>	<b>18</b>	<b>1271</b>	<b>11</b>	<b>3554</b>	<b>54</b>	<b>98</b>

Source: Weekly Returns of Communicable Diseases (WRCD).

\*T=Timeliness refers to returns received on or before 08<sup>th</sup> November, 2019 Total number of reporting units 353 Number of reporting units data provided for the current week: 323 C\*\*=Completeness  
A = Cases reported during the current week. B = Cumulative cases for the year.

**Table 2: Vaccine-Preventable Diseases & AFP**

**02<sup>nd</sup> – 08<sup>th</sup> Nov 2019 (45<sup>th</sup> Week)**

Disease	No. of Cases by Province									Number of cases during current week in 2019	Number of cases during same week in 2018	Total number of cases to date in 2019	Total number of cases to date in 2018	Difference between the number of cases to date in 2019 & 2018
	W	C	S	N	E	NW	NC	U	Sab					
AFP*	01	00	01	00	00	00	00	00	00	73	01	65	55	18.1 %
Diphtheria	00	00	00	00	00	00	00	00	00	00	00	00	00	0 %
Mumps	01	00	01	01	00	01	00	01	01	05	09	291	306	- 4.9 %
Measles	01	02	02	01	00	00	00	00	00	06	04	268	110	143.6 %
Rubella	00	00	00	00	00	00	00	00	00	00	03	00	08	0 %
CRS**	00	00	00	00	00	00	00	00	00	00	00	00	00	0 %
Tetanus	00	00	00	00	00	00	00	00	00	00	01	18	18	0 %
Neonatal Tetanus	00	00	00	00	00	00	00	00	00	00	00	00	00	0 %
Japanese Encephalitis	01	00	00	00	00	01	00	00	00	02	00	15	25	- 40 %
Whooping Cough	00	00	00	00	00	00	00	00	00	00	02	36	46	- 21.7 %
Tuberculosis	154	30	16	06	05	15	04	08	14	252	103	7440	7478	- 0.5 %

**Key to Table 1 & 2**

**Provinces:** W: Western, C: Central, S: Southern, N: North, E: East, NC: North Central, NW: North Western, U: Uva, Sab: Sabaragamuwa.  
**RDHS Divisions:** CB: Colombo, GM: Gampaha, KL: Kalutara, KD: Kandy, ML: Matale, NE: Nuwara Eliya, GL: Galle, HB: Hambantota, MT: Matara, JF: Jaffna, KN: Killinochchi, MN: Mannar, VA: Vavuniya, MU: Mullaitivu, BT: Batticaloa, AM: Ampara, TR: Trincomalee, KM: Kalmunai, KR: Kurunegala, PU: Puttalam, AP: Anuradhapura, PO: Polonnaruwa, BD: Badulla, MO: Moneragala, RP: Ratnapura, KG: Kegalle.  
**Data Sources:**  
**Weekly Return of Communicable Diseases:** Diphtheria, Measles, Tetanus, Neonatal Tetanus, Whooping Cough, Chickenpox, Meningitis, Mumps., Rubella, CRS,  
**Special Surveillance:** AFP\* (Acute Flaccid Paralysis), Japanese Encephalitis  
**CRS\*\*** =Congenital Rubella Syndrome  
**NA** = Not Available

**Dengue Prevention and Control Health Messages**

**Look for plants such as bamboo, bohemia, rampe and banana in your surroundings and maintain them free of water collection.**

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**ON STATE SERVICE**

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