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Appendix II: Information on Nationally Notifiable Infectious Diseases and Selected Worldwide Emerging Infectious Diseases Description of U.S.

List of Nationally Notifiable Infectious Diseases, 2004

Appendix II: Information on Nationally Notifiable Infectious Diseases and Selected Worldwide Emerging Infectious Diseases Page 42 GAO-04-877 Disease Surveillance and if left untreated, may facilitate the transmission of HIV.

Chancroid can successfully be treated with antibiotics.

Chlamydial infection is a STD resulting from a bacterial infection. One of the most widespread bacterial STDs in the United States, genital chlamydial infection can occur during oral, vaginal, or anal sexual contact

with an infected partner. Because chlamydial infection does not make most people sick, infected persons may not know they have it and symptoms that do develop may be mild. Chlamydial infection is treated with antibiotics. However, if left untreated, it can lead to serious illnesses.

Cholera is a bacterial illness that is contracted by ingesting contaminated water or food. Infection results in acute watery diarrhea, leading to extreme dehydration and death if left unaddressed. Known vaccines and antibiotics have only limited impact on the disease—treatment focuses on

rehydration. In the United States, cholera has been virtually eliminated by modern sewage and water treatment systems. However, travelers have brought contaminated seafood back to the United States resulting in foodborne outbreaks.

Coccidioidomycosis is a disease caused by a fungus that grows as a mold in the soil. It is transmitted through inhalation after a disturbance of contaminated soil by humans or natural disasters, such as earthquakes

and usually presents as a flu-like illness with symptoms such as fever, cough, headaches, and rash. Although most infections are undetectable, it can cause serious and life-threatening infections, especially among the immunosuppressed. The disease causing fungus is endemic in soil in semiarid areas, including the Southwestern United States. Various drugs are now available to treat this disease.

Cryptosporidiosis is caused by a microscopic parasite and can be spread through contaminated water, uncooked contaminated foods, including fruits and vegetables, and any surface that has been in contact with the parasite. Symptoms include diarrhea, stomach cramps or upset stomach, and a slight fever. People with weak immune systems may have more serious reactions. There is currently no consistently effective treatment for this disease.

Cyclosporiasis is a foodborne illness caused by a microscopic parasite that infects the small intestine. Humans contract the illness by ingesting contaminated water or food. Cyclosporiasis usually results in watery diarrhea. Other symptoms can include loss of appetite, substantial weight

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loss, bloating, stomach cramps, nausea, muscle aches, and fatigue. This disease is often treated with a combination of two antibiotics.

Diphtheria is a respiratory disease occurring worldwide that is spread through coughing and sneezing. Symptoms range from mild to severe and can be complicated by damage to the heart muscle or peripheral nerves. Treatment for diphtheria consists of immediate administration of diphtheria antitoxin and antibiotics.

Ehrlichiosis is the general name used to describe several bacterial diseases that affect humans and animals. In the United States, the disease

is transmitted through the bite of an infected tick. Early clinical presentations of ehrlichiosis may resemble nonspecific signs and symptoms of various other infectious and non-infectious diseases, such as

fever, headache, and muscle ache. In some cases, patients develop a very

mild form of the disease and may not seek medical attention or present any symptoms. In other cases, Ehrlichiosis may be treated with an antibiotic. The disease occurs primarily in the southeastern and south central regions of the United States.

Encephalitis, Arboviral is an inflammation of the brain that may be caused by arthropod-borne viruses, also called arboviruses. Six types of

arboviral encephalitides are present in the United States—eastern

equine encephalitis, western equine encephalitis, St. Louis encephalitis, La Crosse encephalitis, and West Nile encephalitis, all of which are transmitted by mosquitoes, and Powassan encephalitis, which is transmitted by ticks. The majority of human infections are asymptomatic or may result in a nonspecific flu-like syndrome. However, in a small proportion of cases, infections may lead to death or permanent neurologic damage. No effective antiviral drugs have been discovered and there are no commercially available human vaccines for these diseases. Enterohemorrhagic Escherichia coli (E. coli) is a bacterium that includes multiple serotypes, such as E. coli O157:H7, that can cause gastroenteritis in humans. E. coli is normally found in the intestines and serves a useful function in the body. However, a minority of E. coli strains are capable of causing human illness. Transmission occurs by ingesting contaminated food or water. Infections vary in severity and may be characterized by diarrhea (often bloody) and abdominal cramps. The illness is usually self-limited and lasts for an average of 8 days. Giardiasis is a diarrheal illness caused by a one-celled, microscopic parasite in the intestines of humans and animals. It has become recognized

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as one of the most common causes of waterborne disease in humans in the United States. Humans may contract the disease by accidentally swallowing the parasite, such as through swallowing contaminated water or eating uncooked, contaminated food. Symptoms of giardiasis include diarrhea, loose or watery stool, stomach cramps, and upset stomach. Several drugs are available to treat this disease.

Gonorrhea is a bacterial STD that infects the genital tract, the mouth, and the rectum. Gonorrhea is transmitted during sexual intercourse and affects both women and men. Symptoms in women include bleeding associated with vaginal intercourse and painful or burning sensations when urinating. Symptoms in men include pus from the penis and pain and burning sensations during urination. Gonorrhea is usually treated with antibiotics.

Haemophilus influenzae is a bacterium found in the nose and throat that is transmitted through direct contact with respiratory droplets from a carrier or patient. It causes a variety of illnesses including meningitis (inflammation of the coverings of the spinal column and brain),

bacteremia (infection of the blood), pneumonia (infection of the lungs), and septic arthritis (infection of the joints). Serious infections are treated with specific antibiotics.

Hansen's disease (leprosy) is a chronic bacterial infection for which the exact mode of transmission is not fully understood. However, most investigators think that the bacterium is usually spread from human-to-human through respiratory droplets. Primarily affecting the skin, nerves, and mucous membranes, leprosy causes deformities of the face and extremities after many years but those receiving antibiotic treatment are considered free of active infection.

Hantavirus pulmonary syndrome is caused by several strains of a virus that is transmitted by exposure to infected rodents. Symptoms include fever, fatigue, muscle aches, coughing, and shortness of breath; the onset of respiratory distress often leads to death. There is no specific treatment for the disease, other than appropriate management of respiratory problems. The virus was first identified in the Southwestern United States in 1993.

Hemolytic uremic syndrome is one of the most common causes of sudden, short-term kidney failure in children. Most cases occur after an infection of the digestive system by a specific *E. coli* bacterium. It develops when the bacteria lodged in the digestive system make toxins that enter the bloodstream and start to destroy red blood cells.

Symptoms

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may not become apparent until a week after the digestive problems and include, paleness, tiredness, and irritability, as well as small, unexplained bruises or bleeding from the nose or mouth. Treatments usually consist of maintaining normal salt and water levels in the body, but may include blood transfusions.

Hepatitis A is an acute viral infection of the liver. Human-to-human transmission of hepatitis A often occurs by placing something contaminated in the mouth. Symptoms include jaundice, fatigue, abdominal pain, loss of appetite, nausea, diarrhea, and fever. A vaccine is available for protection against hepatitis A and once a person has had the disease, it cannot be contracted again.

Hepatitis B is a viral infection of the liver that is transmitted by contact with the body fluids of an infected person. The virus may cause an acute illness, as well as a life-long infection that carries a high risk of serious illness or eventual death from liver cancer or cirrhosis. Symptoms include jaundice, fatigue, abdominal pain, loss of appetite, nausea, vomiting, and joint pain. An effective vaccine that has been available for this disease since 1982 is the best protection against hepatitis B. Treatment is also available for chronic hepatitis B.

Hepatitis C is a viral infection of the liver that may be either acute or chronic and is transmitted by contact with the body fluids of an infected person. Symptoms of this disease include jaundice, fatigue, dark urine, abdominal pain, loss of appetite, and nausea. There is currently no vaccine available for hepatitis C; however two drugs are available for treatment.

Human immunodeficiency virus (HIV) causes AIDS and is transmitted through contact with the body fluids of an infected person or from mother to baby. Infected adults may be asymptomatic for 10 years or more. Because the immune system is weakened there is eventually greater susceptibility to opportunistic diseases such as pneumonia and tuberculosis. Drugs are available that can prevent transmission from pregnant mothers to their unborn children and can help slow the onset of AIDS.

Legionellosis is a bacterial infection that has two distinct forms—Legionnaires' disease, the more severe form of infection, which includes pneumonia, and Pontiac fever, a milder illness. Legionellosis outbreaks have often occurred after persons have breathed mists that come from a contaminated water source. Symptoms for Legionnaires' disease usually include fever, chills, and a cough. Chest X-rays often show pneumonia;

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however additional tests are needed to confirm diagnosis. Those with Pontiac fever experience fever and muscle aches and do not have pneumonia. Legionnaires' disease is treated with antibiotics, while those with Pontiac fever generally recover without treatment.

Listeriosis is a bacterial foodborne illness. The disease affects

primarily

pregnant women, newborns, and adults with weakened immune systems and is spread through the consumption of contaminated food. Symptoms of listeriosis include fever, muscle aches, and, at times, gastrointestinal

symptoms, such as nausea or diarrhea. Listeriosis is treated with antibiotics.

Lyme disease is a bacterial illness transmitted by ticks. The area around

the tick bite sometimes develops a “bull’s eye” rash, typically accompanied

by fever, headache, and musculoskeletal aches and pains. There is an effective vaccine for adults at high risk. If untreated by antibiotics, arthritis, neurologic abnormalities, and—rarely—cardiac problems may follow. The disease is rarely, if ever, fatal and is endemic in North America

and Europe. The pathogen for Lyme disease was first detected in the United States in 1982.

Malaria is a parasitic disease transmitted by infected mosquitoes.

Symptoms include fever, shivering, joint pain, headache, repeated vomiting, severe anemia, convulsions, coma, and, in severe cases, death.

Malaria is becoming increasingly resistant to known antimalarial treatments and is now reemerging in countries where it was once under control.

Measles is a highly contagious viral disease, transmitted through human-to-

human contact, such as by coughing or sneezing. It often strikes children and causes fever, conjunctivitis, congestion, and cough, followed

by a rash. Secondary infections often cause further complications. A measles vaccine is available.

Meningococcal disease, caused by a particular type of bacteria, is transmitted by human-to-human contact and is characterized by sudden onset of fever, headache, neck stiffness, and altered consciousness.

There

is a vaccine for this disease, but it loses its effectiveness over time and

must be repeated.

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Mumps is a viral disease of the lymph nodes, transmitted through human-to-

human contact, such as by coughing or sneezing. Symptoms include fever, headache, muscle ache, and swelling of the lymph nodes close to the

jaw. A vaccine is available to prevent mumps.

Pertussis (whooping cough) is a highly contagious bacterial disease transmitted through human-to-human contact, such as by coughing or

sneezing. Symptoms include runny nose and sneezing, a mild fever, and a cough that gradually becomes more severe, turning into coughing spasms that end in vomiting and exhaustion. Pertussis is treatable with antibiotics, and a pertussis vaccine is available.

Plague, a severe bacterial infection, is usually transmitted to humans by infected rodent fleas (bubonic plague) and uncommonly by human-to-human respiratory exposure (pneumonic plague). Symptoms of bubonic plague include swollen, painful lymph glands, fever, chills, headache, and exhaustion. People with pneumonic plague develop cough, bloody sputum, and breathing difficulty. Plague is treatable with antibiotics if diagnosed early.

Poliomyelitis, paralytic (polio) is a virus transmitted through human-to-human contact. In most cases, there are no symptoms or only mild, flulike symptoms. However, it may lead to debility of the lower extremities. Although there is no cure, an effective vaccine is available.

Psittacosis (parrot fever) is a bacterial infection that is spread from birds to humans. Humans become infected by inhaling aerosolized dried bird droppings and by handling infected birds. Symptoms of psittacosis include fever, headache, rash, chills, and sometimes pneumonia. The disease is treatable with antibiotics.

Q Fever is a bacterial disease that is spread from livestock or domesticated pets to humans. Infection of humans usually occurs by inhalation of barnyard dust contaminated with animal fluids. Symptoms for Q fever are not specific to this disease, making it difficult to make an accurate diagnosis without appropriate laboratory testing. However, most

acute cases begin with a sudden onset of symptoms such as high fevers, severe headache, confusion, sore throat, nausea, vomiting, abdominal pain, and chest pain. Q fever is treated with antibiotics.

Rabies is a viral disease transmitted through contact with saliva of infected animals. Symptoms progress from respiratory, gastrointestinal, or central nervous system affliction to hyperactivity to complete paralysis,

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coma, and death. Once symptoms start to appear, the disease is not treatable. Multiple-dose courses of vaccine and immunoglobulin can be used to prevent onset of the disease if administered immediately after contact with a suspected carrier.

Rocky Mountain spotted fever is a bacterial disease spread to humans by ticks. It can be difficult to diagnose in the early stages. Initial

signs and

symptoms of the disease include sudden onset of fever, headache, and muscle pain, followed by the development of a rash. Without prompt and appropriate treatment of antibiotics, it can be fatal.

Rubella is a viral disease that is transmitted through human-to-human contact, such as by coughing and sneezing. Symptoms of this disease include a rash, conjunctivitis, low fever, and nausea. Natural rubella infection normally confers lifelong immunity. A number of vaccines for rubella are also available.

Congenital rubella syndrome is a form of rubella that is characterized by multiple defects, particularly to the brain, heart, eyes, and ears.

This

syndrome is an important cause of hearing and visual impairment and mental retardation in areas where the mild form of rubella has not been controlled or eliminated. The primary purpose of the rubella vaccine is to

prevent the occurrence of this disease.

Salmonellosis (salmonella infection) is a bacterial infection transmitted to humans by eating contaminated foods. Most persons infected with salmonella develop diarrhea, fever, and abdominal cramps. Infections often do not require treatment unless the patient becomes severely dehydrated or the infection spreads from the intestines. In this

latter instance, antibiotics are used to treat salmonellosis.

Severe acute respiratory syndrome (SARS) is an emerging, viral respiratory illness that seems to be transmitted primarily through close

human-to-human contact, such as through coughing and sneezing. In general, SARS begins with a high fever. Other symptoms may include headache, an overall feeling of discomfort, and body aches. Some people also have mild respiratory symptoms at the onset and may develop a dry cough and most patients develop pneumonia. Currently, there is no definitive test to identify SARS during the early phase of the illness, which

complicates diagnosis. Furthermore, there is no specific treatment for SARS. SARS was first reported in Asia in February 2003.

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Shigellosis is a highly contagious, diarrheal disease caused by four strains

of bacteria and is transmitted by human-to-human contact and contaminated food and water. One of these strains, an unusually virulent

pathogen, causes large-scale, regional outbreaks of dysentery (bloody diarrhea). In addition to diarrhea, patients experience fever, abdominal

cramps, and rectal pain. The disease is treatable by rehydration and antibiotics.

Smallpox is an acute, contagious, and sometimes fatal viral disease

transmitted through human-to-human contact. Symptoms usually begin with high fever, head and body aches, and sometimes vomiting. A rash follows that spreads and progresses to raised bumps and pus-filled blisters

that eventually fall off, leaving pitted scars. There is no treatment for

smallpox. However, it can be prevented through use of the smallpox vaccine.

Streptococcal disease (invasive Group A) is a bacterial disease transmitted through direct contact with an infected person's mucus or through contact with wounds or sores on the skin. Invasive group A streptococcus (GAS) infections occur when bacteria get into parts of the

body where they are not usually found, such as the blood, muscle, or lung.

GAS infections can be treated with many different antibiotics.

Streptococcal toxic shock syndrome (STSS) is one of the most severe, but least common forms of invasive GAS diseases. STSS, which is not spread from human-to-human, causes blood pressure to rapidly drop and organs to fail. Symptoms include fever, dizziness, confusion and a flat red

rash over large areas of the body. Early treatment of GAS infections with

antibiotics may reduce the risk of death from invasive GAS disease.

Streptococcus pneumoniae is a bacterium that includes more than 90 strains and is transmitted through human-to-human contact. It is the cause

of multiple diseases, including pneumonia, bacteremia, meningitis, and sinusitis. Some strains of this bacterium are becoming resistant to one or

more antibiotics. CDC and several states are currently conducting additional surveillance for the resistant forms of this bacterium.

Syphilis is a bacterial STD with signs and symptoms that are indistinguishable from those of other diseases. Syphilis is passed from person-to-person through direct contact with a syphilis sore and progresses through three stages. The primary stage is usually marked by the appearance of a single sore. The second stage is involves a skin rash

and mucous membrane lesions. Finally, the late stage begins when

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secondary symptoms disappear. Many people infected with syphilis do not have any symptoms for years yet remain at risk for late complications if

they are not treated. Syphilis is easy to treat in its early stages, usually with antibiotics.

Tetanus (lockjaw) is caused by a bacterium found in the intestines of many animals and in the soil. It is transmitted to humans through open

wounds. Symptoms include generalized rigidity and convulsive spasms of the skeletal muscles. Tetanus can be treated with an antitoxin, and there is an effective vaccine.

Toxic shock syndrome is a bacterial disease that develops when the disease-causing bacterium colonizes skin and mucous membranes in humans. This disease has been associated with the use of tampons and intravaginal contraceptive devices in women and occurs as a complication

of skin abscesses or surgery. Characterized by sudden onset of fever, chills, vomiting, diarrhea, muscle aches, and rash, toxic shock syndrome

can rapidly progress to severe and intractable hypotension and multisystem dysfunction. Treatment usually includes the use of antibiotics

and supportive treatment to prevent dehydration and organ failure.

Trichinosis (trichinellosis) is food-borne illness caused by eating raw or undercooked pork and wild game products infected with a species of worm larvae. It cannot be spread from human-to-human, but only through consumption of contaminated food. Symptoms include nausea, diarrhea, vomiting, fatigue, fever, and abdominal discomfort, followed by additional

symptoms, such as headaches, fevers, chills, aching joints, and muscle pains. Several drugs are available to treat trichinosis.

Tuberculosis is a bacterial disease that is usually transmitted by contact

with an infected person. People with healthy immune systems can become infected but not ill. Symptoms of tuberculosis can include a bad cough, coughing up blood, pain in the chest, fatigue, weight loss, fever, and chills.

Several drugs can be used to treat tuberculosis, but the disease is becoming increasingly drug resistant.

Tularemia is caused by a bacterium often found in animals. Humans can contract tularemia in different ways, including being bitten by an infected

tick or other insect, handling infected animal carcasses, by ingesting contaminated food or water, or by inhaling the bacterium. Symptoms of this disease can include sudden fever, chills, headaches, muscle aches, joint pain, dry cough, and progressive weakness. Tularemia is often treated with antibiotics.

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Typhoid fever is a bacterial illness transmitted through contaminated food and water. Symptoms include high fever, stomach pains, and in some cases a rash. It is treatable by antibiotics and there is also a vaccine

available, although it is not always effective.

Vancomycin-Intermediate/Resistant Staphylococcus aureus are specific bacteria resistant to the antimicrobial agent vancomycin.

Persons

that develop these infections have certain characteristics such as having several underlying health conditions (such as diabetes and kidney disease), recent hospitalizations, and recent exposure to vancomycin and other antimicrobial agents. Despite their resistance to vancomycin, these infections can be treated with several drugs.

Varicella (chickenpox) is highly infectious, viral disease that spreads from human-to-human contact, such as through coughing or sneezing. It results in a blister-like rash that appears first on the trunk and face, but can spread over the entire body. Other symptoms include itching, tiredness, and fever. Multiple drug treatments and a vaccine for varicella are available.

Yellow fever is a mosquito-borne viral disease that occurs in tropical and subtropical areas. The yellow fever virus is transmitted to humans through a specific mosquito. Symptoms include fever, muscle pain, headache, loss of appetite, and nausea. There is no treatment for yellow fever beyond supportive therapies. A vaccine for yellow fever is available.

Variant Creutzfeldt-Jakob disease (vCJD) is a rare, degenerative, fatal brain disorder in humans. It is believed that vCJD is contracted through the consumption of cattle products contaminated with the agent of bovine spongiform encephalopathy (BSE) or “mad cow disease”—a slowly progressive, degenerative, fatal disease affecting the central nervous system of adult cattle. There is no known treatment of vCJD.

Dengue fever is a mosquito-borne infection that results in a severe, flulike illness with specific symptoms that vary based on the age of the victim. Dengue hemorrhagic fever is a potentially lethal complication that may include convulsions. There is no vaccine for dengue fever, nor is there any treatment beyond supportive therapy.

Ebola hemorrhagic fever, a viral disease, is transmitted by direct contact with the body fluids of infected individuals, causing acute fever, diarrhea that can be bloody, vomiting, internal and external bleeding, and

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other symptoms. There is no known cure, although some measures, including rehydration, can improve the odds of survival. Ebola kills more

than half of those it infects. Identified for the first time in 1976, the Ebola

virus is still considered rare, but there have been a number of outbreaks in central Africa.

Echinococcosis (Alveolar Hydatid disease) is caused by a parasitic tapeworm found mostly in the Northern Hemisphere. The disease is transmitted to humans when they swallow the tapeworm eggs, either on contaminated food, or after contact with an animal carrier. Symptoms are

slow to appear, usually involving the liver—and may mimic liver cancer or

cirrhosis—and can include abdominal pain, weakness, and weight loss. Surgery is the most common form of treatment, although follow-up medication is often needed.

Hendra virus infection occurs in both humans and many species of animals. In humans, it causes a respiratory disease that is often fatal. It

was discovered in 1994, and has not been found outside of Australia.

Human monkeypox is a rare viral disease caused by a virus related to smallpox. It is transmitted to humans through contact with infected animals as well as through human-to-human contact. In humans, symptoms of monkeypox are similar to smallpox, but usually they are milder. Monkeypox symptoms include fever, muscle ache, swelling of the lymph nodes, and a fluid-filled rash. The first case of monkeypox in the

United States occurred in June 2003. There is no specific treatment for monkeypox but the smallpox vaccine may offer protection against the disease.

Influenza A, H5N1 (avian influenza) is a type of influenza that infects birds and may be transmitted to humans. Symptoms of avian influenza in humans range from typical influenza-like symptoms to eye infections, pneumonia, acute respiratory distress, and other severe and lifethreatening complications.

Lassa fever is a viral disease, transmitted through contact with infected

rats. Symptoms include deafness, fever, nausea, vomiting, diarrhea, and, in

more severe cases, seizures and hemorrhage. This disease is difficult to

distinguish from several other diseases. No vaccine is currently available,

although ribavirin has been used as a preventive measure as well as to treat the disease.

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Marburg hemorrhagic fever is a rare and severe viral disease that affects both humans and animals. The mode of transmission from animals to humans is unknown. However, humans who become ill may spread the virus to other people. The onset of the disease is sudden and includes fever, chills, and headache. Symptoms progress to include a rash, nausea, vomiting, and chest pain as well as jaundice, inflammation of the pancreas, shock, massive hemorrhaging, and multi-organ dysfunction. Because many of the signs and symptoms of Marburg fever are similar to other infectious diseases, it may be difficult to diagnose. A specific treatment for this disease is unknown.

Nipah virus is an emerging disease causing encephalitis. It is believed to be transmitted through contact with infected pigs. Symptoms include headache, fever, muscle spasms, coma, and brain damage. There is no treatment beyond alleviation of symptoms.

O'nyong-nyong fever is a viral illness spread by mosquitoes. It causes symptoms such as joint pain, rash, high fever, and eye pain. Fatalities are rare.

Rift Valley fever is a viral disease that primarily affects animals—including domesticated livestock—but can be transmitted to people by mosquitoes or contact with the body fluids of infected animals. Rift Valley fever usually causes a flu-like illness lasting 4 to 7 days, but can develop into a more severe hemorrhagic fever that can result in death. There is no established course of treatment for infected patients. The disease has occurred in many parts of Africa and, in September 2000, was for the first time reported outside of Africa, in Saudi Arabia and Yemen.

Venezuelan equine encephalitis is a mosquito-borne viral disease that can be transmitted to humans from equine hosts. Symptoms in humans include flu-like symptoms of fever and headache. Severe illness and death

can occur in the young and the elderly and those with weakened immune systems. The only treatment available is supportive therapy.

West Nile virus is a mosquito-borne viral disease that is transmitted to humans through infected mosquitoes. Many people infected with the virus do not become ill or show symptoms. Symptoms that do appear may be limited to headache, sore throat, backache, or fatigue. There is no vaccine

for the West Nile virus, and no specific treatment besides supportive therapies. The disease occurs in Africa, Eastern Europe, West Asia, and the Middle East. This disease appeared for the first time in the United

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States in 1999.