

# Force Health Protection Brief



American Samoa



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#npsa3793



23 JUL 2010



# FORCE HEALTH PROTECTION



## American Samoa

**Historical diseases present in area:** Diarrheal diseases, Hepatitis A, Typhoid, Dengue Fever, Measles, Ciguatera Fish Poisoning, and Tuberculosis (TB).

**Recent Disease Reports:** Travelers' Diarrhea, HIV, Hepatitis B, TB, Leptospirosis, and Dengue Fever.

**Force Health Protection Requirements:** Up-to-date in immunizations, insect precautions, use approved food and water sources. American Samoa is considered malaria and rabies free.

**Medical infrastructure:** Adequate medical care is available in Apia. For severe illness or injuries utilize Commander 7th Fleet Annex "Q" requirements for medical treatment.

**Environmental Hazards:** Avoid congested areas due to TB and avoid local seafood (grouper, snapper, amberjack, and barracuda) as Ciguatera Fish Poisoning may be present in undercooked and well-cooked fish.

**Assessment: Mild health risk to operational forces.**

23 JUL 2010



# Required Health Measures

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- Immunizations
- Mosquito & insect bite prevention
- Pre-mission health assessment
  - Include Tuberculin Skin Test (TST) if staying > 3 months (or > 1 month if in close contact with local populace)
- Obtain personal medication



# Required Immunizations



- Start vaccinations early to accommodate vaccines that require several doses within a series
  - Hepatitis A / B
  - Typhoid
  - Tetanus / diphtheria within 10 years
  - Measles / mumps / rubella (MMR)
  - Polio
  - Varicella (chicken pox)
  - H1N1 Influenza
  - Seasonal Influenza



# FORCE HEALTH PROTECTION



## POINTS OF CONTACT

- **International SOS/TRICARE Operations Coordinator**
  - Tel: +65-6338-9277 (Singapore)
  - Email: [tricarelon@internationalsos.com](mailto:tricarelon@internationalsos.com)
- **TRICARE Area Office - Pacific**
  - COMM: 011-81-6117-43-2036
  - Email: [james.marron@med.navy.mil](mailto:james.marron@med.navy.mil)
  - Website: [www.tricare.mil/contactus/](http://www.tricare.mil/contactus/)
- **United States Naval Forces Seventh Fleet Surgeon Liaison Officer**
  - COMM: 808-653-2121
  - DSN: 315-453-2121
  - Email: [leticia.macias@c7f.navy.mil](mailto:leticia.macias@c7f.navy.mil)



# FORCE HEALTH PROTECTION



## Food & Water



### Avoid:

Food stands

Fruits & veggies (unless peeled/cooked)

Raw meat or fish

Drinking water other than bottled

Local lakes/ponds





# FORCE HEALTH PROTECTION



## Personal Hygiene

**Frequency: 5 times/day**

**Timing:**

**BEFORE eating**

**BEFORE smoking**

**AFTER bathroom**





# FORCE HEALTH PROTECTION



## Avoiding Insect Bites

- **Cover up**
  - Long sleeves/pants
- **Insect repellent**
  - Permethrin-treated uniforms and bed nets
  - DEET
- **Sleeping**
  - Keep bugs OUT
  - Bed nets, window screens



# FORCE HEALTH PROTECTION



## Dengue and Dengue Hemorrhagic Fever

- **Causative Agent:** Virus (*Flavivirus*).
- **Transmission:** Bites of *Aedes* mosquitoes which are day biters.
- **Symptoms:** Fever, severe headache, backache, joint pains, nausea, vomiting, eye pain and rash.
- **Treatment:** Symptomatic treatment.
- **Prevention:** No vaccine available. Use insect skin repellent (DEET), permethrin treated bed nets/clothing, and use insecticides.





# Vector-borne Disease: Countermeasures



## INSECT REPELLENTS FOR SKIN AND CLOTHING

### DEET lotion



NSN 6840-01-284-3982



- Apply a thin coat to EXPOSED skin
- One application lasts up to 12 hours

### Permethrin

- Individual Dynamic Absorption Kit (IDA)
- Treatment lasts for over 50 launderings



NSN 6840-01-345-0237



NSN 6840-01-278-1336

- Aerosol spray can
- Treatment lasts through 5-6 washes

## PERSONAL PROTECTIVE MEASURES



Permethrin On Uniform

DEET On Exposed Skin

Properly Worn Uniform

MAXIMUM PROTECTION

DOD Insect Repellent System

**YOU NEED TO KNOW...**  
Dry cleaning removes permethrin from the uniform

# FORCE HEALTH PROTECTION



## Travelers' Diarrhea



- **Transmission:** Various; tainted food and water, poor sanitation.
- **Signs/Symptoms:** Abdominal cramping/pain, fever, and loose watery stools lasting 3-4 days.
- **Prevention:** Avoid local water, no raw or undercooked food, peel all fruits/veggies, avoid street vendors, and wash hands with soap prior to eating.
- **Treatment:** Antibiotics for bacterial infection (see health care provider) and Imodium AD (Loperamide). Do not take Imodium if you have blood in your stool.



# Force Health Protection

## Leptospirosis

- **Causative Agent:** Bacteria (*Leptospira spp.*).
- **Transmission:** Contact with water, food, or soil containing urine from infected animals.
- **Symptoms:** High fever, severe headache, chills, muscle aches, and vomiting. May include jaundice, red eyes, abdominal pain, diarrhea, rash, or show no symptoms.
- **Treatment:** Antibiotics.
- **Prevention:** Don't swim or wade in water that may be contaminated with animal urine, and wear protective clothing and footwear if exposed to contaminated soil or water.





# FORCE HEALTH PROTECTION



## Ciguatera Fish Poisoning

- **Causative Agent:** toxins produced by marine microalgae (*Gambierdiscus toxicus*).
- **Transmission:** eating fish contaminated with the toxin (barracuda, black grouper, blackfin snapper, cubera snapper, dog snapper, greater amberjack, hogfish, horse-eye jack, king mackerel, and yellowfin grouper have been known to carry ciguatoxins).
- **Symptoms:** nausea, vomiting, and neurologic symptoms such as tingling fingers or toes. Cold things may feel hot and hot things may feel cold.
- **Treatment:** symptomatic treatment. Ciguatera has no cure. Symptoms usually go away in days or weeks but can last for years.
- **Prevention:** avoid local seafood as Ciguatera Fish Poisoning may be present in undercooked and well-cooked fish.

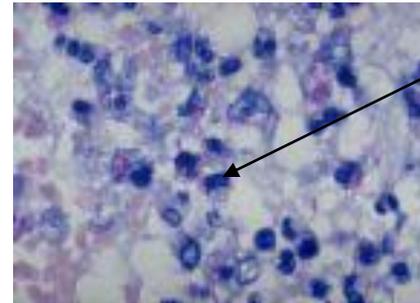


# FORCE HEALTH PROTECTION



## Tuberculosis (TB)

- **Causative Agent:** Bacteria (*Mycobacterium tuberculosis*).
- **Transmission:** Airborne droplet via respiration.
- **Symptoms:** Cough, fatigue, night sweats, fever and rapid heart rate.
- **Treatment:** Antibiotics (some strains resistant to multiple drugs) and respiratory isolation.
- **Prevention:** No vaccine available. Avoid contact with persons with active TB, congested areas, and receive annual screening (PPD).



*M. tuberculosis*





# FORCE HEALTH PROTECTION



## Sexually Transmitted Disease

**HIGH RISK FOR STDs** - Hepatitis B, HIV, etc.

### FHP Requirements

- Avoid sexual contact.
- Use latex condoms if sexually active.
- Use Condom Sense!



\*STD diseases can be transmitted by tattoo needles.



# FORCE HEALTH PROTECTION



## Local Animals

- **Many countries have NO rabies control programs!**
- **Do not feed or attempt to touch animals.**
- **Report bites immediately.**
- **No mascots!**

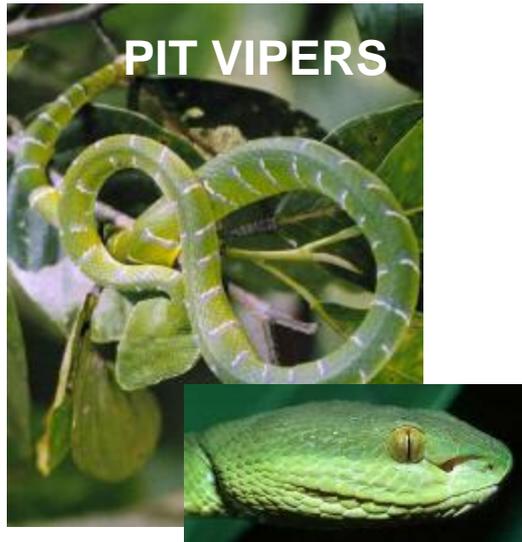




# VENOMOUS SNAKES

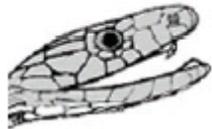


**KING COBRA**



**PIT VIPERS**

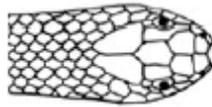
## COBRAS/KRAITS/CORAL SNAKES



Short fangs fixed in erect position in front of mouth.



Round eye pupils.



Head small and not distinct from the body.



**CORAL SNAKE**

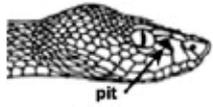


**KEELBACK**

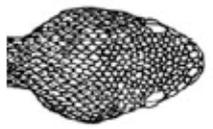
## PIT VIPERS



Long, hinged fangs that tuck into roof of mouth when not in use.



Vertically elliptical eye pupils; pit vipers with heat sensing organ between eye and nostril.



Broad triangular head very distinct from narrow neck.



**KRAIT**



**BLACK COBRA**

# HAZARDOUS PLANTS



- Plant resins cause skin irritation
- Poisonous roots, stems, leaves, and fruit
- Weeds and stinging nettles
- Thorny shrubs and trees

## Poisonous Plants



Systemic Poison



*Elephant's Ear Plant*



*Mucuna pruritem*



*Rattan Palm*



Irritation

## Thorny Plant

Punctures and Abrasions

## COUNTERMEASURES

- Avoid touching unfamiliar plants
- Use clothing as protective barrier
- Rinse skin promptly after exposure
- Wash clothing after contact
- Never eat any part of unfamiliar plant



# Questions?

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- **Please contact your local health care provider**
- **Navy Environmental and Preventive Medicine Unit No. 6**  
**Duty Phone: 808-471-0237**  
**nepmu6admin@med.navy.mil**
- **Navy Environmental and Preventive Medicine Unit No. 5**  
**Duty Phone: 619-556-7070**  
**nepmu5@med.navy.mil**