UNCLASSIFIED

Force Health Protection Brief

Malaysia

23 JUL 2010

FORCE HEALTH PROTECTION

Malaysia

Historical diseases present in area: Diarrheal diseases, Typhoid, Hepatitis, Malaria, Dengue Fever, Tuberculosis (TB), Chikungunya Fever, Measles, Japanese Encephalitis (JE), and Rabies.

Recent Disease Reports: Travelers' Diarrhea**,** Typhoid, Avian Influenza H5N1, HIV, Hepatitis B, Malaria, JE, Leptospirosis, TB, Measles, Rabies, and Dengue Fever.

Force Health Protection Requirements: Up-to-date immunizations, Pre/Post Deployment PPD for >30 day stay, anti-malarial protocols (when in rural areas), insect precautions, use approved food and water sources.

Medical infrastructure: Hospitals are not equivalent to Western standards. For severe illness or injuries utilize Commander 7th Fleet Annex "Q" requirements for medical treatment.

Environmental Hazards: Avoid non-domestic animals (rabies) and congested areas due to TB.

Assessment: Moderate health risk to operational forces.

23 JUL 2010

Required Health Measures

- Immunizations
- Malaria chemoprophylaxis
- Mosquito & insect bite prevention
- Pre-mission health assessment
  - Include pre- and post-visit Tuberculosis (TB) screening test if staying more than one month
  - G6PD blood test
- Obtain personal medication

Required Immunizations

- Start vaccinations early to accommodate vaccines that require several doses within a series
- Mission-specific:
  - Hepatitis B*/**
  - Typhoid
  - Japanese Encephalitis**
  - Rabies**
- Routine:
  - Tetanus/diphtheria
  - Measles (MMR)
  - Polio
  - Varicella (chicken pox)
  - H1N1 Influenza
  - Seasonal Influenza
  - Hepatitis A

* Required for health care providers

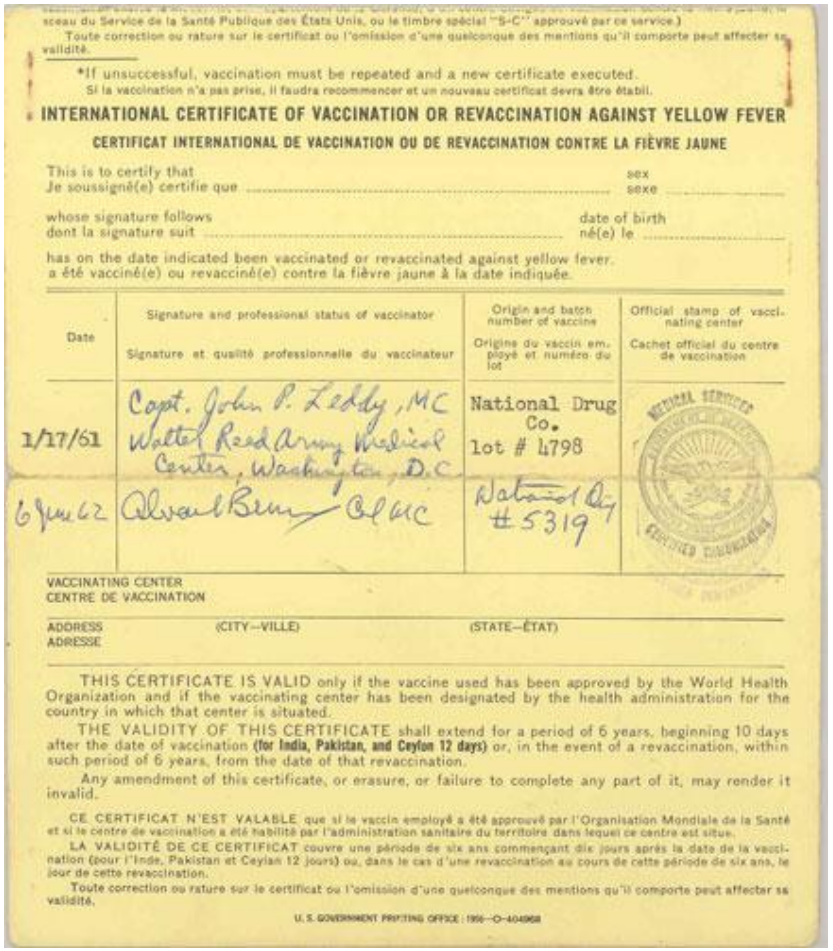
** For high risk groups only – obtain specific guidance

FORCE HEALTH PROTECTION

Malaysia Entry Requirements

- **Although yellow fever is not a disease risk in Malaysia, the government requires travelers ≥1 year of age when arriving within 6 days from countries with risk of yellow fever transmission (see guidance for countries in Africa, Central and South America) to present proof of yellow fever vaccination.**

- **Example of Yellow Fever card.**



sceau du Service de la Santé Publique des États Unis, ou le timbre spécial "S-C" approuvé par ce service.)

Toute correction ou rature sur le certificat ou l'omission d'une quelconque des mentions qu'il comporte peut affecter sa validité.

*If unsuccessful, vaccination must be repeated and a new certificate executed.
Si la vaccination n'a pas prise, il faudra recommencer et un nouveau certificat devra être établi.

INTERNATIONAL CERTIFICATE OF VACCINATION OR REVACCINATION AGAINST YELLOW FEVER

CERTIFICAT INTERNATIONAL DE VACCINATION OU DE REVACCINATION CONTRE LA FIÈVRE JAUNE

This is to certify that / Je soussigné(e) certifie que ..... sex / sexe .....

whose signature follows / dont la signature suit ..... date of birth / né(e) le .....

has on the date indicated been vaccinated or revaccinated against yellow fever.
a été vacciné(e) ou revacciné(e) contre la fièvre jaune à la date indiquée.

Date	Signature and professional status of vaccinator / Signature et qualité professionnelle du vaccinateur	Origin and batch number of vaccine / Origine du vaccin employé et numéro du lot	Official stamp of vaccinating center / Cachet officiel du centre de vaccination
1/17/61	Capt. John P. Leddy, MC Walter Reed Army Medical Center, Washington, D.C.	National Drug Co. lot # 4798	MEDICAL SERVICES CERTIFIED COMMISSION
6 June 62	Alvan Benn Col MC	National Drug # 5319	

VACCINATING CENTER
CENTRE DE VACCINATION

ADDRESS / ADRESSE (CITY—VILLE) (STATE—ÉTAT)

THIS CERTIFICATE IS VALID only if the vaccine used has been approved by the World Health Organization and if the vaccinating center has been designated by the health administration for the country in which that center is situated.

THE VALIDITY OF THIS CERTIFICATE shall extend for a period of 6 years, beginning 10 days after the date of vaccination **(for India, Pakistan, and Ceylon 12 days)** or, in the event of a revaccination, within such period of 6 years, from the date of that revaccination.

Any amendment of this certificate, or erasure, or failure to complete any part of it, may render it invalid.

CE CERTIFICAT N'EST VALABLE que si le vaccin employé a été approuvé par l'Organisation Mondiale de la Santé et si le centre de vaccination a été habilité par l'administration sanitaire du territoire dans lequel ce centre est situé.

LA VALIDITÉ DE CE CERTIFICAT couvre une période de six ans commençant dix jours après la date de la vaccination (pour l'Inde, Pakistan et Ceylan 12 jours) ou, dans le cas d'une revaccination au cours de cette période de six ans, le jour de cette revaccination.

Toute correction ou rature sur le certificat ou l'omission d'une quelconque des mentions qu'il comporte peut affecter sa validité.

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FORCE HEALTH PROTECTION

POINTS OF CONTACT

- **International SOS/TRICARE Operations Coordinator**
  - **Tel: +65-6338-9277 (Singapore)**
  - **Email: tricarelon@internationalsos.com**

- **TRICARE Area Office - Pacific**
  - **COMM: 011-81-6117-43-2036**
  - **Email: james.marron@med.navy.mil**
  - **Website: 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**

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

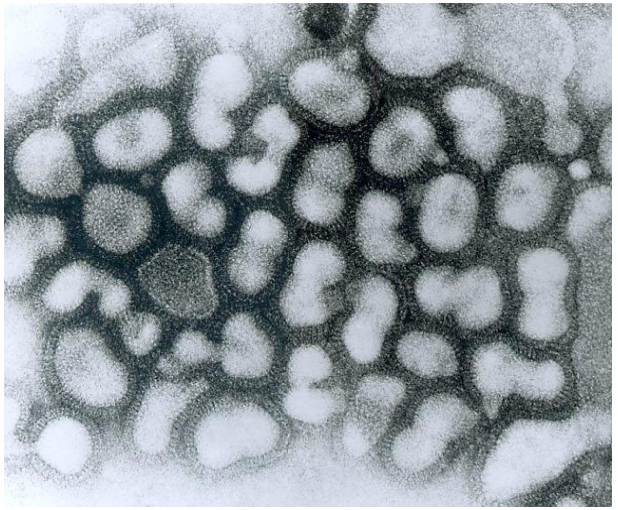
Avoiding Insect Bites

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

FORCE HEALTH PROTECTION

Avian Influenza

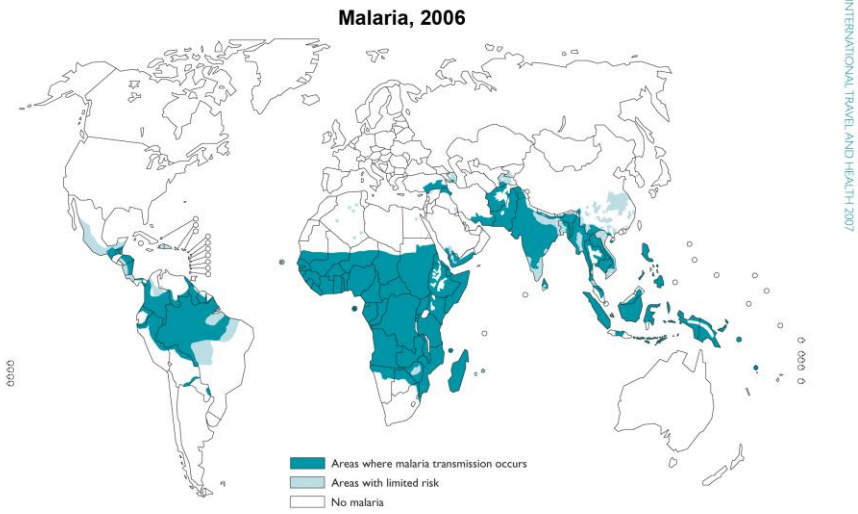
- **Causative Agent:** Type “A” strains of influenza (flu) virus.
- **Transmission:** Contact with sick/dead poultry or contaminated surfaces.
- **Common Symptoms:** Fever, cough, sore throat, muscle aches, pneumonia, severe respiratory diseases, and other life-threatening complications.
- **Treatment:** Prescription antivirals (i.e., Tamilflu) should be effective for avian flu.
- **Prevention:** Wash hands before and after handling raw poultry and eggs, and cook poultry to 165 F.



FORCE HEALTH PROTECTION

Malaria

- **Agent –** parasite, infects the blood cells.
- **Transmission -** bite of an infected female mosquito.
- **Signs/Symptoms -** Cycles of chills, fever, sweating, vomiting and yellowing (jaundice) of the skin/eyes.
- **Prevention –** Insect skin repellent (DEET), antimalarial medications, permethrin treated bed nets/clothing and use of insecticides.



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 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

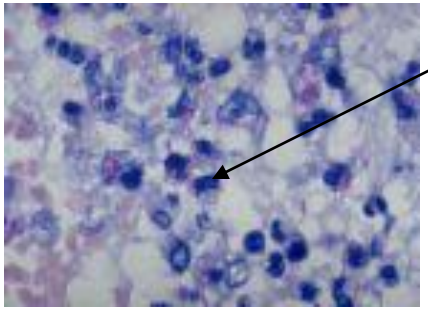
Leptospirosis

- **Causative Agent:** Bacteria (*Leptospira spp.*).
- **Transmission:** Primary: contact with water contaminated with urine from infected animals. Secondary: exposure to contaminated soil via broken skin or contaminated food via mucosal surfaces.
- **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

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!

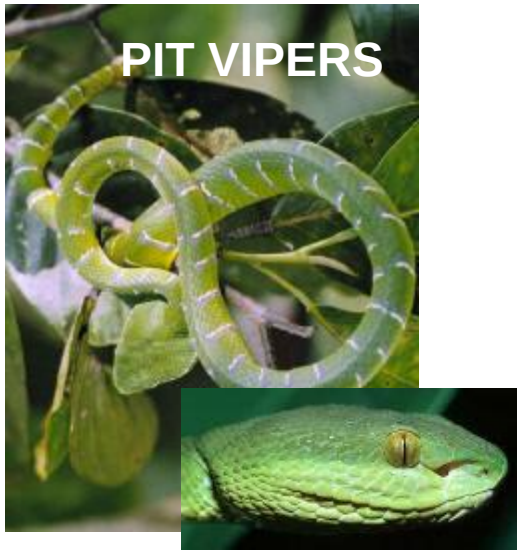
*STD diseases can be transmitted by tattoo needles.

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!

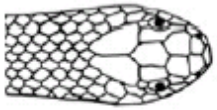
VENOMOUS SNAKES



COBRAS/KRAITS/CORAL SNAKES

Short fangs fixed in erect position in front of mouth.

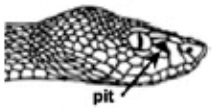
Round eye pupils.



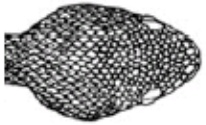
Head small and not distinct from the body.

PIT VIPERS

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



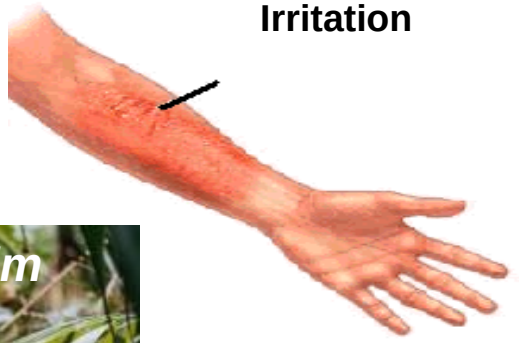
Vertically elliptical eye pupils; pit vipers with heat sensing organ between eye and nostril.



Broad triangular head very distinct from narrow neck.

HAZARDOUS PLANTS

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



Poisonous Plants

Mucuna pruritum

Systemic Poison

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?

- **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