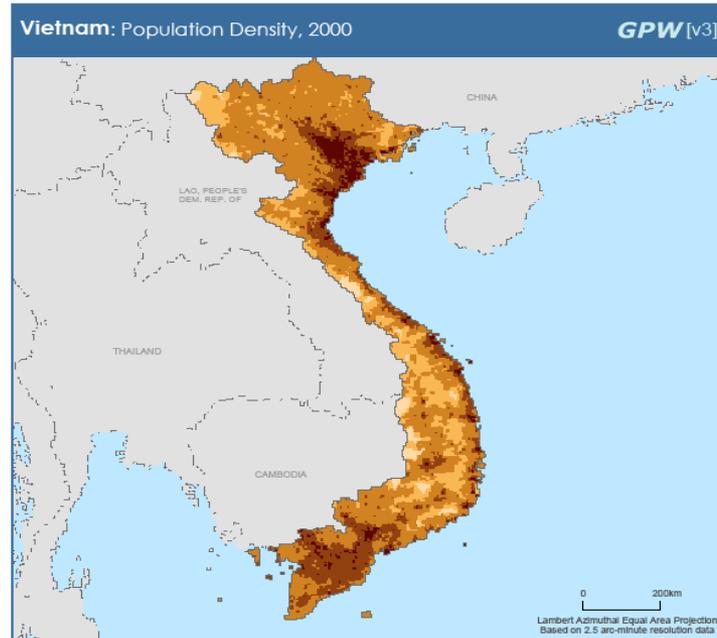


Force Health Protection Brief

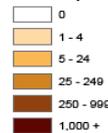


Vietnam



Gridded Population of the World

Persons per km²



Copyright 2005, The Trustees of Columbia University in the City of New York.
 Source: Center for International Earth Science Information Network (CIESIN),
 Columbia University; and Centro Internacional de Agricultura Tropical (CIAT),
 Gridded Population of the World (GPW), Version 3, Palisades, NY: CIESIN,
 Columbia University. Available at: <http://sedac.ciesin.columbia.edu/gpw>.
 NOTE: National boundaries are derived from the population grids and thus
 may appear coarse.



FORCE HEALTH PROTECTION

Vietnam



Historical Diseases: Japanese Encephalitis (JE), Rabies, Malaria (*Plasmodium falciparum*), diarrheal diseases, Tuberculosis (TB), Dengue Fever, and Avian Influenza H5N1.

Recent Diseases: Travelers' Diarrhea, JE, HIV, Malaria, Avian Influenza H5N1, and Dengue Fever.

Force Health Protection Requirements: Up-to-date immunizations, anti-malarial protocols, JE vaccination, insect precautions, Pre/Post Deployment PPD if staying more than one month, and use approved food and water sources.

Medical infrastructure: Hospitals are not equivalent to Western standards. Use Commander 7th Fleet Annex "Q" requirements for medical treatment or contact International SOS for medical care.

Environmental Hazards: Contaminated food and water sources and poor air quality. Ensure personnel with respiratory illnesses such as asthma and allergies have adequate supply of medications. Avoid non-domestic animals to prevent rabies and congested areas to prevent TB.

Assessment: Moderate health risk to operational forces.



Required Health Measures



- Immunizations
- Malaria chemoprophylaxis
 - Terminal 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

*Depends on itinerary – obtain specific guidance



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



Vietnam Entry Requirements

- Although yellow fever is not a disease risk in Vietnam, the government requires travelers > 1 year of age arriving from countries where Yellow Fever is present (see guidance for countries in Africa, Central and South America) to present proof of yellow fever vaccination.
- Example of Yellow Fever card.

seau 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 pris, 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 _____ sex _____
Je soussigné(e) certifie que _____ sexe _____

whose signature follows _____ date of birth _____
dont la signature suit _____ 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. Luddy, MC Walter Reed Army Medical Center, Washington, D.C.	National Drug Co. lot # 4798	
6 June 62	Alvan B. ... MC	National Drug # 5319	

VACCINATING CENTER
CENTRE DE VACCINATION

ADDRESS (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.

U. S. GOVERNMENT PRINTING OFFICE: 1959-O-404968



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

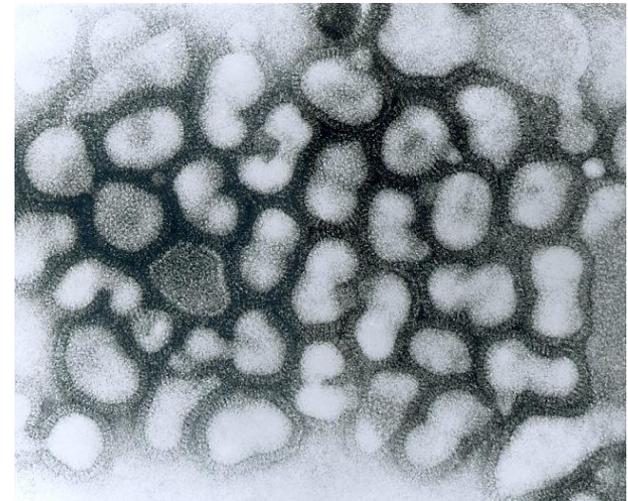


FORCE HEALTH PROTECTION



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., Tamiflu) 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



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



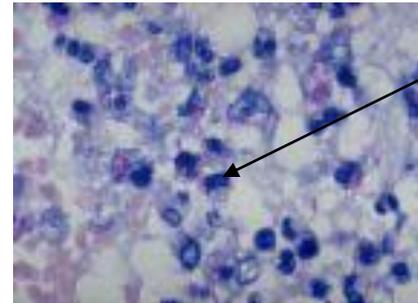
- **Transmission:** Various; tainted food and water, poor sanitation.
- **Signs/Symptoms:** Abdominal cramping/pain, fever, and loose watery stools lasting 3-4 days.
- **Prevention:** Avoid local water, no raw or undercooked food, peel all fruits/veggies, avoid street vendors, and wash hands with soap 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

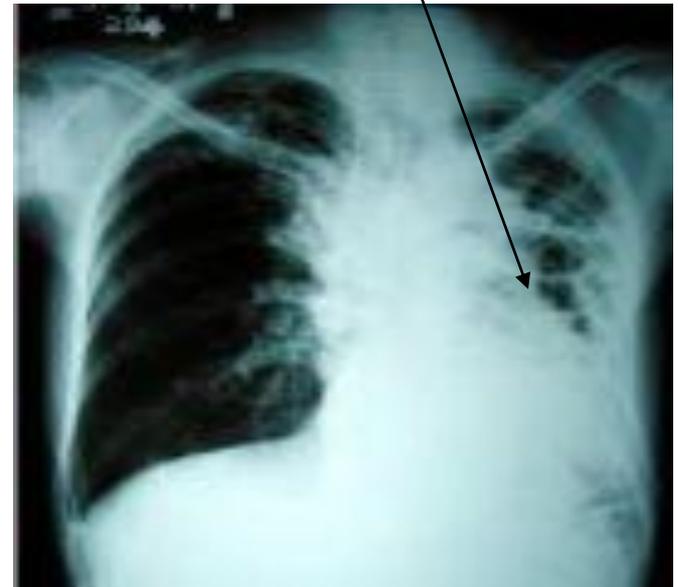


Tuberculosis (TB)

- **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!**

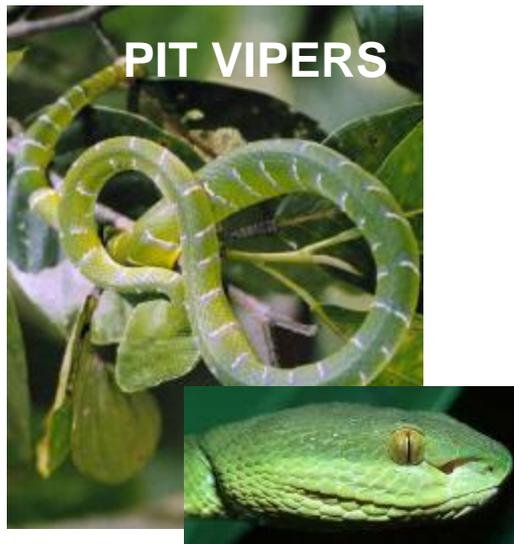




VENOMOUS SNAKES

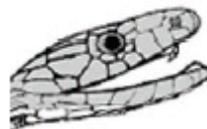


KING COBRA



PIT VIPERS

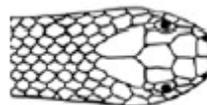
COBRAS/KRAITS/CORAL SNAKES



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

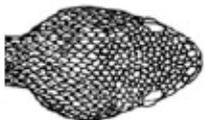


Long, hinged fangs that tuck into roof of mouth when not in use.



pit

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?



- **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