

Force Health Protection Brief



Federated States of Micronesia



7 JUN 2010

FORCE HEALTH PROTECTION

Federated States of Micronesia



Historical diseases present in area: Tuberculosis (TB), diarrheal diseases, Leptospirosis, Dengue Fever (and other insect-borne diseases), Typhoid, Cholera, Hepatitis, and Measles.

Recent Disease Reports: TB, Travelers' Diarrhea, HIV, Dengue Fever, Measles, and Ciguatera Fish Poisoning .

Force Health Protection Requirements: Up-to-date immunizations, day and night time insect precautions, Pre/Post Deployment PPD, and use approved food and water sources. Federated States of Micronesia are considered malaria and rabies free.

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 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: Moderate health risk to operational forces.

7 JUN 2010



Required Health Measures

- Immunizations
- Mosquito & insect bite prevention
- Pre-mission health assessment
 - Include Tuberculosis (TB) screening 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
- 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



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



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



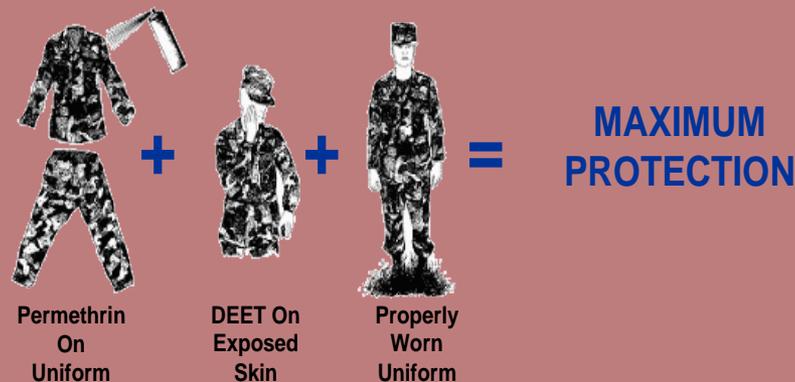
NSN 6840-01-345-0237



NSN 6840-01-278-1336

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

PERSONAL PROTECTIVE MEASURES



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



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.

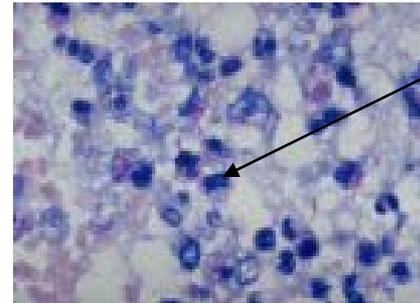


FORCE HEALTH PROTECTION



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!**

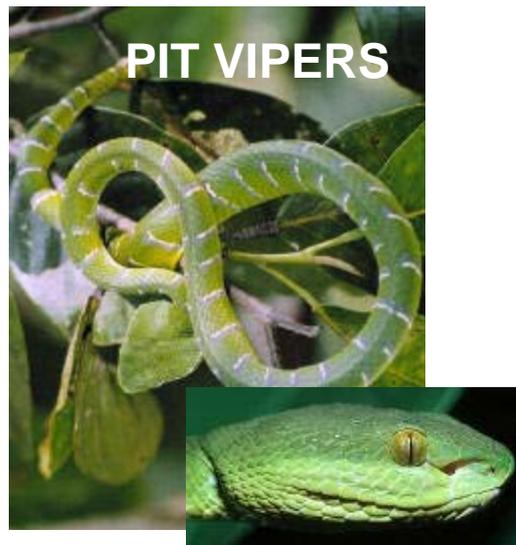




VENOMOUS SNAKES



KING COBRA



PIT VIPERS

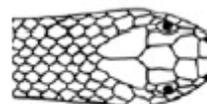
COBRAS/KRAITS/CORAL SNAKES



Short fangs fixed in erect position in front of mouth.



Round eye pupils.



Head small and not distinct from the body.



CORAL SNAKE

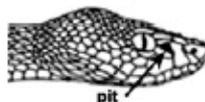


KEELBACK

PIT VIPERS

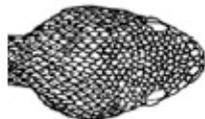


Long, hinged fangs that tuck into roof of mouth when not in use.



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



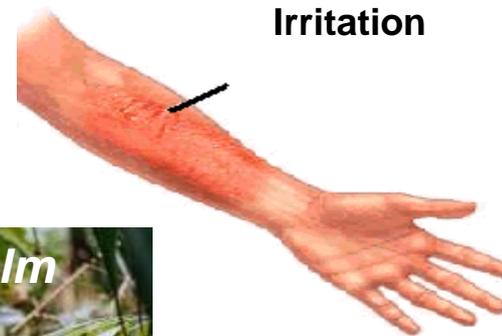
Systemic Poison



Elephant's Ear Plant



Mucuna pruritem



Irritation



Rattan Palm

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 Preventative Medicine Unit No. 6**
Duty Phone: 808-471-0237
nepmu6admin@med.navy.mil
- **Navy Environmental and Preventative Medicine Unit No. 5**
Duty Phone: 619-556-7070
nepmu5@med.navy.mil