Military Deployment
Periodic Occupational and Environmental Monitoring Summary (POEMS):
FOB Lagman and Vicinity, Afghanistan
Calendar Years: (2010 to 2012)

AUTHORITY: This periodic occupational and environmental monitoring summary (POEMS) has been developed in accordance with Department of Defense (DoD) Instructions 6490.03, 6055.05, and JCSM (MCM) 0028-07, (References 1-3).

PURPOSE: This POEMS documents the Department of Defense (DoD) assessment of occupational and environmental health (OEH) risk for Forward Operating Base (FOB) Lagman and vicinity that includes: FOB Apache, Afghan National Army (ANA) Camp Eagle, FOB Deh Dadi II, FOB Lagman, FOB Mizan, Camp Mogensen, Provincial Reconstruction Team (PRT) Qalat, and FOB Sweeney, Afghanistan. It presents a qualitative summary of health risks identified at this location and their potential medical implications. The report is based on information collected from 01 January 2010 through 31 December 2012 to include deployment occupational and environmental health (OEH) sampling and monitoring data (e.g., air, water, and soil), field investigation and health assessment reports, as well as country and area-specific information on endemic diseases.

This assessment assumes that environmental sampling at FOB Apache, FOB Deh Dadi II, FOB Lagman, FOB Mizan, FOB Sweeney during this period was performed at representative exposure points selected to characterize health risks at the *population–level*. Due to the nature of environmental sampling, the data upon which this report is based may not be fully representative of all the fluctuations in environmental quality or capture unique occurrences. While one might expect health risks pertaining to historic or future conditions at this site to be similar to those described in this report, the health risk assessment is limited to 01 January 2010 through 31 December 2012. No sample data were available for analysis from ANA Camp Eagle, Camp Mogensen, and PRT Qalat during this timeframe.

The POEMS can be useful to inform healthcare providers and others of environmental conditions experienced by individuals deployed to FOB Apache, ANA Camp Eagle, FOB Deh Dadi II, FOB Lagman, FOB Mizan, Camp Mogensen, and PRT Qalat during the period of this assessment. However, it does not represent an individual exposure profile. Individual exposures depend on many variables such as; how long, how often, where and what someone is doing while working and/or spending time outside. Individual outdoor activities and associated routes of exposure are extremely variable and cannot be identified from or during environmental sampling. Individuals who sought medical treatment related to OEH exposures while deployed should have exposure/treatment noted in their medical record on a Standard Form (SF) 600 (Chronological Record of Medical Care).

SITE DESCRIPTION:

Forward Operating Base Lagman and vicinity were located in the Eastern Zabul province of Afghanistan near the town of Qalat. The PRT Qalat was located in the town of Qalat. The FOB Apache and adjacent (ANA) Camp Eagle were within 1,000 meters (m) of Qalat surrounded by rolling hills with ravines. The main area on base was primarily level with low lying areas. The expansion area had limited gravel/rocks in place. Most of the ground was not level and collects large amounts of water when raining. The FOB Deh Dadi II was a flat rural environment with grasslands surrounding desert area topography. The FOB Lagman and Camp Mogensen (located within FOB Lagman) was situated in a rural setting with a hilly terrain and a lack of vegetation in the area. The FOB Mizan was located about a 25 minute helicopter ride from FOB Lagman and was similarly isolated.

SUMMARY: Conditions that may pose a Moderate or greater health risk are summarized in Table 1. Table 2 provides population based risk estimates for identified OEH conditions at FOB Lagman and vicinity. As indicated in the detailed sections that follow Table 2, controls established to reduce health risk were factored into this assessment. In some cases, e.g., ambient air, specific controls are noted, but not routinely available/feasible.

Table 1: Summary of Occupational and Environmental Conditions with MODERATE or Greater Health Risk

Short-term health risks & medical implications:

The following hazards may be associated with potential acute health effects in some personnel during deployment at FOB Lagman and vicinity that includes FOB Apache, ANA Camp Eagle, FOB Deh Dadi II, FOB Lagman, FOB Mizan, Camp Mogensen, PRT Qalat, and FOB Sweeney:

Food/waterborne diseases (e.g., bacterial diarrhea, hepatitis A, typhoid/paratyphoid fever, diarrhea-cholera, diarrhea-protozoal, brucellosis, hepatitis E); other endemic diseases (malaria, cutaneous leishmaniasis (acute), Crimean-Congo hemorrhagic fever, sandfly fever, typhus-miteborne, leptospirosis, Tuberculosis (TB), rabies, anthrax, Q fever); heat stress; and cold stress. For food/waterborne diseases (e.g., bacterial diarrhea, hepatitis A, typhoid/paratyphoid fever, diarrhea-cholera, diarrhea-protozoal, brucellosis, hepatitis E), if ingesting local food and water, the health effects can temporarily incapacitate personnel (diarrhea) or result in prolonged illness (hepatitis A, typhoid/paratyphoid fever, brucellosis, hepatitis E). Risks from food/waterborne diseases may have been reduced with preventive medicine controls and mitigation, which includes hepatitis A and typhoid fever vaccinations and only drinking from approved water sources in accordance with standing CENTCOM policy. For other vector-borne endemic diseases (malaria, cutaneous leishmaniasis (acute), Crimean-Congo hemorrhagic fever, sandfly fever, typhus-miteborne), these diseases may constitute a significant risk due to exposure to biting vectors; risk reduced to 'Low' by proper wear of the treated uniform, application of repellent to exposed skin, bed net use, and appropriate chemoprophylaxis, as well as minimizing areas of standing water and other vector-breeding areas. For water contact diseases (leptospirosis) activities involving extensive contact with surface water increase risk. For respiratory diseases (TB), personnel in close-quarter conditions could have been at risk for person-to-person spread. Animal contact diseases (rabies, anthrax, Q fever), pose year-round risk. For heat stress, risk can be greater during months of May through September, and greater for susceptible persons including those older than 45, of low fitness level, unacclimatized, or with underlying medical conditions. Risks from heat stress may have been reduced with preventive medicine controls, work-rest cycles, proper hydration and nutrition, and mitigation. For cold stress, the risk of Non-Freezing Cold Injuries (NFCI), such as chilblain, trench foot, and hypothermia, is greater during the months of September through April. Risks from cold stress may have been reduced with protective measures such as use of the buddy system, limiting exposure during cold weather, proper hydration and nutrition, and proper wear of issued protective clothing.

Air quality: For inhalable coarse particulate matter less than 10 micrometers in diameter (PM_{10}), the PM_{10} overall short-term risk was 'Low'. For inhalable fine particulate matter less than 2.5 micrometers in diameter ($PM_{2.5}$), the $PM_{2.5}$ overall short-term risk was 'Low'. However, exposures to PM_{10} and $PM_{2.5}$ may vary, as conditions may vary, and may result in mild to more serious short-term health effects (e.g., eye, nose or throat and lung irritation) in some personnel while at this site, particularly exposures to high levels of dust such as during high winds or dust storms. For PM_{10} and $PM_{2.5}$, certain subgroups of the deployed forces (e.g., those with pre-existing asthma/cardio-pulmonary conditions) are at greatest risk of developing notable health effects. For burn pits, although no data were available to specifically characterize the short-term risk for PM_{10} and for $PM_{2.5}$, there were burn pits utilized at or around FOB Lagman, FOB Mizan, and FOB Sweeney – see Section 10.7. For burn pits, exposures may vary, and exposure to high levels of PM_{10} and to $PM_{2.5}$ in the smoke may also result in mild to more serious short-term health effects (e.g., eye, nose or throat and lung irritation) in some personnel and certain subgroups while at this site. Although most short-term health effects from exposure to particulate matter and burn pit smoke should have resolved post-deployment, providers should be prepared to consider the relationship between deployment exposures and current complaints. Some individuals may have sought treatment for acute respiratory irritation during their time at FOB Lagman and vicinity. Personnel who reported with symptoms or required treatment while at this site should have exposure and treatment noted in medical record (e.g., electronic medical record and/or on a Standard Form (SF) 600 (*Chronological Record of Medical Care*).

Long-term health risks & medical implications:

The following hazards may be associated with potential chronic health effects in some personnel during deployment at FOB Lagman and vicinity:

Air quality: For inhalable fine particulate matter less than 2.5 micrometers in diameter ($PM_{2.5}$), the overall long-term risk was 'Low.' Inhalable coarse particulate matter less than 10 micrometers in diameter (PM_{10}) was not evaluated for long-term risk due to no available health guidelines. However, the area was a dusty desert

environment, and conditions may have varied. In addition, for burn pits, although the long-term risk for PM_{10} and for $PM_{2.5}$ was not evaluated, there were burn pits present at or around FOB Lagman FOB Mizan, and FOB Sweeney, and conditions may have varied – see Section 10.7. For inhalational exposure to high levels of dust, PM_{10} and $PM_{2.5}$, such as during high winds or dust storms, and for exposure to burn pit smoke, it is considered possible that some otherwise healthy personnel who were exposed for a long-term period to dust and particulate matter could develop certain health conditions (e.g., reduced lung function, cardiopulmonary disease). Personnel with a history of asthma or cardiopulmonary disease could potentially be more likely to develop such chronic health conditions. While the dust and particulate matter exposures and exposures to burn pits are acknowledged, at this time there were no specific recommended, post-deployment medical surveillance evaluations or treatments. Providers should still consider overall individual health status (e.g., any underlying conditions/susceptibilities) and any potential unique individual exposures (such as burn pits/barrels, incinerators, occupational or specific personal dosimeter data) when assessing individual concerns. Certain individuals may need to be followed/evaluated for specific occupational exposures/injuries (e.g., annual audiograms as part of the medical surveillance for those enrolled in the Hearing Conservation Program; and personnel covered by Respiratory Protection Program and/or Hazardous Waste/Emergency Responders Medical Surveillance).

Table 2. Population-Based Health Risk Estimates - FOB Apache, (ANA) Camp Eagle, FOB Deh Dadi II, FOB Lagman, FOB Mizan, Camp Mogensen, PRT Qalat FOB Sweeney [1, 2]

Source of Identified Health Risk[3]	Unmitigated Health Risk Estimate[4]	Control Measures Implemented	Residual Health Risk Estimate[4]
AIR			
Particulate matter less than 10 microns in diameter (PM_{10})	Short-term: Low, Daily levels vary, acute health effects (e.g., upper respiratory tract irritation) more pronounced during peak days. More serious effects are possible in susceptible persons (e.g., those with asthma/existing respiratory diseases).	Limiting strenuous physical activities when air quality is especially poor; and actions such as closing tent flaps, windows, and doors.	Short-term: Low, Daily levels vary, acute health effects (e.g., upper respiratory tract irritation) more pronounced during peak days. More serious effects are possible in susceptible persons (e.g., those with asthma/existing respiratory diseases).
	Long-term: No health guidelines		Long-term: No health guidelines
Particulate matter less than 2.5 microns in diameter ($PM_{2.5}$)	Short-term: Daily levels vary, A majority of the time mild acute (short term) health effects are anticipated; certain peak levels may produce mild eye, nose, or throat irritation in some personnel and pre-existing health conditions (e.g., asthma, or cardiopulmonary diseases) may be exacerbated.	Limiting strenuous physical activities when air quality is especially poor; and actions such as closing tent flaps, windows, and doors.	Short-term: Daily levels vary, A majority of the time mild acute (short term) health effects are anticipated; certain peak levels may produce mild eye, nose, or throat irritation in some personnel and pre-existing health conditions (e.g., asthma, or cardiopulmonary diseases) may be exacerbated.
	Long-term: Low. A small percentage of personnel may be at increased risk for developing chronic conditions. Particularly those more susceptible to acute effects (e.g., those with asthma/existing respiratory diseases).		Long-term: Low. A small percentage of personnel may be at increased risk for developing chronic conditions. Particularly those more susceptible to acute effects (e.g., those with asthma/existing respiratory diseases).
ENDEMIC DISEASE			
Food borne/Waterborne (e.g., diarrhea-bacteriological)	Short-term: Variable; High (bacterial diarrhea, hepatitis A, typhoid fever) to Moderate (diarrhea-cholera, diarrhea-protozoal, brucellosis, hepatitis E) to Low (polio) if ingesting local food/water, the health effects can temporarily incapacitate personnel (diarrhea) or result in prolonged illness (hepatitis A, typhoid fever, hepatitis E, brucellosis).	Preventive measures include Hepatitis A and Typhoid fever vaccination and consumption of food and water only from approved sources.	Short-term: Low to none
	Long-term: none identified		Long-term: No data available
Arthropod Vector Borne	Short-term: Variable; High for malaria, Moderate for leishmaniasis - cutaneous (acute), Crimean-Congo hemorrhagic fever, sandfly fever, typhus-miteborne; and Low for, the plague and West Nile fever.	Preventive measures include proper wear of treated uniform, application of repellent to exposed skin, bed net use, minimizing areas of standing water and appropriate chemoprophylaxis.	Short-term: Low
	Long-term: Low for Leishmaniasis-visceral infection.		Long-term: No data available
Water-Contact (e.g. wading, swimming)	Short-term: Moderate for leptospirosis	Recreational swimming in surface waters not likely in this area of Afghanistan during this time period.	Short-term: Low for leptospirosis.
	Long-term: No data available		Long-term: No data available
Respiratory	Short-term: Variable; Moderate for tuberculosis (TB) to Low for meningococcal meningitis.	Providing adequate living and work space; medical screening; vaccination.	Short-term: Low

Source of Identified Health Risk[3]	Unmitigated Health Risk Estimate[4]	Control Measures Implemented	Residual Health Risk Estimate[4]
	Long-term: No data available		Long-term: No data available
Animal Contact	Short-term: Variable; Moderate for rabies, anthrax, Q-fever to Low for H5N1 avian influenza.	Prohibiting contact with, adoption, or feeding of feral animals IAW CENTCOM GO 1B. Risks are further reduced in the event of assessed contact by prompt post-exposure rabies prophylaxis IAW The CDC's ACIP guidance.	Short-term: No data available
	Long-term: Low (Rabies)		Long-term: No data available
VENOMOUS ANIMAL/ INSECTS			
Snakes, scorpions, and spiders	Short-term: Low; If encountered, effects of venom vary with species from mild localized swelling (e.g. *Latrodectus dahlia*) to potentially lethal effects (e.g. *Naja oxiana*).	Risk reduced by avoiding contact, proper wear of uniform (especially footwear), and proper and timely treatment.	Short-term: Low; If encountered, effects of venom vary with species from mild localized swelling (e.g. *Latrodectus dahlia*) to potentially lethal effects (e.g. *Naja oxiana*).
	Long-term: No data available		Long-term: No data available
HEAT/COLD STRESS			
Heat	Short-term: Low to High; The unmitigated risk of heat injury in unacclimatized or susceptible personnel, and those under operational constraints is Extremely High from June - September, High in May, and Low from October – April based on historical temperature data.	Work-rest cycles, proper hydration and nutrition, and WBGT monitoring.	Short-term: The risk of heat injury was reduced to low. However, the risk may be greater to unacclimatized or susceptible populations (older, previous history of heat injury, poor physical condition, underlying medical/health conditions), and those under operational constraints (equipment, PPE, vehicles).
	Long-term: Low, The long-term risk was Low. However, the risk may be greater to certain susceptible persons–those older (i.e., greater than 45 years), in lesser physical shape, or with underlying medical/health conditions.		Long-term: Low, The long-term risk is Low. However, the risk may be greater to certain susceptible persons–those older (i.e., greater than 45 years), in lesser physical shape, or with underlying medical/health conditions.
Cold	Short-term: The risk of Non-Freezing Cold Injuries (NFCI), such as chilblain, trench foot, and hypothermia, is Moderate from September – April based on historical temperature and precipitation data.	Risks from cold stress reduced with protective measures such as use of the buddy system, limiting exposure during cold weather, proper hydration and nutrition, and proper wear of issued protective clothing.	Short-term: Low risk of cold stress/injury.
	Long-term: Low; Long-term health implications from cold injuries are rare but can occur, especially from more serious injuries such as frost bite.		Long-term: Low; Long-term health implications from cold injuries are rare but can occur, especially from more serious injuries such as frost bite.
Unique Incidents/ Concerns			
Burn pit	Short-term: No data available for PM_{10} or $PM_{2.5}$ at burn pits located at FOB Lagman, FOB Mizan and FOB Sweeney. Burn pit exposures may vary, and exposure to high levels of PM_{10} and $PM_{2.5}$ in the smoke may	Control measures may have included locating burn pits downwind of prevailing winds, increased distance from living and working areas when possible, and improved waste	Short-term: No data available

Source of Identified Health Risk[3]	Unmitigated Health Risk Estimate[4]	Control Measures Implemented	Residual Health Risk Estimate[4]
	also result in mild to more serious short-term health effects (e.g., eye, nose or throat and lung irritation) in some personnel and certain subgroups while at this site.	segregation and management techniques	
	Long-term: No data available for PM_{10} or $PM_{2.5}$ at burn pits located at FOB Lagman FOB Mizan, and FOB Sweeney. Burn pit exposures may vary, and exposure to high levels of PM_{10} and $PM_{2.5}$ in the smoke may be associated with some otherwise healthy personnel, who were exposed for a long-term period, could develop certain health conditions (e.g., reduced lung function, cardiopulmonary disease). Personnel with a history of asthma or cardiopulmonary disease could potentially be more likely to develop such chronic health conditions.		Long-term: No data available

[1]This Summary Table provides a qualitative estimate of population-based short- and long-term health risks associated with the occupational environment conditions at FOB Lagman and vicinity. It does not represent an individual exposure profile. Actual individual exposures and health effects depend on many variables. For example, while a chemical may have been present in the environment, if a person did not inhale, ingest, or contact a specific dose of the chemical for adequate duration and frequency, then there may have been no health risk. Alternatively, a person at a specific location may have experienced a unique exposure which could result in a significant individual exposure. Any such person seeking medical care should have their specific exposure documented in an SF600.

[2] This assessment is based on specific environmental sampling data and reports obtained from 01 January 2010 through 31 December 2012. Sampling locations are assumed to be representative of exposure points for the camp population but may not reflect all the fluctuations in environmental quality or capture unique exposure incidents.

[3]This Summary Table is organized by major categories of identified sources of health risk. It only lists those sub-categories specifically identified and addressed at FOB Lagman and vicinity. The health risks are presented as Low, Moderate, High or Extremely High for both acute and chronic health effects. The health risk level is based on an assessment of both the potential severity of the health effects that could be caused and probability of the exposure that would produce such health effects. Details can be obtained from the Army Public Health Center (Provisional) [APHC (Prov)]. Where applicable, "None Identified" is used when though a potential exposure is identified, and no health risks of either a specific acute or chronic health effects are determined. More detailed descriptions of OEH exposures that are evaluated but determined to pose no health risk are discussed in the following sections of this report.

[4]Health risks in this Summary Table are based on quantitative surveillance thresholds (e.g., endemic disease rates; host/vector/pathogen surveillance) or screening levels, e.g., Military Exposure Guidelines (MEGs) for chemicals. Some previous assessment reports may provide slightly inconsistent health risk estimates because quantitative criteria such as MEGs may have changed since the samples were originally evaluated and/or because this assessment makes use of all historic site data while previous reports may have only been based on a select few samples.

1 Discussion of Health Risks at FOB Lagman and vicinity by Source

The following sections provide additional information about the OEH conditions summarized above. All risk assessments were performed using the methodology described in the U.S. Army Public Health Command (USAPHC) Technical Guide 230, *Environmental Health Risk Assessment and Chemical Exposure Guidelines for Deployed Military Personnel* (Reference 4). All OEH risk estimates represent residual risk after accounting for preventive controls in place. Occupational exposures and exposures to endemic diseases are greatly reduced by preventive measures. For environmental exposures related to airborne dust, there are limited preventive measures available, and available measures have little efficacy in reducing exposure to ambient conditions.

2 Air

2.1 Site-Specific Sources Identified

FOB Lagman and vicinity were situated in a dusty semi-arid desert environment. Inhalational exposure to high levels of dust and particulate matter, such as during high winds or dust storms, may result in mild to more serious short-term health effects (e.g., eye, nose or throat and lung irritation) in some personnel. Additionally, certain subgroups of the deployed forces (e.g., those with pre-existing asthma/cardio pulmonary conditions) are at greatest risk of developing notable health effects.

2.2 Particulate matter

Particulate matter (PM) is a complex mixture of extremely small particles suspended in the air. The PM includes solid particles and liquid droplets emitted directly into the air by sources such as: power plants, motor vehicles, aircraft, generators, construction activities, fires, and natural windblown dust. The PM can include sand, soil, metals, volatile organic compounds (VOC), allergens, and other compounds such as nitrates or sulfates that are formed by condensation or transformation of combustion exhaust. The PM composition and particle size vary considerably depending on the source. Generally, PM of health concern is divided into two fractions: PM_{10}, which includes coarse particles with a diameter of 10 micrometers or less, and fine particles less than 2.5 micron ($PM_{2.5}$), which can reach the deepest regions of the lungs when inhaled. Exposure to excessive PM is linked to a variety of potential health effects.

2.3 Particulate matter, less than10 micrometers (PM_{10})

2.3.1 Exposure Guidelines:

Short Term (24-hour) PM_{10} (micrograms per cubic meter, $\mu g/m^3$):

- Negligible MEG = 250
- Marginal MEG = 420
- Critical MEG = 600

Long-term PM_{10} MEG ($\mu g/m^3$):

- Not defined and not available.

2.3.2 Sample data/Notes:

FOB Lagman and vicinity: A total of 19 valid PM_{10} air samples were collected from 5 March 2010 to 25 July 2012. The range of 24-hour PM_{10} concentrations was 38 µg/m3 – 257 $\mu g/m^3$ with an average concentration of 142 $\mu g/m^3$.

2.3.3 Short-term health risks:

Low: The short-term health risk assessment is Low based on peak PM_{10} sample concentrations at FOB Lagman and vicinity. A Low health risk assessment is expected to have little or no impact on accomplishing the mission (Reference 4, Table 3-2). Daily average health risk levels for PM_{10} show no hazard for 84%, low health risk for 16% of the time. Confidence in the short-term PM_{10} health risk assessment is low (Reference 4, Table 3-6).

For the highest observed PM_{10} sample concentration, the hazard severity was negligible. During peak exposures above the negligible hazard severity level (250 µg/m^3 to 420 µg/m^3), a few personnel may experience notable eye, nose, and throat irritation; most personnel will experience only mild effects. Pre-existing health conditions (e.g., asthma or cardiopulmonary diseases) may be exacerbated (Reference 4, Table 3-10).

2.3.4 Long-term health risk:

Not Evaluated-no available health guidelines. The U.S. Environmental Protection Agency (EPA) has retracted its long-term standard (national ambient air quality standards, NAAQS) for PM_{10} due to an inability to clearly link chronic health effects with chronic PM_{10} exposure levels.

2.4 Particulate Matter, less than 2.5 *micrometers* ($PM_{2.5}$)

2.4.1 Exposure Guidelines:

Short Term (24-hour) $PM_{2.5}$ (µg/m^3):

- Negligible MEG = 65
- Marginal MEG = 250
- Critical MEG = 500

Long-term (1year) $PM_{2.5}$ MEGs (µg/m^3):

- Negligible MEG = 15
- Marginal MEG = 65

2.4.2 Sample data/Notes:

FOB Lagman and vicinity: A total of seven valid $PM_{2.5}$ air samples were collected from 5 March 2010 to 14 August 2012. The range of 24-hour $PM_{2.5}$ concentrations was 14 µg/m^3 – 37 µg/m^3 with an average concentration of 21 µg/m^3.

2.4.3 Short-term health risks:

None identified based on the available sampling data.

2.4.4 Long-term health risks:

Low: The long-term health risk assessment is Low for FOB Lagman and vicinity based on average $PM_{2.5}$ concentration, and the likelihood of exposure at this hazard severity level. A Low health risk is expected to have little or no impact on accomplishing the mission (Reference 4, Table 3-2). Confidence in the long-term $PM_{2.5}$ health risk assessment is low (Reference 4, Table 3-6).

The hazard severity was negligible (15 to 65 µg/m^3) at FOB Lagman and vicinity for average $PM_{2.5}$ sample concentrations. With repeated exposures above the negligible hazard severity threshold, a few personnel may experience notable eye, nose, and throat irritation; most personnel will experience only mild effects. (Reference 4, Table 3-11).

2.5 Airborne Metals

2.5.1 Exposure Guidelines:

None of the detected metal concentrations exceeded the short- or long-term negligible MEGs.

2.5.2 Sample data/Notes:

FOB Apache: A total of two valid PM_{10} airborne metal samples were collected on 10 October 2011 and 18 July 2012. None of the detected metal concentrations exceeded the short- or long-term MEGs.

FOB Deh Dadi II: A total of nine valid PM_{10} airborne metal samples were collected from 12 December 2010 to 4 November 2011. None of the detected metal concentrations exceeded the short- or long-term MEGs.

COP Sweeney: A total of seven valid PM_{10} airborne metal samples were collected from 5 March 2010 to 25 July 2012. None of the detected metal concentrations exceeded the short- or long-term MEGs.

2.5.3 Short- and long-term health risks:

None identified based on the available sampling data.

2.6 Volatile Organic Compounds (VOC)

2.6.1 Exposure Guidelines:

None of the detected VOCs exceeded the short or long-term negligible MEGs.

2.6.2 Sample data/Notes:

FOB Apache: A single valid volatile organic chemical (VOC) air sample was collected on 24 October 2012 at the motor pool entrance. None of the analyzed VOC pollutants were found at concentrations above short or long-term MEGs.

FOB Lagman: A single valid VOC air sample was collected on 18 July 2012. None of the analyzed VOC pollutants were found at concentrations above short or long-term MEGs.

COP Sweeney: A total of six valid volatile organic chemical (VOC) air samples were collected from 8 March 2010 to 25 July 2012. None of the detected metal concentrations exceeded the short- or long-term MEGs. None of the detected VOC concentrations exceeded the short- or long-term MEGs.

2.6.3 Short- and long-term health risks:

None identified based on the available sampling data. No parameters exceeded 1-year Negligible MEGs.

3 Soil

3.1 Site-Specific Sources Identified

3.2 Sample data/Notes:

The primary soil contamination exposure pathways are dermal contact and dust inhalation. Typical parameters analyzed for included semi volatile organic compounds (SVOCs), heavy metals, polychlorinated biphenyls (PCBs), pesticides, and herbicides. If the contaminant was known or suspected, other parameters may have been analyzed for (i.e., total petroleum hydrocarbons (TPH) and polycyclic aromatic hydrocarbons (PAH) near fuel spills). For the risk assessment, personnel are assumed to remain at these locations for 6 months to 1 year.

FOB Apache: A single valid surface soil sample was collected on 4 October 2012 to assess OEH health risk to deployed personnel. The percent of the population exposed to soil and associated dust in the sampled areas was estimated to be 25 to 75%. No chemicals were detected above the 1 year negligible MEG.

FOB Deh Dadi II: A single valid surface soil sample was collected on 4 November 2011 to assess OEH health risk to deployed personnel. The percent of the population exposed to soil and associated dust in the sampled areas was > 75%. No chemicals were detected above the 1 year negligible MEG.

FOB Mizan: A total of three valid surface soil samples were collected on 29 April 2012 to assess OEH health risk to deployed personnel. The percent of the population exposed to soil and associated dust in the sampled areas was > 75% for two samples, and 25 < 75% for one sample. One of these samples was from the burn pit area and will be discussed in section 10.7. No chemicals were detected above the 1 year negligible MEG.

FOB Sweeney: A total of five valid surface soil samples were collected from 9 March 2010 to 26 July 2012 to assess OEH health risk to deployed personnel. The percent of the population exposed to soil and associated dust in the sampled areas was > 75% for four samples and 50 < 75% for one sample. No chemicals were detected above the 1 year negligible MEG.

3.3 Short-term health risk:

Not an identified source of health risk. Sampling data for soil were not evaluated for short-term (acute) health risks.

3.4 Long-term health risk:

None identified based on available sample data. No parameters in any of the aforementioned samples exceeded 1-year Negligible MEGs.

4 Water

In order to assess the health risk to U.S. personnel from exposure to water in theater, the Army Public Health Center – Provisional (APHC (Prov)) identified the most probable exposure pathways. These are based on the administrative information provided on the field data sheets submitted with the samples taken over the time period being evaluated. Based on the information provided from the field for FOB Apache, FOB Deh Dadi II, FOB Lagman, and FOB Sweeney, all samples for untreated water were associated with source water for treatment and no exposure pathways were associated with those samples. Therefore, untreated samples are not assessed as potential health hazards. It is assumed

that 100% of all U.S. personnel at FOB Lagman and vicinity, will be directly exposed to reverse osmosis water purification unit (ROWPU) treated, disinfected fresh non-potable bulk water, bottled water, and untreated well water since this classification of water is primarily used for personal hygiene, showering, cooking, and for use at vehicle wash racks. The Occupational and Environmental Health Site Assessment (Reference 5) for FOB Mizan indicated that there was no water treatment on the FOB. It was recommended that shower water be chlorinated prior to use. At the time of the OEHSA, water was pumped straight from the wells and not treated prior to use. Bottled water was used for brushing teeth at FOB Mizan. Bottled water was the only approved source of drinking water and is also used for cooking.

4.1 Non-Drinking Water

4.2 Site-Specific Sources Identified

Although the primary route of exposure for most microorganisms is ingestion of contaminated water, dermal exposure to some microorganisms, chemicals, and biologicals may also cause adverse health effects. Complete exposure pathways would include drinking, brushing teeth, personal hygiene, cooking, providing medical and dental care using a contaminated water supply or during dermal contact at vehicle or aircraft wash racks.

4.2.1 Sample data/Notes:

To assess the potential for adverse health effects to troops the following assumptions were made about dose and duration: All U.S. personnel at this location were expected to remain at this site for approximately 1 year. A conservative (protective) assumption is that personnel routinely consumed less than 5 liters per day (L/day) of non-drinking water for up to 365 days (1-year). It is further assumed that control measures and/or personal protective equipment were not used.

FOB Apache: A single disinfected bulk water (Non-Drinking) sample collected on 18 July 2012 was evaluated for this health risk assessment. No chemicals were detected at levels above the short or long-term MEGs.

FOB Deh Dadi II: A total of six disinfected bulk water (Non-Drinking) samples from 22 November 2010 to 28 August 2012 were evaluated for this health risk assessment. No chemicals were detected at levels above the short or long-term MEGs.

FOB Lagman: A total of two disinfected bulk water (Non-Drinking) samples from 21 May 2011 and 18 July 2012 were evaluated for this health risk assessment. No chemicals were detected at levels above the short or long-term MEGs.

FOB Mizan: A total of three untreated bulk water (Non-Drinking) samples on 10 June 2010 and 29 April 2012 were evaluated for this health risk assessment. No chemicals were detected at levels above the short or long-term MEGs. However, the base camp assessment (Reference 5) had a single sample from the shower that was positive for both total coliforms and for *E. coli* bacteria.

4.2.3 Short and long-term health risks:

None identified based on available sample data. All collected samples were below the short and long-term Negligible MEGs.

5 Military Unique

5.1 Chemical Biological, Radiological Nuclear (CBRN) Weapons

No specific hazard sources were documented in the Defense Occupational and Environmental Health Readiness System (DOEHRS) or the Military Exposure Surveillance Library (MESL) from 01 January 2010 through 31 December 2012 timeframe (References 1 and 6).

5.2 Depleted Uranium (DU)

No specific hazard sources were documented in the DOEHRS or MESL from 01 January 2010 through 31 December 2012 timeframe (References 1 and 6).

5.3 Ionizing Radiation

No specific hazard sources were documented in the DOEHRS or MESL from 01 January 2010 through 31 December 2012 timeframe (References 1 and 6).

5.4 Non-Ionizing Radiation

No specific hazard sources were documented in the DOEHRS or MESL from 01 January 2010 through 31 December 2012 timeframe (References 1 and 6).

6 Endemic Diseases

This document lists the endemic diseases reported in the region, the specific health risks and severity and general health information about the diseases. CENTCOM Modification (MOD) 12 (Reference 7) lists deployment requirements, to include immunizations and chemoprophylaxis, in effect during the timeframe of this POEMS.

6.1 Food borne and Waterborne Diseases

Food borne and waterborne diseases in the area are transmitted through the consumption of local food and water. Local unapproved food and water sources (including ice) are heavily contaminated with pathogenic bacteria, parasites, and viruses to which most U.S. Service Members have little or no natural immunity. Effective host nation disease surveillance does not exist within the country. Only a small fraction of diseases are identified or reported in host nation personnel. Diarrheal diseases are expected to temporarily incapacitate a very high percentage of U.S. personnel within days if local food, water, or ice is consumed. Hepatitis A and typhoid fever infections typically cause prolonged illness in a smaller percentage of unvaccinated personnel. Vaccinations are required for DOD personnel and contractors. In addition, although not specifically assessed in this document, significant outbreaks of viral gastroenteritis (e.g., norovirus) and food poisoning (e.g., *Bacillus cereus*, *Clostridium perfringens*, *Staphylococcus*) may occur. Key disease risks are summarized below.

Mitigation strategies were in place and included consuming food and water from approved sources, vaccinations (when available), frequent hand washing and general sanitation practices.

6.1.1 Diarrheal diseases (bacteriological)

High, mitigated to Low: Diarrheal diseases are expected to temporarily incapacitate a very high percentage of personnel (potentially over 50% per month) within days if local food, water, or ice is consumed. Field conditions (including lack of hand washing and primitive sanitation) may facilitate

person-to-person spread and epidemics. Typically mild disease treated in outpatient setting; recovery and return to duty in less than 72 hours with appropriate therapy. A small proportion of infections may require greater than 72 hours limited duty, or hospitalization.

6.1.2 Hepatitis A, typhoid/paratyphoid fever, and diarrhea-protozoal

High, mitigated to Low: Unmitigated health risk to U.S. personnel is high year round for hepatitis A and typhoid/paratyphoid fever, and Moderate for diarrhea-protozoal. Mitigation was in place to reduce the risks to low. Hepatitis A, typhoid/paratyphoid fever, and diarrhea-protozoal disease may cause prolonged illness in a small percentage of personnel (less than 1% per month). Although much rarer, other potential diseases in this area that are also considered a Moderate risk include: hepatitis E, diarrhea-cholera, and brucellosis.

6.1.3 Polio

Low: Potential health risk to U.S. personnel is Low. Despite a concerted global eradication campaign, poliovirus continues to affect children and adults in Afghanistan, Pakistan and some African countries. Polio is a highly infectious disease that invades the nervous system. The virus is transmitted by person-to-person, typically by hands, food or water contaminated with fecal matter or through direct contact with the infected person's saliva. An infected person may spread the virus to others immediately before and about 1 to 2 weeks after symptoms appear. The virus can live in an infected person's feces for many weeks. About 90% of people infected have no symptoms, and about 1% have a very severe illness leading to muscle weakness, difficulty breathing, paralysis, and sometimes death. People who do not have symptoms can still pass the virus to others and make them sick.

6.1.4 Short-term Health Risks:

Low: The overall unmitigated short-term risk associated with food borne and waterborne diseases are considered High (bacterial diarrhea, hepatitis A, typhoid/paratyphoid fever) to Moderate (diarrhea-cholera, diarrhea-protozoal, brucellosis) to Low (hepatitis E) to Low (polio) if local food or water is consumed. Preventive Medicine measures reduced the risk to Low. Confidence in the health risk estimate is high.

6.1.5 Long-term Health Risks:

None identified based on available data.

6.2 Arthropod Vector-Borne Diseases

During the warmer months, the climate and ecological habitat support populations of arthropod vectors, including mosquitoes, ticks, mites, and sandflies. Significant disease transmission is sustained countrywide, including urban areas. Malaria, the major vector-borne health risk in Afghanistan, is capable of debilitating a high percentage of personnel for up to a week or more. Mitigation strategies were in place and included proper wear of treated uniforms, application of repellent to exposed skin, and use of bed nets and chemoprophylaxis (when applicable). Additional methods included the use of pesticides, reduction of pest/breeding habitats, and engineering controls.

Trash cans at FOB Mizan were left uncovered providing habitat for rodents, flies, and other insects. A stray dog was also found on the FOB; although no signs of shelter or personnel feeding dog were noted. Drainage on FOB was an issue leaving standing water and wet soil, which could provide breeding grounds for mosquitoes, sand flies and filth flies.

6.2.1 Malaria

High, mitigated to Low: Potential unmitigated risk to U.S. personnel is High during warmer months (typically April through November) but reduced to low with mitigation measures. Malaria incidents are often associated with the presence of agriculture activity, including irrigation systems and standing water, which provide breeding habitats for vectors. A small number of cases may occur among personnel exposed to mosquito (Anopheles spp.) bites. Malaria incidents may cause debilitating febrile illness typically requiring 1 to 7 days of inpatient care, followed by return to duty. Severe cases may require intensive care or prolonged convalescence.

6.2.2 Leishmaniasis

Moderate, mitigated to Low: The disease risk is Moderate during the warmer months when sandflies are most prevalent, but reduced to low with mitigation measures. Leishmaniasis is transmitted by sand flies. There are two forms of the disease; cutaneous (acute form) and visceral (a more latent form of the disease). The leishmaniasis parasites may survive for years in infected individuals and this infection may go unrecognized by physicians in the U.S. when infections become symptomatic years later. Cutaneous infection is unlikely to be debilitating, though lesions may be disfiguring. Visceral leishmaniasis disease can cause severe febrile illness which typically requires hospitalization with convalescence over 7 days.

6.2.3 Crimean-Congo hemorrhagic fever

Moderate, mitigated to Low: Unmitigated risk is moderate, but reduced to low with mitigation measures. Crimean-Congo hemorrhagic fever occurs in rare cases (less than 0.1% per month attack rate in indigenous personnel) and is transmitted by tick bites or occupational contact with blood or secretions from infected animals. The disease typically requires intensive care with fatality rates from 5% to 50%.

6.2.4 Sandfly fever

Moderate, mitigated to Low: Sandfly fever has a Moderate risk with potential disease rates from 1% to 10% per month under worst case conditions. Mitigation measures reduced the risk to low. The disease is transmitted by sandflies and occurs more commonly in children though adults are still at risk. Sandfly fever disease typically resulted in debilitating febrile illness requiring 1 to 7 days of supportive care followed by return to duty.

6.2.5 Plague

Low: Potential health risk to U.S. personnel is Low year round. Bubonic plague typically occurred as sporadic cases among people who come in contact with wild rodents and their fleas during work, hunting, or camping activities. Outbreaks of human plague are rare and typically occur in crowded urban settings associated with large increases in infected commensal rats (*Rattus rattus*) and their flea populations. Some untreated cases of bubonic plague may develop into secondary pneumonic plague. Respiratory transmission of pneumonic plague is rare but has the potential to cause significant outbreaks. Close contact is usually required for transmission. In situations where respiratory transmission of plague is suspected, weaponized agent must be considered. Extremely rare cases (less than 0.01% per month attack rate) could occur. Incidence could result in potentially severe illness which may require more than 7 days of hospitalization and convalescence.

6.2.6 Typhus-miteborne (scrub typhus**)**

Moderate, mitigated to Low: Potential health risk to U.S. personnel is Moderate during warmer months (typically March through November) when vector activity is highest. Mitigation measures reduced the risk to low. Mite-borne typhus is a significant cause of febrile illness in local populations with rural exposures in areas where the disease is endemic. Large outbreaks have occurred when non-indigenous personnel such as military forces enter areas with established local transmission. The disease is transmitted by the larval stage of trombiculid mites (chiggers), which are typically found in areas of grassy or scrubby vegetation, often in areas which have undergone clearing and regrowth. Habitats may include sandy beaches, mountain deserts, cultivated rice fields, and rain forests. Although data are insufficient to assess potential disease rates, attack rates can be very high (over 50%) in groups of personnel exposed to heavily infected "mite islands" in focal areas. The disease can cause debilitating febrile illness typically requiring 1 to 7 days of inpatient care, followed by return to duty.

6.2.7 West Nile fever

Low: West Nile fever is present. The disease is maintained by the bird population and transmitted to humans via mosquito vector. Typically, infections in young, healthy adults were asymptomatic although fever, headache, tiredness, body aches (occasionally with a skin rash on trunk of body), and swollen lymph glands can occurred. This disease is associated with a low risk estimate.

6.2.8 Short -term health risks:

Low: The unmitigated health risk estimate is High for malaria (infection rate of less than 1% per month), Moderate for leishmaniasis-cutaneous (acute), Crimean-Congo hemorrhagic fever, sandfly fever, typhus-miteborne; and Low for, the plague and West Nile fever. Health risk is reduced to low by proper wear of the uniform, application of repellent to exposed skin, and appropriate chemoprophylaxis. Confidence in health risk estimate was high.

6.2.9 Long-term health risks:

Low: The unmitigated risk is moderate for leishmaniasis-visceral (chronic). Risk is reduced to Low by proper wear of the uniform and application of repellent to exposed skin. Confidence in the risk estimate is high.

6.3 Water Contact Diseases

Operations or activities that involve extensive water contact may result in personnel being temporarily debilitated with leptospirosis in some locations. Leptospirosis health risk typically increases during flooding. In addition, although not specifically assessed in this document, bodies of surface water are likely to be contaminated with human and animal waste. Activities such as wading or swimming may result in exposures to enteric diseases such as diarrhea and hepatitis via incidental ingestion of water. Prolonged water contact also may lead to the development of a variety of potentially debilitating skin conditions such as bacterial or fungal dermatitis. Mitigation strategies were in place and included avoiding water contact and recreational water activities, proper wear of uniform (especially footwear), and protective coverings for cuts/abraded skin.

6.3.1 Leptospirosis

Moderate, mitigated to Low: Human infections occur seasonally (typically April through November) through exposure to water or soil contaminated by infected animals and is associated with wading, and

swimming in contaminated, untreated open water. The occurrence of flooding after heavy rainfall facilitates the spread of the organism because as water saturates the environment *Leptospira* present in the soil passes directly into surface waters. *Leptospira* can enter the body through cut or abraded skin, mucous membranes, and conjunctivae. Infection may also occur from ingestion of contaminated water. The acute, generalized illness associated with infection may mimic other tropical diseases (for example, dengue fever, malaria, and typhus), and common symptoms include fever, chills, myalgia, nausea, diarrhea, cough, and conjunctival suffusion. Manifestations of severe disease can include jaundice, renal failure, hemorrhage, pneumonitis, and hemodynamic collapse. Recreational activities involving extensive water contact may result in personnel being temporarily debilitated with leptospirosis. Incidence could result in debilitating febrile illness typically requiring 1 to 7 days of inpatient care, followed by return to duty; some cases may require prolonged convalescence. This disease is associated with a Moderate health risk estimate.

6.3.2 Short-term health risks:

Low: Unmitigated Health risk of leptospirosis is Moderate during warmer months. Mitigation measures reduce the risk to Low. Confidence in the health risk estimate is high.

6.3.3 Long-term health risks:

None identified based on available data.

6.4 Respiratory Diseases

Although not specifically assessed in this document, deployed U.S. forces may be exposed to a wide variety of common respiratory infections in the local population. These include influenza, pertussis, viral upper respiratory infections, viral and bacterial pneumonia, and others. The U.S. military populations living in close-quarter conditions are at risk for substantial person-to-person spread of respiratory pathogens. Influenza is of particular concern because of its ability to debilitate large numbers of unvaccinated personnel for several days. Mitigation strategies were in place and included routine medical screenings, vaccination, enforcing minimum space allocation in housing units, implementing head-to-toe sleeping in crowded housing units, implementation of proper personal protective equipment (PPE) when necessary for healthcare providers and detention facility personnel.

6.4.1 Tuberculosis (TB)

Moderate, mitigated to Low: Potential health risk to U.S. personnel is Moderate, mitigated to Low, year round. Transmission typically requires close and prolonged contact with an active case of pulmonary or laryngeal TB, although it also can occur with more incidental contact. Individuals with prolonged indoor exposure to the local population are at increased risk for latent TB infection. Additional mitigation included active case isolation in negative pressure rooms, where available.

6.4.2 Meningococcal meningitis

Low: Meningococcal meningitis poses a Low risk and is transmitted from person to person through droplets of respiratory or throat secretions. Close and prolonged contact facilitates the spread of this disease. Meningococcal meningitis is potentially a very severe disease typically requiring intensive care; fatalities may occur in 5-15% of cases.

6.4.3 Short-term health risks:

Low: Moderate (TB) to Low (for meningococcal meningitis). Overall risk was reduced to Low with mitigation measures. Confidence in the health risk estimate is high.

6.4.4 Long-term health risks:

None identified based on available data. Tuberculosis is evaluated as part of the post deployment health assessment (PDHA). A TB skin test is required post-deployment if potentially exposed and is based upon individual Service policies.

6.5 Animal-Contact Diseases

6.5.1 Rabies

Moderate, mitigated to Low: Rabies posed a year-round moderate risk. Occurrence in local animals was well above U.S. levels due to the lack of organized control programs. Dogs are the primary reservoir of rabies in Afghanistan, and a frequent source of human exposure. Rabies is transmitted by exposure to the virus-laden saliva of an infected animal, typically through bites, but could occur from scratches contaminated with the saliva. A U.S. Army Soldier deployed to Afghanistan from May 2010 to May 2011 died of rabies in New York on 31 August 2011 (Reference 8). Laboratory results indicated the Soldier was infected from contact with a dog while deployed. Although the vast majority (>99%) of persons who develop rabies disease will do so within a year after a risk exposure, there have been rare reports of individuals presenting with rabies disease up to six years or more after their last known risk exposure. Mitigation strategies included command emphasis of CENTCOM GO 1B, reduction of animal habitats, active pest management programs, and timely treatment of feral animal scratches/bites.

6.5.2 Anthrax

Low: Anthrax cases are rare in indigenous personnel, and pose a Low risk to U.S. personnel. Anthrax is a naturally occurring infection; cutaneous anthrax is transmitted by direct contact with infected animals or carcasses, including hides. Eating undercooked infected meat may result in contracting gastrointestinal anthrax. Pulmonary anthrax is contracted through inhalation of spores and is extremely rare. Mitigation measures included consuming approved food sources, proper food preparation and cooking temperatures, avoidance of animals and farms, dust abatement when working in these areas, vaccinations, and proper PPE for personnel working with animals.

6.5.3 Q-Fever

Moderate, mitigated to Low: Potential health risk to U.S. personnel is Moderate, but mitigated to Low, year round. Rare cases are possible among personnel exposed to aerosols from infected animals, with clusters of cases possible in some situations. Significant outbreaks (affecting 1-50%) can occur in personnel with heavy exposure to barnyards or other areas where animals are kept. Unpasteurized milk may also transmit infection. The primary route of exposure is respiratory, with an infectious dose as low as a single organism. Incidence could result in debilitating febrile illness, sometimes presenting as pneumonia, typically requiring 1 to 7 days of inpatient care followed by return to duty. Mitigation strategies in place as listed in paragraph 6.5.2 except for vaccinations.

6.5.4 H5N1 avian influenza

Low: Potential health risk to U.S. personnel is Low. Although H5N1 avian influenza (AI) is easily transmitted among birds, bird-to-human transmission is extremely inefficient. Human-to-human transmission appears to be exceedingly rare, even with relatively close contact. Extremely rare cases (less than 0.01% per month attack rate) could occur. Incidence could result in very severe illness with fatality rate higher than 50 percent in symptomatic cases. Mitigation strategies included avoidance of birds/poultry and proper cooking temperatures for poultry products.

6.5.5 Short-term health risks:

Low: The short-term unmitigated risk is Moderate for rabies, and Q-fever, to Low for anthrax, and H5N1 avian influenza. Mitigation measures reduced the overall risk to Low. Confidence in risk estimate is high.

6.5.6 Long-term health risks:

Low: A Low long term risk exists for rabies because, in rare cases, the incubation period for rabies can be several years.

7 Venomous Animal/Insect

All information was taken directly from the Armed Forces Pest Management Board (Reference 9) and the Clinical Toxinology Resources web site from the University of Adelaide, Australia (Reference 10). The species listed below have home ranges that overlap the location of FOB Lagman and vicinity, and may present a health risk if they are encountered by personnel. See Section 9 for more information about pesticides and pest control measures.

7.1 Spiders

- *Latrodectus dahlia* (widow spider): Severe envenoming possible, potentially lethal. However, venom effects are mostly minor and even significant envenoming is unlikely to be lethal.

7.2 Scorpions

- *Androctonus amoreuxi* and *Androctonus baluchicus*: Severe envenoming possible, potentially lethal. Severe envenoming may produce direct or indirect cardio toxicity, with cardiac arrhythmias, cardiac failure. Hypovolaemic hypotension possible in severe cases due to fluid loss through vomiting and sweating.

- *Buthacus striffleri*, *Compsobuthus afghanus, Compsobuthus rugosulus, Mesobuthus caucasicus, Mesobuthus eupeus, Mesobuthus macmahoni, Orthochirus afghanus*, *Orthochirus bicolor, Orthochirus danielleae*, *Orthochirus pallidus,* and *Orthochirus scrobiculosus*: There are a number of dangerous Buthid scorpions, but there are also some known to cause minimal effects only. Without clinical data it is unclear where these species fit within that spectrum.

- *Hottentotta alticola*, and *Hottentotta saulcyi*: Moderate envenoming possible but unlikely to prove lethal. Stings by these scorpions are likely to cause only short lived local effects, such as pain, without systemic effects.

7.3 Snakes

- *Echis carinatus multisquamatus* (central Asian saw-scaled viper), *Echis carinatus sochureki* (Sochurek's saw-scaled viper), and *Gloydius halys* (Haly's Pit Viper): Severe envenoming possible, potentially lethal. Bites may cause moderate to severe coagulopathy and haemorrhagins causing extensive bleeding.

- *Macrovipera lebetina obtuse* (Levantine Viper): Severe envenoming possible, potentially lethal. Bites may cause mild to severe local effects, shock and coagulopathy.

- *Naja oxiana* (Oxus cobra): Severe envenoming possible, potentially lethal. Bites can cause systemic effects, principally flaccid paralysis.

7.4 Short-term health risk:

Low: If encountered, effects of venom vary with species from mild localized swelling (e.g., *Latrodectus dahlia*) to potentially lethal effects (e.g., *Naja oxiana*). See effects of venom above. Mitigation strategies included avoiding contact, proper wear of uniform (especially footwear), and timely medical treatment. Confidence in the health risk estimate is low (Reference 4, Table 3-6).

7.5 Long-term health risk:

None identified.

8 Heat/Cold Stress

8.1 Heat

Summer (June - September) monthly mean daily maximum temperatures range from 88 degrees Fahrenheit (°F) to 99 °F with an average temperature of 95 °F based on historical climatological data from the U.S. Air Force Combat Climatology Center, 14th Weather Squadron. The health risk of heat stress/injury based on temperatures alone is Low (< 78 °F) from October - April, high (82-87.9°F) in May, and extremely high (≥ 88°F) from June - September. However, work intensity and clothing/equipment worn pose greater health risk of heat stress/injury than environmental factors alone (Reference 11). Managing risk of hot weather operations included monitoring work/rest periods, proper hydration, and taking individual risk factors (e.g., acclimation, weight, and physical conditioning) into consideration. Risk of heat stress/injury was reduced with preventive measures.

8.1.1 Short-term health risk:

Low to High, mitigated to Low: The risk of heat injury was reduced to low through preventive measures such as work/rest cycles, proper hydration and nutrition, and monitoring Wet Bulb Globe Temperature (WBGT). Risk of heat injury may be greater for unacclimatized or susceptible populations (older, previous history of heat injury, poor physical condition, underlying medical/health conditions), and those under operational constraints (equipment, personal protective equipment (PPE), vehicles). Confidence in the health risk estimate is low (Reference 4, Table 3-6).

8.1.2 Long-term health risk:

Low: The long-term risk is Low. However, the risk may be greater for certain susceptible persons– those older (i.e., greater than 45 years), in lesser physical shape, or with underlying medical/health conditions. Long-term health implications from heat injuries are rare but may occur, especially from

more serious injuries such as heat stroke. It is possible that high heat in conjunction with various chemical exposures may increase long-term health risks, though specific scientific evidence is not conclusive. Confidence in these risk estimates is medium (Reference 4, Table 3-6).

8.2 Cold

8.2.1 Short-term health risks:

Winter (December - March) monthly mean daily minimum temperatures range from 22 °F to 37 °F with an average temperature of 28 °F based on historical climatological data from the U.S. Air Force Combat Climatology Center, 14th Weather Squadron. Because even on warm days a significant drop in temperature after sunset by as much as 40 °F can occur, there is a risk of cold stress/injury from September – April when monthly mean daily minimum temperatures fall below 50 °F. The risk assessment for Non-Freezing Cold Injuries (NFCI), such as chilblain, trench foot, and hypothermia, is Moderate based on historical temperature and precipitation data. The risk of frostbite is Low because average winter minimum temperatures are only slightly below freezing. However, personnel may encounter significantly lower temperatures during field operations at higher altitudes. As with heat stress/injuries, cold stress/injuries are largely dependent on operational and individual factors instead of environmental factors alone (Reference 11).

Low to Moderate, mitigated to Low: The risks from cold stress was reduced to Low with protective measures such as use of the buddy system, limiting exposure during cold weather, proper hydration and nutrition, and proper wear of issued protective clothing. Confidence in the health risk estimate is medium.

8.2.2 Long-term health risk:

Low: The health risk of cold injury is Low. Confidence in the health risk estimate is medium (Reference 4, Table 3-6).

9 Noise

9.1 Continuous

Documents were searched in the DOEHRS and MESL from 01 January 2010 through 31 December 2012 timeframe for noise verbiage. Potential hazard sources at FOB Apache and FOB Lagman are shown below.

FOB Apache: Noise level surveys from the 2010 OEHSA found generators noise levels as high as 101.3 A-weighted decibels (dBA), and maintenance equipment/air compressors at the motor pool as high as 106.9 dBA (Reference 12). Ear plugs or ear muffs should be worn when working in areas with noise level of 85-108 dBA. Noise hazard areas were not labeled at generators. Noise hazard area was identified in the motor pool, but use of hearing protection was not enforced.

FOB Lagman: The 2011 OEHSA noise level survey found several generators without any barriers or inadequate enclosures to reduce noise level. In addition, there were limited or no noise warning signs. This was noted as a repeat discrepancy (Reference 13).

9.1.1 Short and long-term health risks:

Undetermined

9.2 Impulse

No specific hazard sources were documented in the DOEHRS or MESL from 01 January 2010 through 31 December 2012 timeframe.

9.2.1 Short-term and Long-term health risks:

Not evaluated.

10 Unique Incidents/Concerns

10.1 Potential environmental contamination sources

DoD personnel are exposed to various chemical, physical, ergonomic, and biological hazards in the course of performing their mission. These types of hazards depend on the mission of the unit and the operations and tasks which the personnel are required to perform to complete their mission. The health risk associated with these hazards depends on a number of elements including what materials are used, how long the exposure last, what is done to the material, the environment where the task or operation is performed, and what controls are used. The hazards can include exposures to heavy metal particulates (e.g., lead, cadmium, manganese, chromium, and iron oxide), solvents, fuels, oils, and gases (e.g., carbon monoxide, carbon dioxide, oxides of nitrogen, and oxides of sulfur). Most of these exposures occur when performing maintenance task such as painting, grinding, welding, engine repair, or movement through contaminated areas. Exposures to these occupational hazards can occur through inhalation (air), skin contact, or ingestion; however exposures through air are generally associated with the highest health risk.

10.2 Waste Sites/Waste Disposal

FOB Apache: Solid/hazardous waste and wastewater is transported off site daily by a company sub contracted by Dyn-corp (Reference 14).

FOB Deh Dadi II: Solid waste is transported outside the FOB. All medical waste is transferred to Camp Spann for proper disposal. An incinerator is used by the German forces (Reference 15). All wastewater is removed by local contractors.

FOB Lagman: There is no recycling at FOB Lagman; all solid waste is sent to the burn pits (Reference 13).

FOB Mizan: Solid waste is sent to the burn pit. Wastewater disposal consists of soakage pits and drainage ditches. Soakage pits outside of showers and urinals are unable to handle volume resulting in very noticeable sewage smell and yellow staining of ground (Reference 5).

FOB Sweeney: Black and grey water was pumped out of septic tanks twice daily and taken off site for disposal (Reference 16).

10.2.1 Short and long-term health risks:

Undetermined

10.3 Fuel/petroleum products/industrial chemical spills

The DOEHRS and MESL documents were searched for specific hazard sources from 01 January 2010 through 31 December 2012 timeframe. Documented potential; hazards are shown below.

FOB Apache: There was an approximate 150 gallon fuel spill at FOB Apache in January 2010 (Reference 12). FOB Apache recovered and sent the contaminated soil off site for incineration/disposal.

FOB Mizan: Hazardous storage area lacked a secondary containment bladder and the primary containment bladder was ripped allowing spills to penetrate the ground (Reference 5). The Hazardous Waste Accumulation Point (HWAP) did have secondary containment. However, two oil spills were observed outside of containment area where oil drums are pumped by Afghan civilian contractors, and no eyewash or decontamination showers were observed on site. One drum was knocked over leaking antifreeze fluid in the containment area. No spill kit was onsite to resolve the issue.

FOB Sweeney: In September 2009, an estimated 500 - 1,000 gallons of fuel was released from an improperly sealed fuel truck hose (Reference 16). The contaminated soil was dug up and taken to the burn pit for burning. During the OEHSA, it was noted that from 5 – 11 March 2010, small spills were frequent and occur at all fuel points and hazardous material (HAZMAT) areas (Reference 16). No spill/drip pans were in use.

10.3.1 Short-term and Long-term health risks:

Not evaluated.

10.4 Pesticides/Pest Control:

The health risk of exposure to pesticide residues is considered within the framework of typical residential exposure scenarios, based on the types of equipment, techniques, and pesticide products that have been employed, such as enclosed bait stations for rodenticides, various handheld equipment for spot treatments of insecticides and herbicides, and a number of ready-to-use (RTU) methods such as aerosol cans and baits. The control of rodents required the majority of pest management inputs, with the acutely toxic rodenticides staged as solid formulation lethal baits placed in tamper-resistant bait stations indoors and outdoors throughout cantonment areas. Nuisance insects, including biting and stinging insects such as bees, wasps, and ants, also required significant pest management inputs. Use of pesticides targeting against these pests generally involved selection of compounds with low mammalian toxicity and short-term residual using pinpoint rather than broadcast application techniques. No specific hazard sources were documented in DOEHRS or MESL data portal. A total of 45 monthly pesticide application reports in the MESL data portal for FOB Lagman and vicinity (June 2010 to December 2012) list the usage of pesticides on the site. For each pesticide product applied during this period, the EPA approved label has been archived, providing a framework how each pesticide handled and applied (see below).

10.4.1 Rodenticides

Brodifacoum and bromadiolone were used to control rodents.

10.4.2 Insecticides

Insecticides used to control ants, bees, bed bugs, cockroaches, crickets, fleas, flies, mosquitoes, moths, silverfish, scorpions, spiders, termites and wasps include: (s)-methoprene, (z)- 9- tricosene,

Bacillus thuringiensis subspecies israelensis, bromadiolone, deltamethrin, dichlorvos, d-trans allethrin, fipronil, hydramethylnon, imidacloprid, lambda-cyhalothrin, methomyl, nithiazine, phenothrin, piperonyl butoxide, pyrethrins, an ß-cyfluthrin,

10.4.3 Short-term and Long-term health risks

Not evaluated.

10.5 Asbestos

No specific hazard sources were documented in the DOEHRS or MESL from 01 January 2010 through 31 December 2012 timeframe.

10.5.1 Short-term and Long-term health risks:

Not evaluated

10.6 Lead Based Paint

No specific hazard sources were documented in the DOEHRS or MESL from 01 January 2010 through 31 December 2012 timeframe.

10.6.1 Short-term and Long-term health risks:

Not evaluated

10.7 Burn Pit

No burn pits were located at FOB Apache or FOB Feh Dadi II.

FOB Lagman: Two active burn pits and one closed burn pit (Reference 13) were located at FOB Lagman. Burn pit #1 is closed and has been filled in and covered with loose stone. Burn pit #2 was located approximately 500 meters (m) from living areas. Prevailing winds tend to blow smoke from the pit into the camp. Materials excluded are medical waste, petroleum products, and some scrap metal. However the OEHSA in 2011 (Reference 13) reports that the burn pit smoldered constantly, is poorly maintained and was not monitored for types of materials dumped into the burn pit. This burn pit was supposed to be closed but was still in use as of 20 May 2011. Burn Pit #3 is located approximately 500 m from living areas. Materials excluded are medical waste, some scrap metal, and petroleum products. As with burn pit #2, the burn pit smoldered constantly, was poorly maintained and was not monitored for types of materials dumped into the burn pit.

FOB Mizan: There are two active burn pits (Reference 5). Burn pit #1 was located on the east side of camp (distance to living areas unknown). Trash burning is monitored but not completely burned to ash. No recycling plan is put in place, and what goes into the burn pit is unregulated (metals, tin, barrels and oil drums). Regulated medical waste (RMW) is burned in burn pit #2 located in the southwest corner of the camp and approximately 400 m from living areas(Reference 17). Sharps containers and other RMW are collected and stored until they can be sent to FOB Lagman or Kandahar Air Field for proper disposal (Reference 5).

FOB Sweeney: The single active burn pit was located approximately 450-500 m from base perimeter (Reference 16). Trash is taken to the burn pit at least twice daily. Regulated medical waste and

HAZMAT are excluded from the burn pit. Metals were noted in the burn pit and at trash collection points.

While not specific to FOB Lagman and vicinity, the consolidated epidemiological and environmental sampling and studies on burn pits that have been conducted as of the date of this publication have been unable to determine whether an association does or does not exist between exposures to emissions from the burn pits and long-term health effects (Reference 18). The Institute of Medicine committee's (Reference 18) review of the literature and the data suggests that service in Iraq or Afghanistan (i.e., a broader consideration of air pollution than exposure only to burn pit emissions) may be associated with long-term health effects, particularly in susceptible (e.g., those who have asthma) or highly exposed subpopulations, such as those who worked at the burn pit. Such health effects would be due mainly to high ambient concentrations of PM from both natural and anthropogenic sources, including military sources. If that broader exposure to air pollution turns out to be relevant, potentially related health effects of concern are respiratory and cardiovascular effects and cancer. Susceptibility to the PM health effects could be exacerbated by other exposures, such as stress, smoking, local climatic conditions, and co-exposures to other chemicals that affect the same biologic or chemical processes. Individually, the chemicals measured at burn pit sites in the study were generally below concentrations of health concern for general populations in the United States. However, the possibility of exposure to mixtures of the chemicals raises the potential for health outcomes associated with cumulative exposure to combinations of the constituents of burn pit emissions and emissions from other sources.

10.7.1 Soil

10.7.1.1 Sample data/Notes:

The primary soil contamination exposure pathways are dermal contact and dust inhalation. Typical parameters analyzed for included SVOCs, heavy metals, PCBs, pesticides, herbicides. If the contaminant was known or suspected, other parameters may have been analyzed for (i.e. total petroleum hydrocarbons (TPH) and polycyclic aromatic hydrocarbons (PAH) near fuel spills). For the risk assessment, personnel are assumed to remain at these locations for 6 months to 1 year.

FOB Mizan: A single valid surface soil sample was collected adjacent to the burn pit on 29 April 2012 to assess OEH health risk to deployed personnel. The percent of the population exposed to soil and associated dust in the sampled areas was > 75% for this sample.

10.7.1.2 Short-term health risk:

Not an identified source of health risk. Sampling data for soil were not evaluated for short-term (acute) health risks.

10.7.1.3 Long-term health risk:

None identified based on available sample data. No parameters exceeded 1-year Negligible MEGs.

11 References[1]

1. Defense Occupational and Environmental Health Readiness System (referred to as the DOEHRS-EH database) at https://doehrs-ih.csd.disa.mil/Doehrs/. Department of Defense (DoD) Instruction 6490.03, *Deployment Health*, 2006.

2. DoDI 6055.05, Occupational and Environmental Health, 2008.

3. Joint Staff Memorandum (MCM) 0017-12, Procedures for Deployment Health Surveillance, 2012.

4. USAPHC TG230, June 2013 Revision.

5. Base Camp Assessment of FOB Mizan, Afghanistan. 792nd Preventive Medical Detachment, Task Force Medical South, Afghanistan, April 2012.

6. DoD MESL Data Portal: https://mesl.apgea.army.mil/mesl/.Some of the data and reports used may be classified or otherwise have some restricted distribution.

7. Modification 12 to United States Central Command Individual Protection and Individual Unit Deployment Policy, 02 December 2013.

8. CDC. 2012. Morbidity and Mortality Weekly Report. Imported Human Rabies in a U.S. Army Soldier. May 4, 2012. 61(17); 302-305.

9. Armed Forces Pest Management Board: http://www.afpmb.org/content/venomous-animals-country#Afghanistan. U.S. Army Garrison - Forest Glen, Silver Spring, MD.

10. Clinical Toxinology Resources: http://www.toxinology.com/. University of Adelaide, Australia.

11. Goldman RF. 2001. Introduction to heat-related problems in military operations. *In*: Textbook of military medicine: medical aspects of harsh environments Vol. 1, Pandolf KB, and Burr RE (Eds.), Office of the Surgeon General, Department of the Army, Washington DC.

12. Occupational & Environmental Health Site Assessment, FOB Apache, Afghanistan. 180th Medical Detachment, Afghanistan, February 2010.

13. Occupational & Environmental Health Site Assessment Survey Report, FOB Lagman, Afghanistan. 5th Preventive Medical Detachment, Afghanistan, May 2011.

[1] NOTE The data are currently assessed using the 2013 TG230. The general method involves an initial review of the data which eliminates all chemical substances not detected above 1-yr negligible MEGs. Those substances screened out are not considered acute or chronic health hazards so are not assessed further. For remaining substances, acute and chronic health effects are evaluated separately for air water (soil is only evaluated for long term risk). This is performed by deriving separate short-term and long term population exposure level and estimates (referred to as population exposure point concentrations (PEPC)) that are compared to MEGs derived for similar exposure durations. If less than or equal to negligible MEG the risk is Low. If levels are higher than negligible then there is a chemical-specific toxicity and exposure evaluation by appropriate SMEs, which includes comparison to any available marginal, critical or catastrophic MEGs. For drinking water 15 L/day MEGs are used for the screening while site specific 5-15 L/day are used for more detailed assessment. For nondrinking water (such as that used for personal hygiene or cooking) the 'consumption rate' is limited to 2 L/day (similar to the EPA) which is derived by multiplying the 5 L/day MEG by a factor of 2.5. This value is used to conservatively assess non drinking uses of water.

14. Occupational & Environmental Health Site Assessment Survey Report, FOB Apache, Afghanistan. 5th Preventive Medical Detachment, Afghanistan, June 2011.

15. Occupational & Environmental Health Site Assessment, FOB Deh Dadi II, Afghanistan. 1437th Medical Detachment, Afghanistan, January 2012.

16. Occupational & Environmental Health Site Assessment, FOB Sweeney, Afghanistan. 180th Medical Detachment, Afghanistan, January 2010.

17. Occupational & Environmental Health Site Assessment Survey Report, FOB Mizan, Afghanistan. 5th Preventive Medical Detachment, Afghanistan, June 2011.

18. IOM (Institute of Medicine). 2011. Long-term health consequences of exposure to burn pits in Iraq and Afghanistan. Washington, DC: The National Academies Press.

12 Where Do I Get More Information?

If a provider feels that the Service member's or Veteran's current medical condition may be attributed to specific OEH exposures at this deployment location, he/she can contact the Service-specific organization below. Organizations external to DoD should contact Deputy Assistant Secretary of Defense for Health Readiness Policy and Oversight (HRP&O).
Army Public Health Center (Provisional) Phone: (800) 222-9698. http://phc.amedd.army.mil/
Navy and Marine Corps Public Health Center (NMCPHC) (formerly NEHC) Phone: (757) 953-0700. http://www.med.navy.mil/sites/nmcphc/Pages/Home.aspx
U.S. Air Force School of Aerospace Medicine (USAFSAM) (formerly AFIOH) Phone: (888) 232-3764. http://www.wpafb.af.mil/afrl/711hpw/usafsam.asp
DoD Health Readiness Policy and Oversight (HRP&O) Phone: (800) 497-6261. http://fhpr.dhhq.health.mil/home.aspx